

Effect of Intensive vs Standard Blood Pressure Control on Probable Dementia

A Randomized Clinical Trial

The SPRINT MIND Investigators for the SPRINT Research Group

- **Take home: lowering blood pressure is protective against cognitive decline**
- Participants whose systolic blood pressure (top number) that was lowered to a goal of <120 mm Hg were 15% less likely to develop mild cognitive impairment or dementia compared to those whose systolic blood pressure goal was < 140 mm Hg
- <https://jamanetwork.com/journals/jama/fullarticle/2723256>

