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# Sex Differences in Blood Pressure Trajectories Over the Life Course

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## Full Article Link:

<https://jamanetwork.com/journals/jamacardiology/fullarticle/2758868>

## Quick Takes:

**Question:** How do patterns of blood pressure (BP) change over the life course and differ between sexes?

**Findings:** In this analysis of 4 community cohort studies, trajectories of BP elevation in 32 833 individuals (54% women) were examined serially over 4 decades (age span, 5 to 98 years). Women compared with men exhibited a steeper increase in BP measures that began as early as in the third decade and continued throughout the life course.

**Meaning:** Sex differences in BP trajectories, which begin early and persist with aging, may set the stage for later-life cardiovascular diseases that frequently present differently in women vs men.

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