

**【Press Release】**  
2011

7<sup>th</sup> November,

**Union Hospital Successfully Performed  
Hong Kong's First Seven Transcatheter Renal Denervation Procedures  
Medical Breakthrough in Treatment of Resistant Hypertension**

HONG KONG – 7<sup>th</sup> November, 2011. Union Hospital today announced her successful performance in Hong Kong's First Transcatheter Renal Denervation Procedure (TRenD) in seven resistant hypertension patients, who aged from 35 to 67. Union Hospital is the first hospital in Hong Kong and one of the first few in Asia performing this new procedure, which is a medical breakthrough in treating resistant hypertension.

**Union Hospital Introduced Transcatheter Renal Denervation to Hong Kong**

Transcatheter Renal Denervation Procedure was first introduced to Hong Kong by Union Hospital in September this year. " Transcatheter Renal denervation is a minimally invasive procedure that modulates the input and output of the sympathetic nerves that surround the walls of the arteries leading to the kidneys. These sympathetic nerves have been found to play a key role in blood pressure regulation." said Dr. Li Siu Lung, Steven, Director of Union Hospital Heart Centre, "Through a guiding catheter which is introduced into the body through the femoral artery in the groin, the radiofrequency emitting catheter will be placed into the renal artery. The emitted radiofrequency energy will ablate the sympathetic nerves around the renal artery, thereby causing a reduction in blood pressure."

Dr Steven Li added "This medical procedure can be performed in patients aged from 18 to 85 with resistant hypertension. The major criterion is an uncontrolled blood pressure (systolic blood pressure > 160mmHg) despite taking at least three different types of anti-hypertensive drugs."

**Hypertension, The Silent Killer, Affects Over One Billion of People Worldwide**

Hypertension is the leading attributable cause of death worldwide. It is a significant,

escalating global healthcare problem affecting over 1 billion people. In Hong Kong, the Population Health Survey has revealed that the prevalence of hypertension among people aged 15 and above was around 30%.

Hypertension is also known as the "silent killer" since it often has no initial symptoms. Untreated, it can lead to long-term serious complications such as coronary heart disease, stroke and renal failure. Hypertension can only be diagnosed through regular medical checkup. According to WHO Hypertension guidelines, hypertension is defined as a resting blood pressure consistently higher than 140/90 mm/Hg or above. Hypertension may be classified as “Essential hypertension” and “Secondary hypertension.” Essential hypertension accounts for over 95% of all cases. In essential hypertension, the exact cause is not known but it may be associated with genetics, obesity, inadequate exercise, dietary factors and stress. Secondary hypertension refers to those situations where there are identifiable causes such as hormone secreting adrenal tumors and kidney diseases.

### **Significant Improvement in Blood Pressure Control after Treatment in One Month**

Among the seven patients who received the TRenD procedure, the youngest patient is an accounting clerk who aged only 35. He is overweighted and he is a non-smoker and a non-alcoholic. His clinic blood pressure was consistently higher than 160/100mmHg despite taking four anti-hypertensive drugs for a few months. He received the TRenD procedure on 24 September this year uneventfully. His blood pressure is now, one month after the procedure, reduced to within normal range (138/84mmHg) with a reduction of about 20mmHg.

Transcatheter Renal Denervation has been proved to be an effective procedure in controlling resistant hypertension. It is an important medical breakthrough and it makes an important step in the area of non-pharmaceutical treatment of essential hypertension. “Good drug compliance and healthy life style including balanced diet, regular exercise and body weight control are the most important elements for good blood pressure control in all patients with essential hypertension.” Dr Steven Li emphasized.



### About Union Hospital

Union Hospital, which is the only private hospital in the Eastern New Territories, was established in 1994. It is a progressive and contemporary hospital service provider, fully accredited by various international and local institutions. Union Hospital is committed to delivering quality healthcare in the community and beyond, and has developed a reputation for patient-centric services, state-of-the-art technology and premium facilities.  
Website : [www.union.org](http://www.union.org)

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