



Blood Pressure Risk

Pathway-informed hypertension support and prevention.

What Genetic Risk Reflects in Hypertension

Inherited risk for hypertension reflects multiple biological pathways, including:

- Vascular tone and sodium handling
- Renal and hormonal regulation
- Sympathetic nervous system and stress response

A total polygenic risk score estimates overall inherited risk.

Pathway-level context helps explain why blood pressure responds differently across individuals.

How PathWise Adds Clinical Value

PathWise supports clinicians by:

- Framing counseling around salt sensitivity, weight, physical activity, or stress physiology
- Setting realistic expectations for lifestyle response
- Reinforcing long-term adherence through biologically grounded explanations

It does not change diagnostic criteria or treatment thresholds. It supports clearer preventive and counseling conversations.

How This Shows Up in Practice

Patients with similar blood pressure readings or genetic risk may respond differently to lifestyle changes.

PathWise helps clarify whether emphasis may be better placed on:

- Sodium and dietary patterns
- Weight and activity
- Stress regulation and recovery

Example Patient Explanation

“Your genetics suggest your blood pressure is particularly sensitive to certain lifestyle factors. That helps us decide where changes are most likely to have the biggest effect.”

PathWise does not predict blood pressure outcomes. It helps clinicians explain variability in response and focus prevention efforts more effectively.

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