

Appendix 1: Characteristics of trials included in the meta-analysis

Trial (year)	Patients		Key entry criteria	Baseline blood pressure, mm Hg	Comparator
	No.	Mean age , yr			
Trials enrolling younger patients					
MRC ²¹ (1985)	8700	52	Hypertension	161/98	Diuretic
MRC ²¹ (1985)	13 057	52	Hypertension	161/98	Placebo
HAPPHY ¹⁵ (1988)	6569	52.2	Hypertension	166/107	Diuretic
CAPPP ¹¹ (1999)	10 985	52.5	Hypertension	160/99	ACE inhibitor
ELSA ²³ (2002)	2334	56	Hypertension	163/101	Calcium-channel blocker
UKPDS ²² (1998)	758	56.2	Hypertension + diabetes	159/93	ACE inhibitor
Yurenev et al ³² (1992)	304	45.5	Hypertension + left ventricular hypertrophy	168/106	Diuretic
VA COOP ¹² (1982)	348	49.7	Hypertension	147/101	Diuretic
Berglund et al ²⁰ (1986)	106	50	Hypertension	170/105	Diuretic
IPPPSH ²⁸ (1985)	6357	52	Hypertension	173/108	Placebo
AASK ¹³ (2002)	1094	54.6	Hypertension + hypertensive renal disease	150/96	Calcium-channel blocker or ACE inhibitor
Trials enrolling older patients					
NORDIL ¹⁷ (2000)	10 881	60.4	Hypertension	174/106	Calcium-channel blocker
ASCOT-BPLA ²⁷ (2005)	19 257	63	Hypertension + 3 other cardiovascular risk factors	164/95	Calcium-channel blocker
Dutch TIA ²⁹ (2003)	1473	65	TIA or non-disabling stroke	158/91	Placebo
CONVINCE ¹⁸ (2003)	16 476	65.6	Hypertension + 1 other cardiovascular risk factor	150/87	Calcium-channel blocker
INVEST ²⁶ (2003)	22 576	66.1	Hypertension + coronary disease	150/86	Calcium-channel blocker
LIFE ²⁵ (2002)	9193	66.9	Hypertension + left ventricular hypertrophy	174/98	Angiotensin-receptor blocker
HEP ³⁰ (1986)	884	68.8	Hypertension	196/99	No treatment
MRC-Old ²⁴ (1992)	2183	70.3	Hypertension	185/91	Diuretic
MRC-Old ²⁴ (1992)	3315	70.3	Hypertension	185/91	Placebo
TEST ³¹ (1995)	720	70.4	Hypertension + TIA or stroke	161/89	Placebo
STOP ¹⁹ (1991)	1627	75.7	Hypertension	195/102	Placebo
STOP2 ¹⁶ (1999)	6614	76	Hypertension	194/98	ACE inhibitor or calcium-channel blocker

Note: TIA = transient ischemic attack, ACE = angiotensin-converting enzyme, MRC = Medical Research Council study, HAPPHY = Heart Attack Primary Prevention in Hypertension study, CAPPP = Captopril Prevention Project, ELSA = European Lacidipine Study on Atherosclerosis, UKPDS = UK Prospective Diabetes Study, VA COOP = Veterans Administration Cooperative Study, IPPPSH = International Prospective Primary Prevention Study in Hypertension, AASK = African American Study of Kidney disease and hypertension, NORDIL = Nordic Diltiazem study, ASCOT-BPLA = Anglo-Scandinavian Cardiac Outcomes Trial-Blood Pressure Lowering Arm, CONVINCE = Controlled Onset Verapamil Investigation of Cardiovascular End points trial, INVEST = International Verapamil-Trandolapril study, LIFE = Losartan Intervention For Endpoint reduction in hypertension study, HEP = Hypertension in Elderly Patients trial, TEST= Tenormin after Stroke and TIA, STOP = Swedish Trial in Old Patients with hypertension.