Metro (UK)

September 12, 2011 Monday   
Edition 1;   
National Edition

Found: **Genes** that can give you a stroke  
  
**BYLINE:** Hayden Smith  
  
**SECTION:** NEWS; Pg. 30  
  
**LENGTH:** 208 words

NEW ways of tackling high **blood pressure** could emerge after a major study identified more than 20 genetic factors that influence the risk.

A previously unknown link between hypertension and an iron-overload condition called haemochromotosis was also found in the study, part funded by the British Heart Foundation.

Millions of Britons have high **blood pressure**, a major risk factor for **heart disease** and strokes.

Researchers pooled results from more than 200,000 people around the world to identify 28 genetic variants which can affect **blood pressure**.

'The more of these variants an individual has, the greater are his or her chances of having hypertension, left ventricular wall thickness, stroke and coronary artery disease,' said co-author Prof Aravinda Chakravarti.

Related research by the same team found six other genetic links to maximum and minimum **blood pressure**.

The foundation's medical director, Prof Peter Weissbeg, said it was crucial to understand the causes of hypertension.

'But your **genes** are only one piece of the puzzle,' he added.

'You are less likely to have high **blood pressure** if you stick to a healthy diet, do plenty of exercise and maintain a healthy weight.'

The researchers' findings are published in the journal Nature Genetics.

The Daily Telegraph (London)

September 12, 2011 Monday   
Edition 1;   
Scotland

Study pinpoints high **blood pressure genes**;   
News Bulletin  
  
**SECTION:** NEWS; Pg. 2  
  
**LENGTH:** 121 words

A major international study has found more than 20 genetic variants that influence the risk of high **blood pressure.**

Scientists say that the discoveries could lead to new ways of tackling high **blood pressure, heart disease** and stroke.

In total 28 variants were identified by pooling results from genetic studies involving more than 200,000 people around the world.

The study - which was reported in an early online edition of Nature - was part-funded by the British Heart Foundation, but Prof Peter Weissberg, the charity's medical director, warned: "Your **genes** are only one piece of the puzzle.

"You are less likely to have high **blood pressure** if you stick to a healthy diet, do plenty of exercise, and maintain a healthy weight.''