

Figure 1: Comparison of peripheral hemodynamic responses (SBP, DBP, MBP, PP) before and after lifestyle changes (LC) in pre-hypertensive patients. SBP: systolic blood pressure; DBP: diastolic blood pressure; MAP: Mean Arterial Pressure; PP: Pulse Pressure



Figure 2: Comparison of the central hemodynamic response (PSC) and arterial stiffness (AI and AI-75) before and after lifestyle changes (LC) in pre-hypertensive patients. The middle bar represents the mean value. PSC: Central systolic pressure; AI: Augmentation Index.



Figure 3: Analysis of the Pearson multivariate correlation between CSP and MBP before and after lifestyle changes (LC). PSC: Central systolic pressure. MAP: Mean bloodpressure.