

Baylor Scott & White Heart and Vascular Hospital – Dallas First in Texas to Offer Renal Denervation Systems for Treatment of High Blood Pressure

Radiofrequency and ultrasound renal denervation systems now commercially available

DALLAS, Texas (December 12, 2023) – Two new treatment options for patients with high blood pressure are now available at Baylor Scott & White Heart and Vascular Hospital – Dallas. The downtown Dallas hospital was the first in Texas to use each of these commercially available technologies. Renal denervation is designed to achieve clinically significant 24-hour reduction in blood pressure and has been shown to be safe and effective across multiple randomized controlled clinical trials of patients both on and off medications. The devices use radiofrequency or ultrasound energy to ablate the renal nerves without damaging the arteries. Both are outpatient procedures with most patients going home the same day.

Traditional treatment options for high blood pressure include lifestyle changes and medications. Hypertensive patients that remain “uncontrolled,” or outside of the normal blood pressure range, are at increased risk for cardiovascular disease—including heart attack and heart failure, stroke, kidney disease, and cognitive issues.

For many people with high blood pressure, the nerves leading to and from the kidneys have become overactive, contributing to high blood pressure. Clinical research has shown that denervation, or the interruption of the signals along these nerves, can effectively reduce blood pressure.

"These procedures offer always-on results for people with resistant or uncontrolled hypertension," said Robert Stoler, MD, medical director of the cardiac catheterization laboratory. "Some patients have difficulty controlling their blood pressure despite multiple medications and some cannot tolerate many medications due to side effects. We are proud to offer multiple new options to help patients get better control of their resistant hypertension. Many patients with hypertension are under 50, so this technology can greatly improve their lives for decades."

"We performed the first commercially available renal denervation procedure earlier this month," said Nancy Vish, president and chief nursing officer at Baylor Scott & White Heart and Vascular Hospital – Dallas. "Adding additional technology will help provide innovative options for those suffering with resistant hypertension and give our patients better outcomes."

Baylor Scott & White Heart and Vascular – Dallas designed a hypertension center to help patients with resistant hypertension manage their blood pressure. The goal of the center's multidisciplinary team, including physicians specializing in hypertension, is to control hypertension by reducing risk factors using a collaborative approach among the patient, the primary care provider, and the hypertension center care team.

"Hypertension is the leading cause of morbidity in the Western world," said Dr. Stoler. "Having access to various treatment options for high blood pressure allows us to provide the most appropriate treatment for the individual patient. This technology is going to be applicable to a huge population of patients across the world. We are proud to continue to expand our toolbox to better treat this extremely common condition."

About Baylor Scott & White Health

As the largest not-for-profit health system in the state of Texas, Baylor Scott & White promotes the health and well-being of every individual, family and community it serves. It is committed to making quality care more accessible, convenient and affordable through its integrated delivery network, which includes the Baylor Scott & White Health Plan, Baylor Scott & White Research Institute, the Baylor Scott & White Quality Alliance and its leading digital health platform – MyBSWHealth. Through 51 hospitals and more than 1,200 access points, including flagship academic medical centers in Dallas, Fort Worth and Temple, the system offers the full continuum of care, from primary to award-winning specialty care. Founded as a Christian ministry of healing more than a century ago, Baylor Scott & White today serves more than three million Texans. For more information, visit [BSWHealth.com](https://www.bswhealth.com).

* Notice Regarding Physician Ownership: Baylor Scott & White Heart and Vascular Hospital – Dallas, including the Waxahachie location, is a hospital in which physicians have an ownership or investment interest. The list of the physician owners or investors is available to you upon request. Physicians provide clinical services as members of the medical staff at one of Baylor Scott & White Health's subsidiary, community or affiliated medical centers and do not provide clinical services as employees or agents of those medical centers.

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