

The timeline of hypertension illustrates its progression from early awareness to contemporary treatment innovations, featuring key milestones in blood pressure measurement and the development of antihypertensive medications.

Development of Measurement Techniques

- 1) 1880s: Samuel Siegfried Karl von Basch created the sphygmomanometer, which allowed for systematic measurement of blood pressure.
- 2) 1990s–Present: The development of ACE inhibitors, angiotensin II receptor blockers (ARBs), and newer classes of medications has significantly enhanced treatment outcomes.
- 3) Recent Years: Ongoing research is dedicated to exploring novel therapies and personalized medicine approaches, with a focus on lifestyle changes and comprehensive care strategies.