

Investigating high blood pressure and gut leakiness

ACTRN12624000112561

Status	RECRUITING
Sponsor	A/Prof Francine Marques
Enrollment	96 participants

Plain Language Summary

High blood pressure (hypertension) affects one in three Australians and is a major risk factor for heart attack and stroke. This study is investigating an emerging link between blood pressure and 'leaky gut' — a condition where the lining of the intestine becomes more permeable than it should be, allowing bacteria or their products to enter the bloodstream. Researchers think changes in gut bacteria may be contributing to high blood pressure through this mechanism.

The study will measure blood pressure and gut permeability in people with a range of blood pressure profiles — normal, untreated high, treated high, and treatment-resistant high — to see if there is a pattern. No treatment is given; this is a measurement study only.

You may be eligible if you are aged 18 to 75, have a BMI between 18.5 and 40, have not used antibiotics in the past 3 months, and fall into one of the blood pressure categories described. People with existing gut diseases, previous gut surgery, or pregnancy are not eligible. This research could lead to entirely new strategies for treating blood pressure through the gut-heart connection.

Key Eligibility Criteria

Inclusion (18)

- Ability to give informed consent.
- 18-75 years of age
- BMI 18.5-40 kg/m²
- Either sex
- For normotensive participants:
... and 13 more (see full listing online)

Exclusion (8)

- Alzheimers, dementia or other unsoundness of mind
- Recent use of antibiotics (<3 months) or probiotics (< 6 weeks)
- Pregnant or lactating women
- Presence of gastrointestinal diseases (including ulcerative colitis, crohn's disease, inflammatory bowel disease, lactose intolerance, celiac disease, chronic pancreatitis or other malabsorption disorder).
- Previous gastrointestinal surgery.
... and 3 more (see full listing online)

Locations (1 total)

VIC, Australia

<https://www.anzctr.org.au/Trial/Registration/TrialReview.aspx?ACTRN=ACTRN12624000112561>

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