

Primary Aldosteronism: Screening BPA Interpretation Guide

Abbreviations:

- PA, primary aldosteronism
- DRC, direct renin concentration
- PRA, plasma renin activity
- Aldo, aldosterone
- MR, mineralocorticoid receptor
- RAAS, renin-angiotensin-aldo system

Patient meets criteria for PA screening

Hypertension AND:

- ≥ 4 antihypertensive agents
- Age < 35 years
- Adrenal nodule
- Obstructive sleep apnea
- H/o of hypokalemia

Non-disruptive BPA

NOT PA

DRC > 10 pg/mL AND Aldo/DRC ratio < 2.6
PRA > 1 ng/mL/h AND Aldo/PRA ratio < 20

Plasma Renin and Aldosterone

Renin not suppressed and the patient is on RAAS-interfering medications

DRC > 10 pg/mL AND Aldo/DRC ratio > 2.6
PRA > 1 ng/mL/h AND Aldo/PRA ratio > 20

Suppressed renin

Michigan Medicine Assay

Some External Lab Assays

Direct renin concentration (DRC) < 10 pg/mL
Plasma renin activity (PRA) < 1 ng/mL/h

Aldo < 10 ng/dL

Aldo 10-20 ng/dL

Aldo > 20 ng/dL

Consider adding a MR antagonist

Possible PA

PA

Refer to Endocrinology