In one aspect, the present disclosure relates to a method of determining whether a subject has a vascular risk that can be reduced by blood pressure lowering therapy with antihypertensive drugs (e.g. Angiotensin converting enzyme inhibitor (ACE inhibitor), Angiotensin Receptor Blocker (ARB), Beta-Adrenoreceptor Blocker (Beta-blocker) and/or statins) comprising the steps:

- determining the level of hGH, and/or its isoforms in a blood sample of said subject and
- comparing the determined level of hGH, and/or its isoforms in said blood sample with a pre-determined threshold and
- wherein in case the determined level of hGH, and/or its isoforms is above said pre-determined threshold then the subject is identified as having a vascular risk that can be reduced by blood pressure lowering therapy with antihypertensive drugs (e.g. Angiotensin converting enzyme inhibitor (ACE inhibitor), Angiotensin Receptor Blocker (ARB), Beta-Adrenoreceptor Blocker (Beta-blocker) and/or statins) and
- wherein in case the determined level of hGH, and/or its isoforms is below said pre-determined threshold then the subject is identified as not having a vascular risk that can be reduced by blood pressure lowering therapy with antihypertensive drugs (e.g. Angiotensin converting enzyme inhibitor (ACE inhibitor), Angiotensin Receptor Blocker (ARB), Beta-Adrenoreceptor Blocker (Beta-blocker) and/or statins) and
- wherein said isoforms of hGH is selected from the group consisting of: hGH isoform 1, hGH isoform 2, hGH isoform 3 and hGH isoform 4.

In another aspect, the present disclosure relates to the use of an antihypertensive drug (e.g. Angiotensin converting enzyme inhibitor (ACE inhibitor), Angiotensin Receptor Blocker (ARB), Beta-Adrenoreceptor Blocker (Beta-blocker) and/or statins) in the manufacture of a medicament, for preventing a major cardiovascular event and/or a cardiovascular disease in a subject whose determined level of hGH, and/or its isoforms is above said pre-determined threshold and wherein said subject is identified according to the methods as disclosed herein as having a vascular risk that can be reduced by blood pressure lowering therapy with antihypertensive drugs.

In a further aspect, the present disclosure relates to the use of an antihypertensive drug (e.g. Angiotensin converting enzyme inhibitor (ACE inhibitor), Angiotensin Receptor Blocker (ARB), Beta-Adrenoreceptor Blocker (Beta-blocker) and/or statins) in the manufacture of a

medicament, for preventing a major cardiovascular event and/or a cardiovascular disease in a subject whose determined level of hGH, and/or its isoforms is above said pre-determined threshold and wherein said subject is identified according to the methods as disclosed herein as having a vascular risk that can be reduced by blood pressure lowering therapy with antihypertensive drugs wherein said subject does not have hypertension.

In yet another aspect, the present disclosure relates to a method for monitoring the therapy response of a subject at vascular risk that is treated with antihypertensive drugs (e.g. Angiotensin converting enzyme inhibitor (ACE inhibitor), Angiotensin Receptor Blocker (ARB), Beta-Adrenoreceptor Blocker (Beta-blocker) and/or statins) comprising the steps:

- determining the level of hGH, and/or its isoforms in a blood sample of said subject taken at a time point X1 with antihypertensive drugs and
- determining the level of hGH, and/or its isoforms in a blood sample of said subject taken at a time point X2 with antihypertensive drugs, and
- wherein time point X1 is either before the beginning of therapy or after starting the therapy but in any event earlier than time point X2, and
- wherein time point X2 is after starting the therapy and in any event later than time point X1

- comparing the determined level of hGH, and/or its isoforms in said blood sample taken at point X1 with the determined level of hGH, and/or its isoforms in said blood sample taken at time point X2
- wherein a lower level of hGH, and/or its isoforms in said blood sample taken at time point X2 compared to the level of hGH, and/or its isoforms in said blood sample taken at time point X1 indicates a therapy response and
- wherein said isoforms of hGH is selected from the group consisting of: hGH isoform 1, hGH isoform 2, hGH isoform 3 and hGH isoform 4.

- comparing the determined level of hGH, and/or its isoforms in said blood sample taken at point X1 with the determined level of hGH, and/or its isoforms in said blood sample taken at time point X2
- wherein a lower level of hGH, and/or its isoforms in said blood sample taken at time point X2 compared to the level of hGH, and/or its isoforms in said blood sample taken at time point X1 indicates a therapy response and
- wherein said isoforms of hGH is selected from the group consisting of: hGH isoform 1, hGH isoform 2, hGH isoform 3 and hGH isoform 4.

20) A method for monitoring the therapy response of a subject at vascular risk that is treated with antihypertensive drugs (e.g. Angiotensin converting enzyme inhibitor (ACE inhibitor), Angiotensin Receptor Blocker (ARB), Beta-Adrenoreceptor Blocker (Beta-blocker) and/or statins) according to claim 19 wherein the determined level of hGH, and/or its isoforms in said blood sample taken at point X1 is above a pre-determined threshold and the subject has been identified as having a vascular risk that can be reduced by blood pressure lowering therapy with antihypertensive drugs (e.g. Angiotensin converting enzyme inhibitor (ACE inhibitor), Angiotensin Receptor Blocker (ARB), Beta-Adrenoreceptor Blocker (Beta-blocker) and/or statins).

21) A method for monitoring the therapy response of a subject at vascular risk that is treated with antihypertensive drugs (e.g. Angiotensin converting enzyme inhibitor (ACE inhibitor), Angiotensin Receptor Blocker (ARB), Beta-Adrenoreceptor Blocker (Beta-blocker) and/or statins) according to claim 19 or 20 wherein the time point X1 is before starting the therapy.

22) A method for monitoring the therapy response of a subject at vascular risk that is treated with antihypertensive drugs (e.g. Angiotensin converting enzyme inhibitor (ACE inhibitor), Angiotensin Receptor Blocker (ARB), Beta-Adrenoreceptor Blocker (Beta-blocker) and/or statins) according to any of claims 19 to 21 wherein time point X2 is 12 months, 24 Months, or 36 months after time point X1.