Hypertension

Efficacy and safety of Telmisartan alone or in combination with hydrochlorothiazide in patients of essential hypertension

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Background: This study was conducted to evaluate the effect of telmisartan or telmisartan with hydrochlorothiazide (HCTZ) with or without patient’s education about the blood pressure (BP). This education was focused on the reduction of body weight and healthy life-style.

Methods: 922 patients of essential hypertension were included in this study. The inclusion criteria were: essential hypertension (BP >140/90 mmHg or BP >130/80 mmHg in diabetic patients), age >18 year and treatment of hypertension with at least one of the above anti-hypertensive drug. A total of 387 patients were treated with telmisartan and 535 patients with telmisartan with HCTZ. The randomization ratio for life style programme was 2:1. The life style programme included a 30 mins structured interview and written detailed materials focused on the healthy life style, diet and weight reduction. Patients were followed up at 4 to 8 weeks intervals.

Results: The decrease of BP (both systolic & diastolic) during telmisartan/telmisartan with HCTZ treatment was statistically highly significant (P<0.001). The decrease of BP below 140/90 mmHg was attained in 78.55% patients treated with telmisartan and in 66.64% patients treated with telmisartan with HCTZ. The final BP values (both systolic and diastolic) of patients enrolled in the life style programme were not significant different from the BP value in patients without the life style programme. The life-style programme had more “normotensive” patients (73.41%) than the patients not enrolled in the life style programme (69.70%). The difference was not significant. The mean decrease of body weight in the life-style programme patients was 2.64±4.11 kg, which was significantly more than in the non-life style programme patients (0.65±3.85 kg, p<0.05).

Conclusions: The telmisartan either alone or in combination with hydrochlorothiazide is an effective and safe anti-hypertensive drug. The educational programme led to the decrease of body weight, but did not significantly change the BP values.

Efficacy and tolerance of cilnidipine in cases of amlodipine – Induced edema in hypertensives patients

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Background: Ankle oedema is a common adverse effect of Amlodipine, a widely used L-type Calcium Channel Blocker (CCB), seen in about 15% of patients receiving the drug. Cilnidipine is a newer third generation L/N-type CCB and is approved for the treatment of essential hypertension. This study was, therefore, planned to determine whether Cilnidipine therapy can produce resolution of Amlodipine-induced oedema while maintaining adequate control of blood pressure.

Methods: This study was carried out on 56 patients of essential hypertension with Amlodipine-induced oedema. Concomitant