

newly-diagnosed patients by 84% respondents. A similar percentage of the doctors (85%) preferred olmesartan over the other ARBs. Ninety percent of the doctors responded that olmesartan provided both “rapid control of BP” and “maximum reduction of BP” in comparison with the other ARBs. In patients with T2DM and nephropathy ~70% doctors prefer olmesartan over the other sartans. Additionally, the triple drug combinations of olmesartan were preferred over the triple drug combinations of telmisartan. **Conclusions:** This survey has demonstrated that Indian doctors use ARBs as a first-line antihypertensive, which is supported by the recent guidelines. Amongst the ARBs, olmesartan is preferred for the treatment of hypertension and is associated with the properties of prompt reduction of BP and strong reduction of BP.

The effect of smoking on microalbuminuria in hypertensive patients

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Background: Microalbuminuria is a powerful predictor of cardiovascular events and is considered as target organ damage in patients with essential hypertension. The purpose of the present study was to explore the effect of current smoking on microalbumin excretion in patients with essential hypertension.

Methods: The study comprised 200 consecutive patients with essential hypertension who visited our outpatient clinic from -2013 TO 2014. All patients underwent full clinical, laboratory and screening evaluation. Patients under treatment followed a wash-out period at least for 15 days. All subjects underwent a 24hour urine sample collection and thus microalbumin, albumin-creatinin ratio (ACR) and 24h creatinin clearance were measured. Smoking habits were assessed by means of a standard questionnaire.

Results: Patients were divided in two groups according to their current smoking habits: group I (n=127 non-smokers) and group II (n=73 smokers). Smokers were younger (P=0.001), had higher diastolic blood pressure (DBP) (P<0.001), greater microalbumin levels (P<0.001), higher ACR (P<0.001) and higher body mass index (BMI) (P=0.03) compared to non-smokers. The two groups had no differences in systolic blood pressure (SBP), renal hemodynamics, glucose levels and 24h creatinin clearance (P=NS). After multivariate analysis was performed smoking remained significant determinant of higher ACR and microalbumin levels (P<0.0001) independently of DBP, BMI and age.

Conclusions: Smoking is associated with greater microalbumin excretion in patients with essential hypertension. Thus smoking may pose a burden to renal function in these subjects.

Long-term follow-up results of renal angioplasty in Takayasu arteritis

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Background: Takayasu arteritis (TA) with stenosis of renal arteries frequently presents with hypertension in young adults.

Angioplasty of these lesions is expected to control hypertension and renal damage. We present the long term results of renal angioplasty done over 5 years in our hospital.

Methods: All cases of Takayasu arteritis that underwent renal angioplasty from 2006 to 2011 were followed up clinically and by a renal Doppler in all cases. A cine renal- angiogram was advised at 6 months and 18 month visit. We performed renal angioplasty in 56 lesions (48 patients; 34 females; age range 22 to 46 years; mean 28.5±4.65 years). Unilateral lesions were seen in 40 patients and rest had one lesion in each renal artery. Of them 34 cases with at least 24 months follow-up data were included for analysis.

Results: Technical success rate was 89.3 % (50/56) lesions with no MACE at 30 days. Of the 6 failure cases one with bilateral lesions was sent for emergency surgery due to renal artery rupture following PTR. The 3 of the rest 5 underwent elective surgical revascularization. On a mean follow up of 26.5±8.5months, 12 of 34 cases (14 of 37 lesions (37.8%) developed restenosis and 10 of them were successfully redilated. There was death of one patient with bilateral lesions due to CRF.

Cure of hypertension (BP <140/90 mmHg without need for medication) and improvement (BP<140/90 mmHg with same or reduced number of medications) was achieved in 12/34(35.3%) and 10/34(29.4%) respectively. Of the 15 cases with raised serum Creatinine7/15 (49.7%) had shown a fall in their values in follow-up (mean 1.71± 1.05mg to 1.1±0.76 mg; p<0.005)

Conclusion: While acute results were satisfactory, the restenosis was seen in about one-third of the cases after an initial successful procedure most of which could be redilated. Control of hypertension and renal dysfunction was achieved in a significant number.

Antihypertensive effect of rosuvastatin in normocholesterolemic hypertensive patients and its association with flow mediated dilation and oxidative stress

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Background: Hypertension is one of the most important contributors to heart disease and stroke which together make up the world's number one cause of premature death and disability. Since the time statins have been introduced, several pleiotropic effects of statins that have been described. In the past few years, another effect of statins has been proposed that statins may also lower blood pressure and thus act through a reduction in the blood pressure related risk. Because endothelial dysfunction plays a significant role in the pathogenesis of arterial hypertension, it is reasonable to search for new strategies aimed at improving endothelial function.

Aim: To study the effect of rosuvastatin therapy in normocholesterolemic patients when added to antihypertensive agent on: a) Blood pressure in stage 1 hypertensive individuals. b) Endothelial function and oxidative stress levels in stage 1 hypertensive individuals.

Methods: It was a randomized double blind study conducted over a period of 1year. Total 100 cases of stage 1 hypertensive normocholesterolemic subjects who were not on any lipid lowering drug were recruited and divided into two groups: Group A (antihypertensive agent+rosuvastatin) and Group B (antihypertensive agent+placebo). The patients were followed up every two weeks