



MEDICAL TIPS

XSTAN Tablets

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Telmisartan versus Enalapril In heart failure with reduced ejection fraction patients with Moderately impaired kidney Functions; randomized controlled trial: "TRIUMF trial"

Samir A et al. The Egyptian Heart Journal Aug 2023; 75(68).

- When Heart Failure with reduced ejection fraction (HFrEF) and chronic kidney disease (CKD) co-exist, the RAAS inhibitors are often underutilized for the fear of worsening renal function (WRF).
- Telmisartan is a renin angiotensin aldosterone system (RAAS) inhibitor characteristic for a favorable renal profile, although the data on its utility in HFrEF is limited.
- 107 patients with HFrEF and CKD were randomized to receive either Telmisartan (10-80mg) or Enalapril (5-40 mg) daily.
- Telmisartan versus Enalapril was associated with less WRF and fewer episodes of dose reduction or dose discontinuation.

In patients with HFrEF and CKD, Telmisartan was better tolerated to uptitrate, caused less WRF, less heart failure rehospitalization (HFH) and showed better functional improvement compared to Enalapril.



