

Therapy of Patients with High Risk of Arterial Hypertension and Use of Telmisartan

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- In this trial, 52 patients with a combination of arterial hypertension (I and II) and coronary artery disease II, with mean age of 63.5 ± 5.4 years were enrolled.
- The use of telmisartan in complex treatment of high-risk patients with arterial hypertension has led to decreasing blood pressure to the target levels and increasing the exercise tolerance (walking the distance from 315.5 meters to 410.2 meters in 6 minutes).
- After 12 months of endothelium-dependent vasodilation therapy, the condition of 60% patients improved, and 35% patients showed the tendency to improvement.

The use of telmisartan in complex therapy improved the quality of life, contributed to lowering blood pressure in 96% of patients, and helped reduce myocardial hypertrophy, endothelial dysfunction and severity of ischemic manifestations.