



## MEDICAL TIPS

**XSTAN-AM TABLETS**

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### **Effect of a Fixed-dose Combination of Telmisartan/S-amlodipine on Circadian Blood Pressure Compared with Telmisartan Monotherapy: TENUVA-BP study**

*Kim JB et al. Clin Hypertens. 2022; 28(1):1-10.*

- There are few studies that assess the benefits of single drugs against combination therapy on lowering blood pressure, including circadian BP in hypertensive patients.
- In this study, the circadian efficacy of combined hypertension (HTN) treatment with Telmisartan 40 mg and Amlodipine 2.5 mg compared with Telmisartan 80 mg in 217 patients with HTN who did not respond to Telmisartan 40 mg monotherapy was evaluated.
- Combination therapy of Telmisartan 40/Amlodipine 2.5 exhibited significantly superior reductions in 24-h mean systolic and diastolic BP after 8 weeks as compared to the monotherapy.
- In patients with essential hypertension, Telmisartan 40/Amlodipine 2.5 was more acceptable and effective in decreasing 24-hour mean ambulatory BP.

**Combination of Telmisartan with Amlodipine is more appropriate than increasing the dose of Telmisartan monotherapy.**

