



Olmесartan: 360-degree Perspectives Befitting an Angiotensin Receptor Blocker

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- India has a high burden of hypertension (HTN), which is often poorly controlled, leading to hypertension-mediated organ damage (HMOD). In the management of HTN, angiotensin receptor blockers (ARBs) assume prime importance, being first-line agents for most patient subgroups.
- Olmesartan is a highly efficacious ARB that demonstrates sustained blood pressure (BP) reduction over 24 hours. It also assumes a protective role by reducing microvascular inflammation, left ventricular hypertrophy, proteinuria, vascular stiffness, central aortic BP, cardio cerebrovascular events and atrial fibrillation.
- Notably, studies also attest to the reduction of central aortic BP, which is of greater importance than just peripheral BP reduction.
- In hypertensives, the benefits conferred by olmesartan go beyond BP control and target an organoprotective approach toward preventing/reversing HMOD and reducing microvascular inflammation.

These multifaceted effects of Olmesartan make it a valuable armamentarium in the clinical management of HTN.

