

*Review article*

# Treatment of Patients with Risk Factors: Compliance and Adherence

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## SUMMARY

Hypertension and dyslipidemias represent important risk factors for the occurrence of cardiovascular diseases which have a high mortality rate. Although we know how to treat both, the success rate remains low. More than half of patients need at least two antihypertensive agents to achieve target blood pressure. Also, dyslipidemia frequently coexists and thus the burden of life-long pill taking is high and the adherence is low. We suggest treating both conditions simultaneously in a fixed combination. This would increase patients' adherence and compliance to therapy and therefore provide a more successful management of both conditions.

*Key words:* hypertension, dyslipidemias, blood pressure, fixed combination, adherence, compliance, risk factors

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