

EFFICIENCY EXAMINATION OF ANTIHYPERTENSIVE FIXED-DOSE COMBINATION IN PATIENTS PREVIOUSLY TREATED WITH ANTIHYPERTENSIVE MONOTHERAPY

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Arterial hypertension is the condition where the blood pressure is higher than 140/90 mm Hg. Along with its complications, it is the leading factor for cardiovascular mortality. Arterial hypertension can be systolic, diastolic and combined. Diagnosis of arterial hypertension cannot be established on the basis of a single measurement, but it is necessary to make measurements in different situations and environments. The study aimed to evaluate efficacy of fixed combination antihypertensives in patients with stage I and II hypertension after antihypertensive monotherapy failed to deliver results in reducing blood pressure. In this study, we analyzed data of 395 hypertension patients aged between 65-80 years, previously treated with monotherapy. During 4 months of examination, 3 doctor visits were scheduled when their TA values were measured, and each of them received fixed-dose combination antihypertensives. The data obtained were processed by appropriate statistical analyzes.

At the third doctor visit, 69.8% patients achieved blood pressure target value, and the blood pressure decreased by 16.6/12.3% ($p = 0.000$). The noninvasive 24h Holter monitoring showed significantly less oscillation in blood pressure values throughout the day, and also, much smaller percentage of patients forgot to take therapy. During this study, the efficiency of fixed-dose combination antihypertensives was proved considering that in a considerable number of patients blood pressure reached the target values, there were no unwanted side effects, the patients rarely forgot to take the medicine, and there were significantly less oscillation in blood pressure on Holter monitoring.

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