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THE ROLE OF A SINGLE-COMPOUND PREPARATION IN COMPLIANCE AND DYNAMIC BLOOD PRESSURE CHANGES IN PATIENTS WITH MILD TO MODERATE HYPERTENSION

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Objectives To investigate the antihypertensive effect, drug compliance and dynamic blood pressure changes of a single-compound preparation of antihypertensive drugs in patients with mild to moderate hypertension.

Methods 100 patients with mild to moderate hypertension were treated with a single compound antihypertensive drugs (valsartan amlodipine); calcium antagonist with compound of the ARB class of antihypertensive drugs. The blood pressure and drug compliance were observed in 8 weeks. 24-h ambulatory blood pressure monitoring was dealt to know the duration of a single-compound antihypertensive drugs and stable blood pressure.

Results 100 patients with mild to moderate hypertension in our hospital were diagnosed clearly, and with the poor effects of previous single oral antihypertensive drug or unstable blood pressure. All patients were treated with Amlodipine (80/5 mg), once a day. After 4 weeks of oral valsartan amlodipine compliance, the blood pressure decreased to the standard in 95 cases (95%), not to the standard in three cases (3%), lost to follow-up in 1 cases (1%), and non-compliance by patients in 1 cases (1%). The result of 24-h ambulatory blood pressure monitoring indicated that the average

blood pressure at day and night was normal in 78 cases (78%) after oral valsartan amlodipine during 24 h, dipper blood pressure and non-dipper blood pressure were in 20 cases (20%). After followed-up 8 week, the blood pressure decreased to the standard in 90 of 95 (95%) cases with oral valsartan amlodipine, two cases were lost, three cases were self-replaced drugs. Three cases whose blood pressure was not to standard at followed-up 4 week, were treated with metoprolol tartrate, then their blood pressure decreased. The result of 24-h ambulatory blood pressure monitoring indicated that the average blood pressure at day and night was normal in 80 cases (89%) after oral valsartan amlodipine during 24 h, dipper blood pressure and non-dipper blood pressure were in 10 cases (11%).

Conclusions Calcium antagonists and ARB class of antihypertensive drugs belong to the classic joint programme in the treatment of hypertension, and the composite formulations significantly improve the rate of patient compliance, up to the standard and blood pressure control.