

## **Management of arterial hypertension with angiotensin receptor blockers: Current evidence and the role of olmesartan.**

Omboni S, Volpe M. *Cardiovasc Ther.* 2018 Oct 25: e12471.

- Current guidelines indicate that controlling BP promotes cardiovascular (CV) risk reduction. Among antihypertensive agents, angiotensin receptor blockers (ARBs) are characterized by an efficacy profile equivalent to other antihypertensive agents, excellent tolerability and low discontinuation rates. Moreover, CV outcomes are reduced by ARBs.
- **Olmesartan is a long-lasting ARB which, compared to other ARBs, displays a larger and more sustained antihypertensive effect over 24 hours, with a buffering effect on short-term BP variability. These are important features which help control increased CV risk in the presence of high BP variability.** Combination of olmesartan with long-lasting calcium-channel blockers and thiazide diuretics represents a rational and effective therapy.

*This 2018 reference reinforces that ARBs, including olmesartan, represent one of the most effective and safe treatments for patients with arterial hypertension.*