

## **Effects of Cilnidipine, an L/N-Type Calcium Channel Blocker, on Carotid Atherosclerosis in Japanese Post-Stroke Hypertensive Patients: Results from the CA-ATTEND Study.**

Nezu T et al. J Atheroscler Thromb 2018; 25(6): 490-504.

- The progression of carotid artery thickness has been studied as a marker for atherosclerosis, and predicts a higher risk of stroke recurrence.
- This study was conducted on hypertensive patients with a history of stroke and those who had newly began cilnidipine for 2 years.
- The carotid artery thickness measurements of 326 patients were evaluated using ultrasonography at the start of the treatment and after 12 months. Based on the initial carotid artery thickness measurements, the subjects were divided as thick and normal.
- It was found that cilnidipine, an L/N-type calcium channel blocker, promoted the regression of carotid artery thickness in post-stroke hypertensive patients during 12 months.

**The treatment with cilnidipine, an L/N-type calcium channel blocker, showed a reduction in the carotid artery thickness at 12 months and hence promoted the regression of carotid atherosclerosis in post-stroke hypertensive patients.**