

Angiotensin Receptor Blockers (ARBs) versus Angiotensin Converting Enzyme Inhibitors (ACEIs) for the Treatment of Arterial Hypertension and the Role of Olmesartan

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- Despite similar antihypertensive properties and a favorable safety profile for both ACEIs and ARBs, evidence indicates that patients treated with ARBs have lower rates of withdrawal for adverse events and greater persistence to therapy than those treated with ACEIs.
- Among ARBs, olmesartan is one of the latest generation compounds used for treating hypertension: head-to-head comparative trials suggest that the **efficacy of olmesartan is superior to that of commonly prescribed ACEIs (e.g., ramipril and perindopril).**

Olmesartan administered as a monotherapy or in combination with a calcium channel blocker (CCB) or a thiazide diuretic, has proved to be effective in maintaining blood pressure stability over 24 hours, with a favorable safety profile and low discontinuation rates. It is useful agent especially for high-risk patients (e.g., elderly, diabetics).