

Telmisartan is effective in lowering BP and improving metabolic parameters in patients of T2DM with or without complications.

Gadge P, et al. *Perspect Clin Res.* **2018** Oct-Dec; 9(4): 155-160.

- **Telmisartan is one of the preferred choices of antihypertensive in patients of diabetes with hypertension (HTN) and lowers blood pressure (BP) effectively.**
- **In a 12-week retrospective study assessing the BP-lowering efficacy of telmisartan monotherapy (20-80 mg/day) in 132 patients of Stage I HTN (BP \geq 140/80 mm Hg, but $<$ 160/100 mm Hg), there were no significant differences with regard to reduction in systolic and diastolic BP and blood glucose parameters between the group which had diabetes-related complications vs. the group that did not.**

This very recent study demonstrates that telmisartan is effective in lowering BP and improving metabolic parameters in patients of T2DM with or without complications.