

Management of Arterial Hypertension with Angiotensin Receptor Blockers: Current Evidence and the Role of Olmesartan.

Omboni S, Volpe M. Cardiovasc Ther. 2018 Dec; 36(6):e12471.

- Among antihypertensive agents, angiotensin receptor blockers (ARBs) are characterized by an efficacy profile equivalent to other antihypertensive agents and are provided with excellent tolerability and low discontinuation rates during chronic treatments. Moreover, cardiovascular (CV) outcomes are reduced by ARBs.
- Olmesartan is a long-lasting ARB which proved to achieve a comparable or more effective action in lowering BP when compared to other ARBs.
- **Olmesartan, in fact, displayed a larger and more sustained antihypertensive effect over the 24 hours, with a buffering effect on short-term BP variability.**

Olmesartan shows similar benefits as other ARBs in terms of all-cause and CV mortality, and a favorable tolerability profile.

Thus, ARBs, including olmesartan, represent one of the most effective and safe treatments for patients with arterial hypertension.