



## MEDICAL TIPS

**XSTAN Tablets**

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**Telmisartan versus Enalapril In heart failure with reduced ejection fraction patients with Moderately impaired kidney Functions; randomized controlled trial: "TRIUMF trial"**

*Samir A et al. The Egyptian Heart Journal Aug 2023; 75(68).*

- When Heart Failure with reduced ejection fraction (HFrEF) and chronic kidney disease (CKD) co-exist, the RAAS inhibitors are often underutilized for the fear of worsening renal function (WRF).
- Telmisartan is a renin angiotensin aldosterone system (RAAS) inhibitor characteristic for a favorable renal profile, although the data on its utility in HFrEF is limited.
- 107 patients with HFrEF and CKD were randomized to receive either Telmisartan (10-80mg) or Enalapril (5-40 mg) daily.
- Telmisartan versus Enalapril was associated with less WRF and fewer episodes of dose reduction or dose discontinuation.

**In patients with HFrEF and CKD, Telmisartan was better tolerated to uptitrate, caused less WRF, less heart failure rehospitalization (HFH) and showed better functional improvement compared to Enalapril.**



