



## MEDICAL TIPS

ANGICAM Tablets

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### **Effectiveness of Amlodipine in the control of 24-Hour Ambulatory Blood Pressure (ABP) in Adult Patients with Mild-Moderate Essential Hypertension: A Multicenter Observational, Real-World Study**

*Prabhakar D et al. Journal of Hypertension 2023; 41(1): e213-e214.*

- Inadequate 24h BP control may cause complications in high risk hypertensive individuals and hence target BP levels should be maintained through the day.
- A prospective, observational study to assess the 24h ABP control with 8 weeks of amlodipine therapy (5/10 mg) was conducted on 104 adults with mild-moderate HT.
- Primary outcome was the change in the 24h ABP at 8 weeks from baseline and secondary outcomes were change in morning, daytime, night time and 6h dosing interval ABP.
- Significant reductions in the mean 24h BP were seen for both SBP (-10.82 mmHg with 5 mg and -19.81 mmHg with 10 mg) and DBP (-6.25 mmHg with 5 mg and -11.19 mmHg with 10 mg) along with significant reductions in the secondary outcomes.

**Amlodipine significantly reduces the 24h mean morning, daytime, night-time, and last 6h ABP in adult patients with mild to moderate essential hypertension.**

