



MEDICAL TIPS

LOSTAT TABLETS

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Thirty years with LIFE—a randomized clinical trial with more than 200 published articles on clinical aspects of left ventricular hypertrophy

Kjeldsen SE et al. Blood Pressure 2022; 31(1): 125-128.

- Losartan Intervention for Endpoint Reduction in hypertension (LIFE) is a large clinical trial evaluating the antihypertensive treatment in patients with left ventricular hypertrophy (LVH) in patients 55 years and older with hypertension and LVH.
- Patients were randomized in two groups to receive an ARB, losartan and a beta 1 selective adrenergic receptor blocker, atenolol.
- At the same level of achieved SBP (144 mm Hg), losartan lowered the primary composite endpoint of CV death, MI and stroke by 13% more than atenolol.
- Losartan also had greater effects than atenolol on regression of ECG and echocardiographic measured LVH and on prevention of incident atrial fibrillation and T2DM.

Losartan had beneficial effects on CV outcomes as well as on the measured LVH as compared to atenolol.

