



## MEDICAL TIPS

### OLMEBLU-AM TABLETS

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#### **Fixed dose combination of olmesartan and amlodipine in patients with hypertension and abdominal obesity. Data of 3-month observation of efficacy and adherence to therapy**

*Koval S et al. European Journal of Preventive cardiology 2021; 28(1): 1146.*

- Essential hypertension combined with abdominal obesity is characterized by early refractoriness to anti-hypertensive therapy which calls for the need for fixed combinations.
- 60 patients with grade 2 hypertension and with abdominal obesity of I-II degrees were prescribed a combination of olmesartan and amlodipine for 3 months.
- Based on the BP, 20/5 mg, 40/5mg and 40/10 mg doses were prescribed.
- Combination of olmesartan and amlodipine helped achieve target BP after 3 months in 72% of the patients with a low incidence of side-effects.

**The established high anti-hypertensive efficacy and tolerability of fixed combination of olmesartan and amlodipine in patients with hypertension and abdominal obesity indicates the promise of its use in this category of patients.**

