



MEDICAL TIPS

CILNIBLU TABLETS

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Cilnidipine decreases left atrial (LA) volume index superior than atenolol in the patients with hypertension

Wook-Jin C et al. *Journal of Hypertension*; 39 2021; e373.

- A randomized, double-blind, parallel study was designed to test whether cilnidipine achieved greater left ventricular (LV) mass reduction and improve LV diastolic function as compared to atenolol.
- 72 patients with uncomplicated essential hypertension were administered either 20 mg/d of cilnidipine or 100 mg/d of atenolol.
- Reductions observed similar reductions in systolic and diastolic BP and LV mass index in both groups.
- However, cilnidipine showed a reduction in the LA volume index, whereas atenolol showed an enlarged LA.

Both cilnidipine and atenolol similarly reduced blood pressure and LV mass index. Cilnidipine reduced LA volume index, whereas atenolol increased it. Cilnidipine may provide more beneficial effect on the management in essential hypertension with diastolic dysfunction patients.

