

## **Effect of Amlodipine in Stroke and Myocardial Infarction (MI): A Systematic Review and Meta-analysis**

*Iyengar SS, et al. Cardiol Ther. 2021 Dec; 10(2):429-444.*

- Hypertension is a progressive cardiovascular condition arising from complex aetiologies. Progression is strongly associated with functional and structural abnormalities that lead to multi-organ dysfunction.
- Stroke and MI are two of the major complications of hypertension in India. Thirteen studies that included patients who suffered from MI or stroke and were under amlodipine treatment were included in the analysis.
- Amlodipine had a significant effect in reducing stroke and MI in hypertensive patients.
- Hazard ratio for amlodipine was  $<1$  for stroke and MI showing that amlodipine accounted for better prevention of stroke and MI.

**Amlodipine reduced the risk of stroke and MI in hypertensive patients. In this meta-analysis, superior results for amlodipine were found in 10 out of the 13 studies.**