

## **Comparison of 24 hours Ambulatory Central Blood Pressure Reduction Efficacy between Fixed Amlodipine or Up-titrated Hydrochlorothiazide plus Losartan: The K-Central Study.**

Cha EJ, et al. Am J Hypertens. 2019 May 10.

- A prospective, randomized, double-blind multicenter trial has been conducted in 231 hypertensive patients.
- Patients received losartan 50 mg monotherapy for 4 weeks, followed by additional use of amlodipine 5 mg or hydrochlorothiazide 12.5 mg for 20 weeks after randomization.
- Office systolic BP reduction with Losartan/Amlodipine was not inferior to Losartan/HCTZ after 4 week's treatment.
- The 24 hours ambulatory central systolic BP was significantly more reduced in the Losartan/Amlodipine group compared with that in the Losartan/HCTZ group after 20 weeks' treatment ( $-9.37 \pm 10.67$  vs.  $-6.28 \pm 10.50$  mmHg).

**The combination of Losartan/Amlodipine was more favorable in 24 hours ambulatory central hemodynamics beyond BP-lowering efficacy than the combination of Losartan/HCTZ.**