

ABSTRACTS

EVALUATION OF THE EFFICACY AND TOLERABILITY OF A FIXED DOSE COMBINATION OF AMLODIPINE AND INDAPAMIDE IN PATIENTS OLDER THAN 55 YEARS

QUAZI TARIKUL ISLAM¹, KMHS SIRAJUUL HAQUE², KANIZ MOULA³, HAM NAZMUL AHASAN¹, MD. ISMAIL PATWARY⁴, KHAN ABUL KALAM AZAD¹, MUJIBUR RAHMAN¹, MD. ZAKIR HOSSAIN⁵, M TITU MIAH⁶, ABUL KALAM AZAD⁷

¹Professor of Medicine Popular Medical College, Dhaka, Bangladesh. E-mail: prof.tarik@gmail.com. ²Professor of Cardiology, Anwer Khan Modern Medical College Hospital, Dhaka, Bangladesh, ³Professor of Medicine, Senior Consultant United Hospital, Dhaka, Bangladesh, ⁴Professor of Medicine, Women Medical College, Sylhet, Bangladesh, ⁵Professor of Medicine TMSS Medical College, Bangladesh. ⁶Professor of Medicine, Dhaka Medical College, Dhaka, Bangladesh, ⁷Professor of Medicine, BSMMU, Dhaka, Bangladesh

Background: There is very limited real-life data on hypertension management in Bangladeshi population. Considering this fact, this study evaluated the effectiveness of treatment with an indapamide/amlodipine single-pill combination (SPC) in Bangladeshi patients over the age of 55 years, in an OPD setting with uncontrolled systolic hypertension in real-life clinical practice. **Methods:** This was a 3-month, multicenter, observational, open-label study conducted in 3 divisional cities of Bangladesh among patients with grade I or II hypertension who were either uncontrolled on previous antihypertensive treatment or treatment-naïve. The effectiveness of indapamide/amlodipine SPC was assessed by the change in office systolic blood pressure (SBP) and the rate of target SBP (< 140 mmHg) achievement at 2 weeks, 1 month and 3 months, in four age groups: 55–59 years, 60–69 years, 70–79 years, and 80 years or older. **Results:** The COMBINE study recruited 213 patients, of whom 185 took indapamide/amlodipine 1.5/5 mg SPC for a full three-month course of therapy. Mean age was 62.4±7.4 years, 76 men [41.1%] and 109 women [58.9%]. The absolute decrease of SBP during 3 months of taking indapamide/amlodipine single-pill combination (SPC) was 27.7 mm Hg, DBP - 10.2 mm Hg. After 3 months of treatment significant SBP decreases from baseline were observed in each age group: “29.9 mmHg (from 156.7 to 126.8),” “25.1 mmHg (from 152.7 to 127.6),” “26.1 mmHg (from 152.8 to 126.7), and “ 24.5 mmHg (from 151.8 to 127.3) in the 55–59, 60–69, 70–79, and 80 years and older age groups, respectively. **Conclusion:** This COMBINE study results showed that indapamide/amlodipine SPC was associated with significant and rapid reductions in BP even in a different age range of Bangladeshi patients in routine clinical practice. This study result is consistent with already achieved data of this SPC globally.

Keywords: Efficacy and tolerability, fixed dose Combination, amlodipine, indapamide

Date received: 05.03.2023

Date of acceptance: 05.05.2023

DOI: <https://doi.org/10.3329/bjm.v34i20.66148>

Citation: Islam QT, Haque KMHS, Kaniz Moula K, Ahasan HAMN, Patwary MI, Azad KAK et al. Evaluation of the efficacy and tolerability of a fixed dose Combination of amlodipine and indapamide in patients older than 55 years. *Bangladesh J Medicine* 2023; Vol. 34, No. 2(1) Supplement: 200.