

Fall risk up with initiation, intensification of HTN meds

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(HealthDay)—For older adults, initiation and intensification of

antihypertensive medication is associated with a short-term increased risk of serious fall injuries, according to a study published online May 10 in *Circulation: Cardiovascular Quality and Outcomes*.

Daichi Shimbo, M.D., from the Columbia University Medical Center in New York City, and colleagues examined the correlation between initiating and intensifying antihypertensive medication and serious fall injuries in a case-crossover study of 90,127 Medicare beneficiaries aged 65 years or older. The authors examined medication exposures for the 15-day period before the fall (case period) and six earlier control periods, each of 15 days.

The researchers found that 272 Medicare beneficiaries initiated antihypertensive medication, 1,508 added a new class of antihypertensive medication, and 3,113 titrated therapy (addition of a new class or increase in dosage of current class) within 15 days of their serious fall. There were increases in the odds of a serious fall injury in the 15 days after antihypertensive medication initiation, addition of a new class, and titration (odds ratios, 1.36, 1.16, and 1.13, respectively). Beyond 15 days the correlations were attenuated.

"Antihypertensive [medication](#) initiation and intensification was associated with a short-term, but not long-term, increased risk of serious fall injuries among [older adults](#)," the authors write.

Two authors disclosed financial ties to Amgen.

More information: [Abstract](#)
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