

Single, fixed-dose combo pills improve hypertension outcomes

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(HealthDay)—Single-pill, fixed-dose combination (FDC) treatment may

be more effective for improving blood pressure control in older patients, according to a study recently published in *PLOS Medicine*.

Amol A. Verma, M.D., from St. Michael's Hospital in Toronto, and colleagues used linked clinical and administrative databases to compare [clinical outcomes](#) and [medication adherence](#) for patients prescribed one angiotensin-converting enzyme inhibitor or angiotensin II-receptor blocker plus one thiazide diuretic, either as a single-pill FDC or as a multi-pill combination. The authors performed a [retrospective cohort study](#), with five year follow-up, of 13,350 patients aged 66 years or older.

The researchers observed no significant difference in outcomes between groups while patients were on treatment (hazard ratio, 1.06; 95 percent confidence interval, 0.86 to 1.31; $P = 0.60$). The proportion of total follow-up days covered with medications was significantly greater in the FDC group (70 percent) versus the multi-pill group (42 percent; P

"Among older adults initiating combination antihypertensive treatment, FDC therapy was associated with a significantly lower risk of composite clinical outcomes, which may be related to better medication adherence," the authors write.

One author disclosed financial ties to the pharmaceutical industry.

More information: [Abstract/Full Text](#)

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