

# Reducing number of BP meds may be safe in some older adults

June 3 2020

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(HealthDay)—A medication reduction strategy is safe among some older

adults treated with antihypertensives, according to a study published in the May 26 issue of the *Journal of the American Medical Association*.

James P. Sheppard, Ph.D., from the University of Oxford in the United Kingdom, and colleagues evaluated whether antihypertensive medication reduction is possible in patients  $\geq 80$  years without significant changes in [systolic blood pressure](#) (BP) control or adverse events during 12-week follow-up. Patients (48.5 percent women) were randomly assigned to either antihypertensive medication reduction (removal of one drug [intervention], 282) or usual care (control, 287).

At baseline, patients were prescribed a median of two antihypertensive medications. At 12 weeks, 86.4 percent of patients in the intervention group and 87.7 percent of patients in the control group had a systolic BP

Citation: Reducing number of BP meds may be safe in some older adults (2020, June 3) retrieved 18 June 2024 from <https://medicalxpress.com/news/2020-06-bp-meds-safe-older-adults.html>

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