

# Low-dose combo antihypertensives effective for lowering BP

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Low-dose combination (LDC) antihypertensives consisting of three or

four blood pressure (BP)-lowering drugs are more effective for lowering BP compared with monotherapy, usual care, or placebo, according to a review published online April 26 in *JAMA Cardiology*.

Nelson Wang, M.D., from the University of New South Wales in Sydney, and colleagues examined the efficacy and safety of LDC therapies for the management of hypertension in a [systematic review](#) and meta-analysis of randomized [clinical trials](#) comparing LDC therapies to [monotherapy](#), usual care, or placebo. Seven trials were reviewed, including 1,918 patients; of these trials, four evaluated triple-component LDC therapies and three evaluated quadruple-component LDC therapies.

The researchers found that LDC therapies were associated with a greater mean reduction in systolic BP than initial monotherapy or usual care (mean reduction, 7.4 mm Hg) and placebo (mean reduction, 18.0 mm Hg) at four to 12 weeks of follow-up. A higher proportion of participants achieved BP

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