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) Supplementation: 200.