

Review of Clinical Pharmacology and Pharmacokinetics

ΕΠΙΘΕΟΡΗΣΗ ΚΛΙΝΙΚΗΣ ΦΑΡΜΑΚΟΛΟΓΙΑΣ ΚΑΙ ΦΑΡΜΑΚΟΚΙΝΗΤΙΚΗΣ
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Letter from Guest Editor

The progress and contributions of 20th century pharmacology has been immense with over 20 pharmacologists to have received Nobel Prizes. This field of medical studies covers many areas; it is built upon and at the same time incorporates many disciplines such as biochemistry, biology physiology, pathology, anatomy, molecular biology, while the development of new analytical and experimental techniques and instruments has given a new boost in pharmacological research. Yet, although a remarkable progress has been made in developing new drugs and in understanding how they act, the challenges are endless. Integrating a depth of knowledge in many related scientific disciplines, pharmacologists offer a unique perspective to solving drug and chemical related problems which impinge on human health, with ultimate goal the treatment and prevention of major diseases.

The 5th Panhellenic Congress of Pharmacology focuses on four *hot* subjects: Regenerative Pharmacology, Herbal Medicines, Pharmacology of Abuse and Dependence, and Education in Pharmacology.

- *Regenerative Pharmacology* is one of the newest areas in Pharmacology, represents a groundbreaking field of research and has the potential to radically alter the treatment of diseases and disorders.

- *Herbal Medicines* have acquired an important percentage among the drug used; according to WHO 80% of people worldwide rely on herbal medicines for some aspect of their primary health care. This continuously increasing use of plant medicines imposes the need for establishing new regulations.

- *Pharmacology of Abuse and Dependence*, still not a well defined area, presents a lot of challenge for researchers and clinicians.

- *Education in Pharmacology* remains a hot subject in the Medical education, following the knowledge *explosion* of the last decades accompanied by a decreasing reliance on didactic teaching. The crucial question is: how and what should we teach?

We hope that the round table discussions along with the invited lectures, included in this abstract book, will raise new and intriguing ques-

tions that will further stimulate research, and will contribute to new therapeutic approaches and attitudes.

I would like to thank the Editorial Board of *Review of Clinical Pharmacology and Pharmacokinetics* in particular Journal Editors Prof. S.T. Plessas and Dr C.T. Plessas for invitation and for providing the suitable and high-standard forum through which new research findings will become available to the scientific community.

The Guest Editor

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Efficacy of Amlodipine in Older Hypertensive Patients (>55 years) not Controlled with Inhibitors of the Renin-Angiotensin System or beta Blockers

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Key words: Amlodipine, b-blockers, ACE-inhibitors, ARBs, hypertension

INTRODUCTION

According to the guidelines of the British Hypertension Society calcium antagonists and diuretics are considered first line choice in hypertensive patients >55 years. However, the implementation of these guidelines in everyday clinical practice is hindered by physicians' doubts about the effectiveness of this approach. The aim of our study was to investigate the efficacy of amlodipine in hypertensives that were not controlled with ACE-inhibitors or ARBs or b-blockers.

METHODS

The study population consisted of 112 patients (>55 years) with essential hypertension that attended our outpatient clinic. All patients were on monotherapy (ACE-inhibitors or ARBs or b-blockers) for more than 3 months without achieving target blood pressure goal. Following a two week withdrawal period all patients were put on amlodipine 5-10mg for 3 months.

RESULTS

Blood pressure was $(151\pm 10)/(84\pm 7)$ mmHg while on previous monotherapy and $(155\pm 12)/(85\pm 7)$ mmHg after drug withdrawal. Amlodipine therapy was accompanied by significant reduction in blood pressure $(145\pm 10)/(82\pm 8)$ mmHg at 1 month and $(139\pm 11)/(81\pm 7)$ mmHg at 3 months. Five patients discontinued amlodipine administration (1 with flushing, 2 with constipation and 2 with ankle edema). Overall, 52 of 107 patients (48.6%) achieved target blood pressure.

CONCLUSIONS

In conclusion, calcium antagonists are effective in about one out of two older hypertensives (>55 years) that are not controlled with b-blockers or inhibitors of the renin-angiotensin axis. The implementation of the British guidelines shows remarkable efficacy, resulting in better blood pressure control and avoiding the disadvantages of combination therapy. Larger studies are needed to confirm these encouraging findings.

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