

# *Review of Clinical Pharmacology and Pharmacokinetics*

ΕΠΙΘΕΟΡΗΣΗ ΚΛΙΝΙΚΗΣ ΦΑΡΜΑΚΟΛΟΓΙΑΣ ΚΑΙ ΦΑΡΜΑΚΟΚΙΝΗΤΙΚΗΣ  
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## Letter from Guest Editor

The progress and contributions of 20<sup>th</sup> 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 5<sup>th</sup> 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*

*Charis Liapi*

Assist. Professor in Pharmacology  
Medical School, University of Athens  
Chair of Hellenic Society of Pharmacology

## The Implementation of British Hypertension Society Guidelines Results in Improved Blood Pressure Control in Young Hypertensives

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*Key words:* Imidapril, calcium antagonists, diuretics, hypertension, younger age

### INTRODUCTION

Inhibitors of the renin-angiotensin system are considered drugs of first choice in hypertensive patients <55 years according to recent British guidelines. However, these guidelines are infrequently implemented, even in the UK, mainly due to a lack of belief on their effectiveness by the practicing physicians. The aim of our study was to investigate the efficacy of imidapril in younger hypertensives not achieving target blood pressure while on calcium antagonists or diuretics.

### METHODS

The study population consisted of 196 hypertensive patients (<55 years) that were on monotherapy with calcium antagonists or diuretics without achieving goal blood pressure. A two week withdrawal period of previous medication was followed by administration of imidapril (10-20 mg) for 3 months.

### RESULTS

Blood pressure levels were significantly decreased with imidapril ( $147\pm 11/91\pm 7$  mmHg at 1 month and  $142\pm 10/89\pm 7$  mmHg at 3 months) compared to pre-treatment ( $150\pm 10/92\pm 7$  mmHg on previous therapy and  $154\pm 11/93\pm 7$  mmHg after withdrawal). Imidapril was discontinued in 12 patients (3 due to poor compliance, 4 due to cough, 5 due to impairment of renal function). From 184 patients completing the study 101 (54.9%) achieved goal blood pressure (<140/90 mmHg).

### CONCLUSIONS

In conclusion, practitioners may achieve goal blood pressure in one out of two non-controlled patients just by implementing the British guidelines in younger hypertensives. Further studies are needed to verify our promising results.



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