

RATIONAL DRUG THERAPY: FOR THE INDIVIDUAL AND COMBINED TREATMENT OF HYPERTENSION AND CORONARY ARTERY DISEASE

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Introduction: Coronary artery disease (CAD) is currently the leading cause of death globally, resulting in over 7 million deaths worldwide in 2012. This number has only increased at an alarming rate. Hypertension on the other hand affects 30-45% of Europeans. Although many guidelines exist on how these conditions are treated individually, little is known on how to manage patients who are concomitantly affected by both conditions.

The aim of our study was to analyze practical doctor prescriptions in patients with CAD and hypertension to optimize pharmacotherapy in mentioned clinical group.

Materials and Methods: 50 treatment histories were obtained from the therapeutic department of the scientific medical practical center of Kharkiv State Medical University, Kharkiv, Ukraine. These treatment histories were analyzed taking into account the age, concomitant illnesses and drug interactions etc.

Results: According to our results so far, it has been observed that patients who present with CAD only are more likely to be treated with a calcium channel blocker like verapamil (37% of such patients) or a beta-blocker like bisoprolol (63% of such cases) and NSAIDS are co-administered when needed. But in patients presenting with both CAD and hypertension, the physicians prefer to treat with an ACE inhibitor like enalapril (73% of cases) and in most cases together with a thiazide diuretics (52% of cases). It was also observed in all patients who were treated with ACE inhibitor the physicians were also careful not to administer NSAIDS and a hepatoprotective drug like antral was always giving.

Conclusion: With these results it appears that in combined cases of CAD and hypertension, physicians prefer to lead treatment with medications favorable for the treatment of the hypertension (which happens to be a risk factor of CAD), but concerns should also be drawn to the use of an ACEs inhibitor together with a thiazide, because this combination has been shown to reduce blood pressure very fast and this may be dangerous to the patient.