

Hypertension Treatment With Single-Pill Combinations

From Use in Practice to Impact on Prognosis

FACULTY

Bryan Williams, MD, FRCP, FAHA, FESC, FMedSci

President of ISH

Chair of Medicine

University College London

Professor

UCL Institute of Cardiovascular Sciences

London, United Kingdom

Welcome

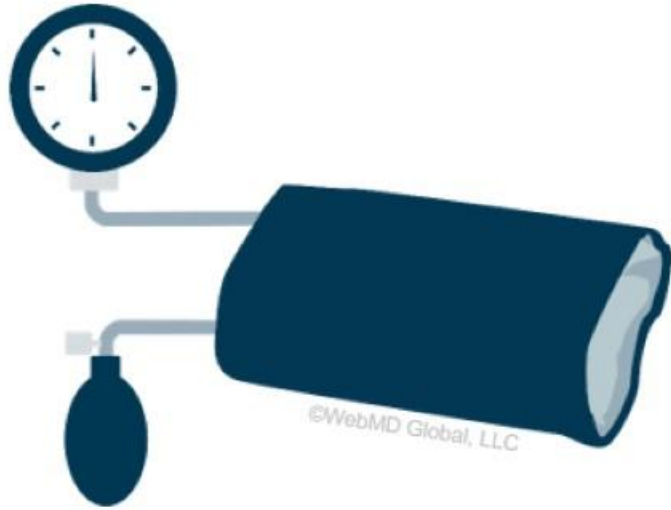


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**Introduction to single-
pill combination therapy**

”

High Blood Pressure and Future Risk



The **most important preventable cause of death globally in 2016** and is projected to remain so by 2040^[a]

Contributed to **10.8 million CV deaths and 11.3 million deaths** in 2021^[b]

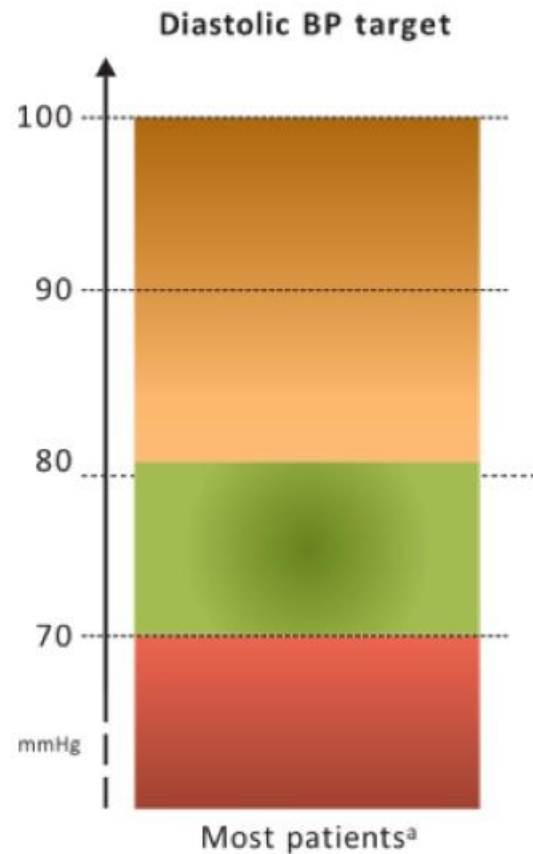
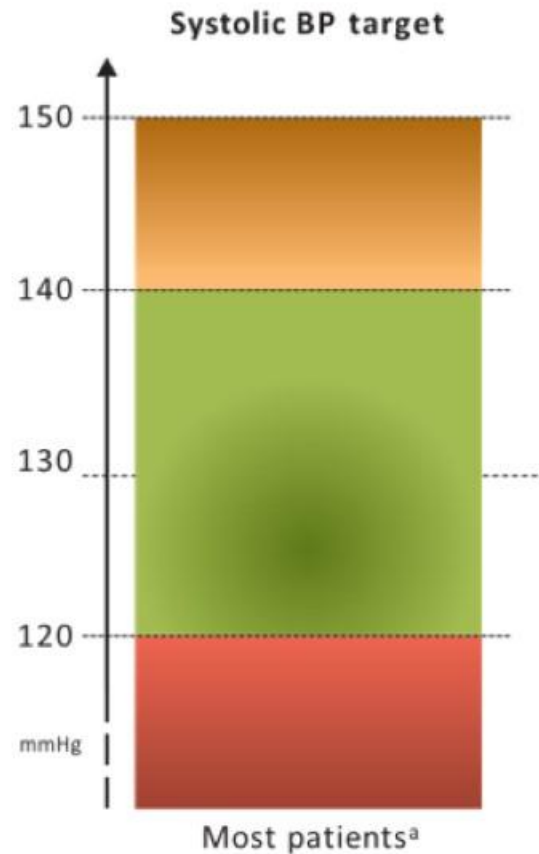
Associated with **>200 million disability life years per year**^[c]

CV, cardiovascular.

a. Foreman KJ, et al. Lancet 2018;392:2052-2090; b. Vaduganathan M, et al. J Am Coll Cardiol. 2022;80:2361-2371; c. GBD 2015 Risk Factors Collaborators. Lancet. 2016;388:1659-1724.

Office BP Targets in the General Adult Hypertensive Population

2023 ESH Guidelines



Target  Avoid 

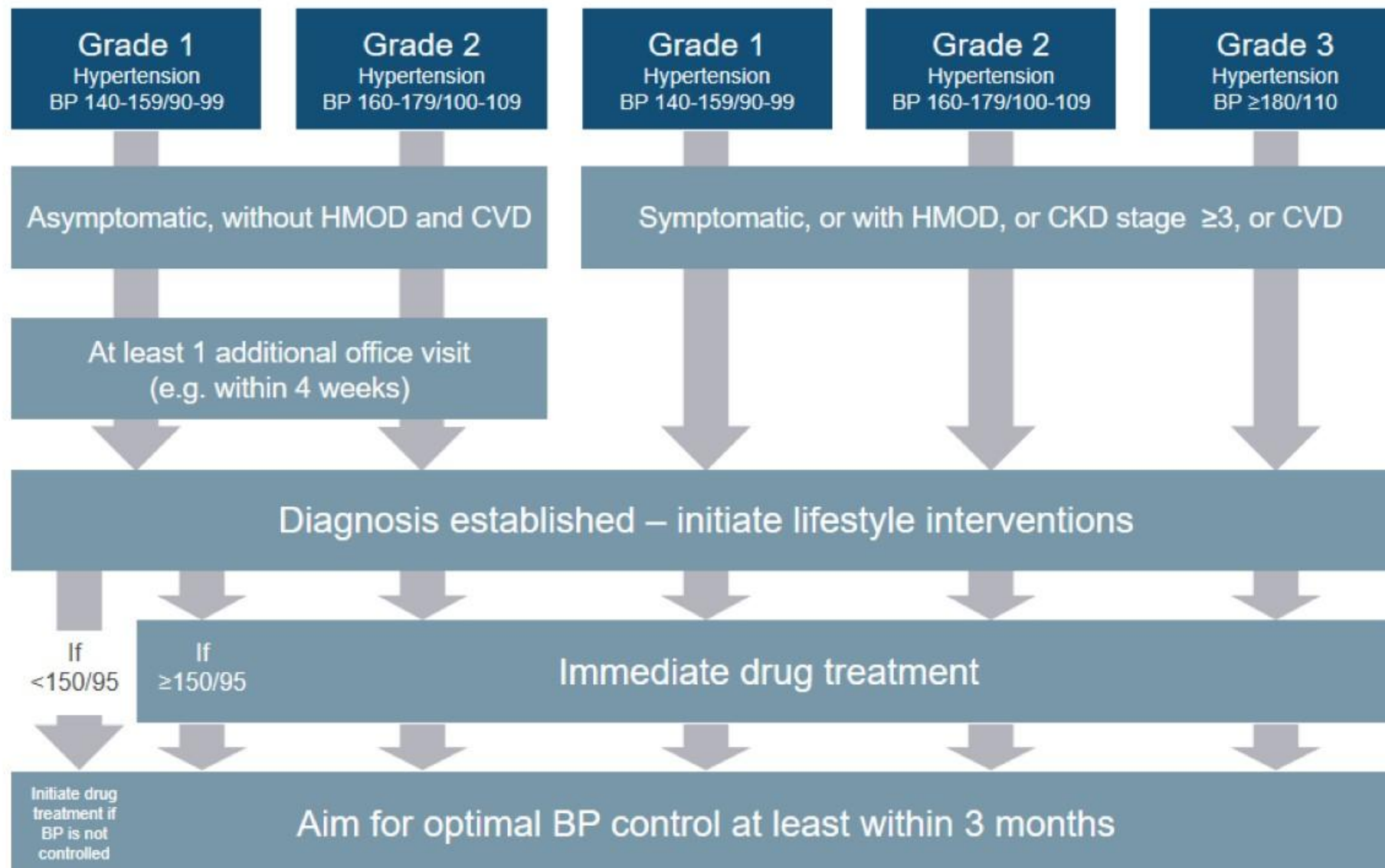
Lower BP Targets

<140/90mmHg
for all

Ideally
<130/80mmHg if
tolerated

Diagnosis by Office BP and Initial Management of Hypertension

2023 ESH Guidelines



Use home blood pressure monitoring and/or ambulatory blood pressure monitoring whenever possible

Blood Pressure Control Needs to Be ...



Lower



Faster



Better

How Do We Achieve Better BP Control?

**Need to move
to more
common use of
2-drug
combination
therapy as
initial treatment**



To improve BP-lowering efficacy for achieving BP goals



To increase the speed to achieve BP goal



To overcome therapeutic inertia

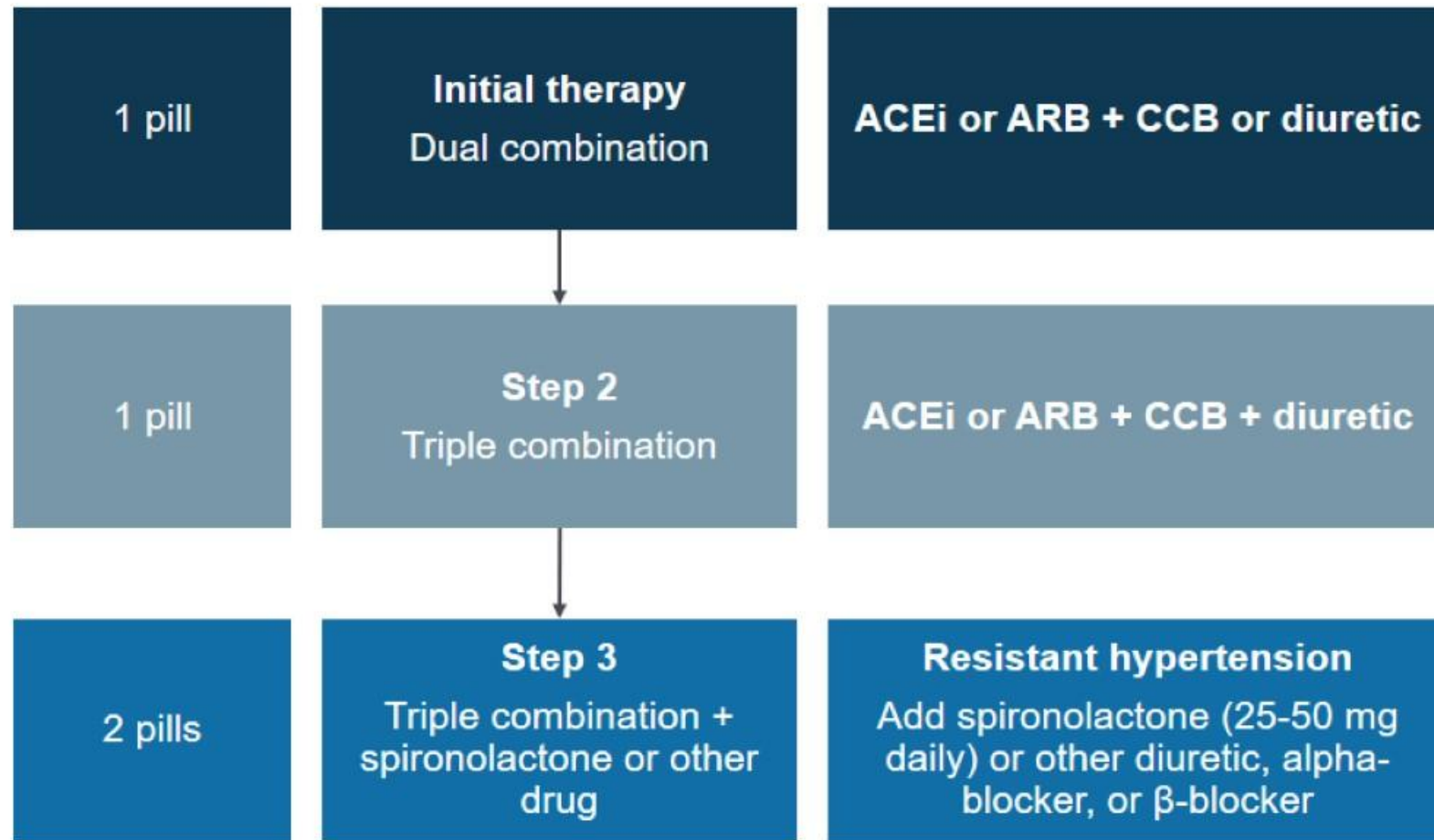


To reduce variability in BP response

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General BP-Lowering Strategy in Patients With Hypertension

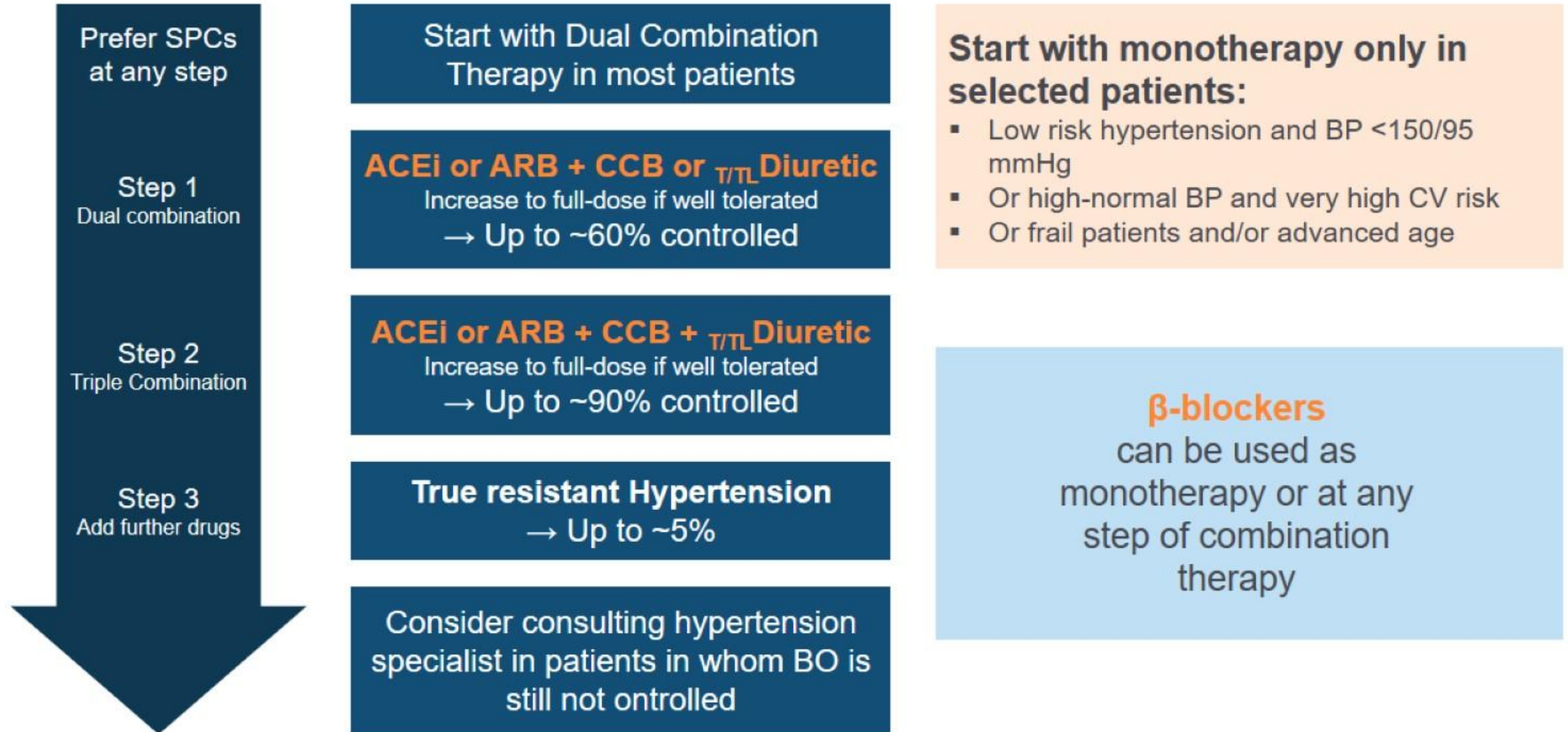
Previous ESC/ESH Guidelines



Core drug-treatment strategy for uncomplicated hypertension and most patients with HMOD, cerebrovascular disease, diabetes, or PAD

General BP-Lowering Strategy in Patients With Hypertension

2023 ESH Guidelines



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