

夜間家庭血圧に対するバルサルタン/シルニジピン配合錠と バルサルタン/ヒドロクロチアジド配合錠の比較

Comparative Effects of Valsartan plus Cilnidipine or Hydrochlorothiazide on Nocturnal Home Blood Pressure

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We tested our hypothesis that a valsartan/cilnidipine (80/10 mg) combination would achieve a greater reduction in nocturnal home systolic blood pressure (HSBP) than a valsartan/hydrochlorothiazide (80/12.5 mg) combination in hypertensive patients. Patients measured their nocturnal HSBP over three nights prior to study randomization and at the end of treatment. Sixty-three and 66 patients comprised the valsartan/cilnidipine and valsartan/hydrochlorothiazide groups; their respective baseline nocturnal HSBP values were 124.3 ± 15.6 and 125.8 ± 15.2 mmHg ($p=0.597$). Nocturnal HSBPs were significantly reduced from baseline in both groups. Although the valsartan/hydrochlorothiazide group exhibited a significantly greater reduction in nocturnal HSBP compared to the valsartan/cilnidipine group (-5.0 vs. -10.0 mmHg, $p=0.035$), there were significant interactions between treatment groups concerning the baseline nocturnal HSBP and change in nocturnal HSBP ($p=0.047$). The BP-lowering effect of valsartan/cilnidipine was more dependent on baseline nocturnal HSBP than that of valsartan/hydrochlorothiazide.