

Dear Referring Practitioner please get some new info on the run... *General Medicine Bulletin 2020/1*

HYPERTENSION



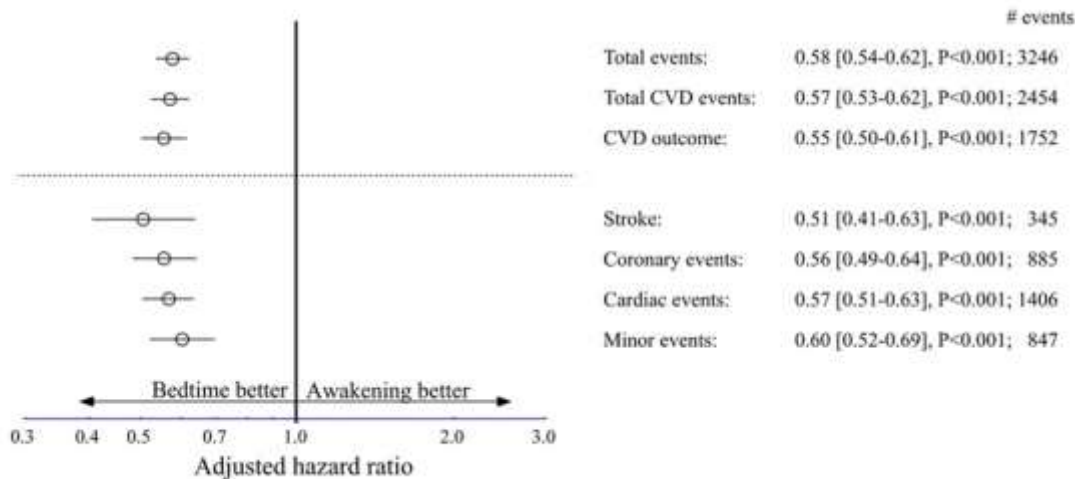
The **BEST TIME** of the day to take your blood pressure medication is at **BEDTIME**.

A recent publication of a study with 19 000 adults revealed that there is a **45 % risk reduction** in **stroke** and **cardiovascular episodes** when blood pressure medication is taken at bedtime.

19 000 adults were randomly split into two groups: one group took their blood pressure medication in the morning and the other group at bed time. All participants were followed up for an average of 6.5 years. There no difference in compliance between the two groups.

Take home figure Adjusted hazard ratio (95% CI) of cardiovascular events as a function of hypertension treatment-time

European Heart Journal 10/2019



No matter what class of blood pressure medication, just take it at bed time and you will get 45 % less complications.

The remarkable aspect of this intervention is that it costs nothing, introduces no new medications and has no increased side effects.

This study is practice-changing. Let's advise our hypertensive patients to take their once daily BP meds at bedtime.