

ABSTRACT

Topic: Therapy of arterial hypertension

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Arterial hypertension is one of the most common diseases of cardiovascular system. Long-lasting high blood pressure is associated with development of organ damage and adverse prognosis. Accurate diagnosis and precision treatment decrease markedly the risk of hypertensive and atherosclerotic complications such as coronary heart disease, cerebrovascular events, heart failure and end-stage renal disease. Most of the hypertensive patients require pharmacological treatment to attain recommended levels of blood pressure. Lifestyle modification should be a part of the treatment of all hypertensive patients. Present pharmacotherapy offers a range of drug classes (ACE inhibitors, calcium channel blockers, diuretics, ARBs, beta-blockers), which demonstrated favourable influence on cardiovascular morbidity and mortality. They are suitable for monotherapy as well as combination therapy. Recently, the combination therapy is emphasized because of great number of hypertensive patients have an inadequate blood pressure control.