August 2012

Hyper Tension

1. Q: What are the classes of drugs used to control hypertension?

A: 1. Diuretics

1. Beta-Blockers
2. Angiotensin Converting Enzyme Inhibitors
3. Angiotensin II Receptor Blockers
4. Direct Renin Inhibitors
5. Long-acting Calcium Channel Blockers
6. Combination Therapy

2. Q: What is the first line drug treatment for uncomplicated HTN?

 A: Thiazide Diuretics

1. Q: What is the main risk of diuretic use in the treatment of HTN?

A: 1. Hypokalemia

2. Prolonged QT syndrome.

1. Q: What is an alternative first line drug treatment for patients who are at risk of

developing an arrhythmia?

A: Thiazide diuretic plus a potassium sparing diuretic.

1. Q: Name a thiazide diuretic drug.

A: Hydrochlorthiazide

1. Q: Name potassium sparing diuretics.

A: 1. Spironolactone 2. Amiloride 3. Triamterene

1. Q: Beta Blocker medications are first line therapy in patients who are:

A: 1. Younger than 60 years of age.

 2. Have stable angina.

 3. Have heart failure.

 4. Or, have a history of myocardial infarction.

1. Q: Beta Blocker medications are also useful in treating people with :

A: 1. Migraine headaches

 2. Tachycardia

 3. Essential tremor

1. Q: What are the limits of Beta Blockers?

A: 1. They are less effective than Diuretics, Angiotensin II Receptor Blockers,

and Calcium Channel Blockers as initial treatment in patients for the prevention of cardiovascular events in patients over the age of 60.

1. Beta blockers may be ineffective in treating HTN in smokers
2. Q: Name Beta Blocker medications.

A: 1. Acebutolol 2. Atenolol 3. Metoprolol 4. Propranolol

1. Q: Angiotensin Converting Enzyme Inhibitors (ACE Inhibitors) are used when?

A: ACE Inhibitors are first line therapy for patients with:

1. Uncomplicated HTN
2. HTN patients with diabetes
3. Recent myocardial infarction
4. Heart failure
5. Chronic kidney disease
6. Q: ACE Inhibitor medications are contra indicated with which patients?

A: Women of child bearing potential

1. Q: Name ACE Inhibitor medications.

A: 1. Benazepril

 2. Captopril

 3. Enalapril

 4. Ramipril

1. Q: What is a common side effect of using ACE Inhibitor medications?

A: Dry cough in 10 to 20% of people using ACE Inhibitor medications.

1. Q: For which patients are Angiotensin II Receptor Blockers (ARBS) indicated?

A: 1. Uncomplicated hypertension

 2. Diabetics

1. Q: What HTN medications are ARBS an alternative to?

A: ACE inhibitors

1. Q: Name ARB medications:

A: 1. Candesartan - Atacand

 2. Iosartan - Cozaar

 3. Temisartan - Micardis

1. Q: Which hypertensive patients are ARBS contraindicated for use by?

A: Women of child bearing potential.

1. Q: Name a Direct Renin Inhibitor drug

A: Aliskiren

1. Q: Name Calcium Channel Blocker medications.

A: 1. Amlodipine 2. Felodipine 3. Nifedipine

1. Q: What are the two main uses of Long Acting CCBs?

A: 1. First line HTN treatment

 2. Combination therapy

1. Q: Which patients are particularly responsive to Long Acting CCBs?

A: 1. Elderly patients with isolated systolic hypertension

 2. Black patients

1. Q: What are Short Acting CCBs used for?

A: Do not use Short Acting CCBs!!

1. Q: How many HTN patients require a second medication to achieve target BP?

A: About 50% of patients.

1. Q: When are drug combinations recommended for HTN patients?

A: Rather than start another first line drug when moderate doses of primary medications fail to achieve target BP.

1. Q: In general which HTN drugs are not to be administered in combinations?

A: 1. Beta Blockers, with ACE inhibitors, or with ARBs

 2. Never ACE inhibitors and ARBs