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Effectiveness and Safety of Telmisartan and Amlodipine Fixed Dose Combination in Newly Diagnosed Versus Previously Diagnosed Patients with Hypertension: Results From the TACT India Real-World Study

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Background

- Hypertension (HTN) is a prevalent condition and affects 35.5% of adult Indians.¹
- Hypertension control in newly diagnosed versus previously diagnosed patients may differ due to varying baseline risk and treatment history.

OBJECTIVES

- This subgroup analysis of the TACT India study assessed the effectiveness and safety of Telmisartan-Amlodipine (T/A) fixed-dose combination (FDC) in Indian patients stratified by hypertension diagnosis (newly diagnosed vs. previously diagnosed).

METHODS

- TACT India was a prospective, multicenter, observational study conducted from Sept 2023 - Oct 2024.
- Participants >18 years with newly diagnosed HTN or uncontrolled on monotherapy (SBP/DBP \geq 140/90 mmHg) and eligible for FDC were included.
- All patients received T/A FDC once daily. The primary endpoint was change in systolic and diastolic blood pressure (SBP/DBP) from baseline to 8 weeks.

Figure 1: Number of participants (n=5363)

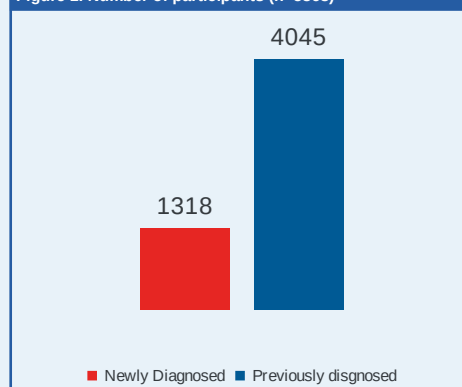


Figure 2: Systolic Blood Pressure (mmHg)

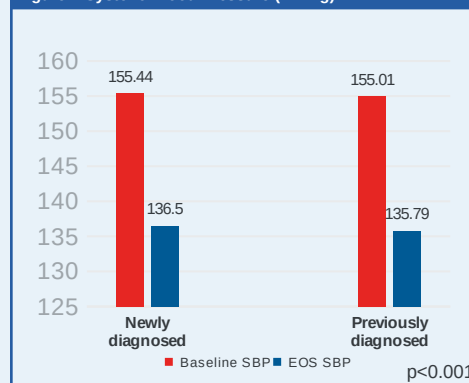


Figure 3: Diastolic Blood Pressure (mmHg)

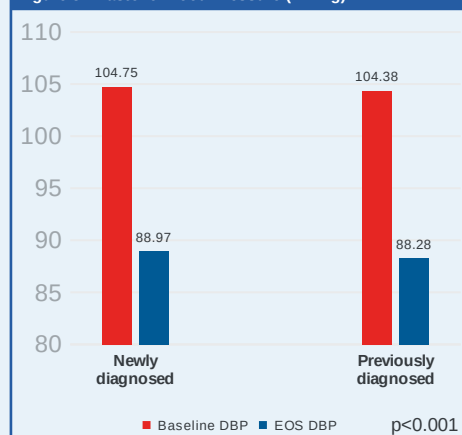
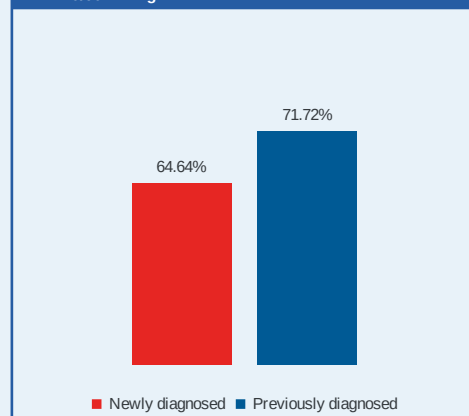


Figure 4: Proportion of participants who achieved target BP <140/90 mmHg



Reference: Anjana RM, et al. Lancet Diabetes Endocrinol. 2023 Jul 1;11(7):474-89.

DISCLOSURE: Rahul Iyer, Amarnath Sugumaran, Sandesh Sawant, Senthilnathan Mohanasundaram are employees of Cipla Limited, India. All other authors have no conflict of interest to declare.

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RESULTS

- A total of 5,363 evaluable patients with hypertension were categorized as newly diagnosed (n=1,318) or previously diagnosed (n=4,045) (figure 1).
- At baseline, mean age of participants was 54.08 years in newly diagnosed and 57.98 years in previously diagnosed patients.
- More than half of patients were female (51.52%) in newly diagnosed and male (55.08%) in previously diagnosed patients.
- A significant reduction in systolic blood pressure was observed at the end of the study and the results are presented in figure 2, with mean changes of -18.95 mmHg and -19.22 mmHg (p<0.001 for both).
- Diastolic blood pressure (figure 3) declined -15.78 mmHg in newly diagnosed and -16.10 mmHg in previously diagnosed patients (p<0.001).
- Target BP <140/90 mmHg was achieved in 64.64% of newly diagnosed and 71.72% of previously diagnosed patients (figure 4).
- BMI decreased from 26.01 ± 3.55 to 25.11 ± 3.74 (-0.91) and from 26.22 ± 3.61 to 25.81 ± 3.72 (-0.41), respectively (p<0.001).
- A total of 5 mild adverse events were observed.
- Over 98% of physicians endorsed the efficacy and tolerability. >99% of patients across the both groups reported that they're satisfied with the overall treatment.

Conclusion:

Telmisartan-Amlodipine FDC demonstrated significant and comparable BP reduction in both newly and previously diagnosed patients with hypertension.