



ISIC-2022 International Scientific Interdisciplinary Conference





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Kolomiets Sofiia, Zalubovska Olena
ARTERIAL HYPERTENSION TREATMENT ALGORITHM
Kharkiv National Medical University
Department of Internal Medicine No. 2, Clinical Immunology and Allergology
named after academician L.T. Malaya
Kharkiv, Ukraine

Arterial hypertension is a pathological condition characterized by an increase in blood pressure. Depending on gender, chronic diseases, it is necessary to correctly and rationally choose therapy. The main drugs of treatment: beta-adrenoceptor blockers, angiotensin-converting enzyme inhibitors, angiotensin II blockers, or sartans, diuretics, calcium antagonists.

It is known that beta-blockers such as metoprolol are not used for bradycardia, because these drugs reduce the heart rate. It is advisable to do a blood test for the acid-base state to understand the gas state and the amount of electrolytes. For example, ACE inhibitors (such as captopres, enalapril) are not used in cases of hypokalemia and gout. Loop diuretics can also be included because they conserve sodium and excrete potassium. Therefore, furosemide is not used in case of an excess of sodium or a deficiency of potassium and calcium.

Captopril and other ACE inhibitors are also not recommended for renal failure. Pregnant women are recommended to use calcium antagonists (amlodipine, nifedipine). If the patient has a history of unstable angina or acute myocardial infarction, we do not prescribe nifedipine and other calcium antagonists. With diabetes, it is rational to prescribe sartans (such as losartan, valsartan) than the well-known captopres. In emergency medical care, it is used in a dosage of 25 mg under the tongue. But in addition to these facts, we must remember the individual sensitivity of patients to medicines. Therefore, at the slightest allergic reaction, it is necessary to urgently change the tactics of treatment. Also, in the treatment of arterial hypertension to prevent thrombosis, embolism, heart attack, and stroke, it is recommended to use antithrombotic and antiplatelet agents, especially for elderly patients (acetylsalicylic acid, clopidogrel, brilinta). You must know about reduction of blood clotting time when using these drugs. Be careful because of increasing risks of bleeding. But every patient should know that self-medication is harmful to health. You should always consult a specialist.