

The Effect of Therapy with Olmesartan or Telmisartan in Patients with Arterial Hypertension Combined With Obesity

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- Fifty patients with arterial hypertension of II stage were treated with olmesartan (1st group) or telmisartan (2nd group) in combination with atorvastatin for 12 weeks.
- The combined use of olmesartan + atorvastatin or telmisartan + atorvastatin resulted in a significant decrease in systolic and diastolic BP, heart rate, and myocardial mass.
- In olmesartan group, the adiponectin content in the blood increased by 41.6% whereas in telmisartan group adiponectin level increased by 59.4%.
- The level of IL-6 has significantly decreased in both the groups; in olmesartan group by 2.7 times and in telmisartan group by 2.6 times.

Both the ARBs significantly decreased the blood pressure & heart rate.
Telmisartan improved the cardio-metabolic profile of obese and hypertensive patients by increasing adiponectin and decreasing IL-6 levels.

