



## CLINICAL INSIGHTS

*EXCEL Division of Blue Cross Laboratories*

**BLUMETA Tablet**

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### **Metoprolol Use in Hypertensive Pregnancy Disorder - a Single-center Study**

*Buicu C et.al; J of Cardio Emergencies 2025;11(1):20-25.*

- Hypertensive Pregnancy Disorder (HPD) is associated with significant fetal and maternal complications such as eclampsia, intrauterine growth restriction (IUGR), premature birth, intrauterine fetal death, and can have an increased risk of immediate and long-term maternal cardiovascular diseases.
- In a retrospective observational study of 80 pregnant women with hypertension who had their pregnancies terminated and stayed in the hospital after giving birth, 42.5% of the patients had a high body mass index, which is considered to be a significant risk factor for HPD.
- Systolic and diastolic blood pressure values, as well as the antihypertensive treatment were compared between patients receiving Metoprolol and patients receiving other treatments. Preeclampsia and premature delivery occurred in a significantly higher proportion among those receiving other antihypertensive medication ( $p = 0.006$  and  $p = 0.021$ , respectively).
- Metoprolol was not associated with any substantial congenital malformations, premature births, or any adverse maternal or fetal outcomes. Furthermore, it has been shown that oral beta-blockers are safe to use in the first trimester and do not harm on the fetus.

**Metoprolol use showed its benefits in treating Hypertensive Pregnancy Disorders.**

