



XSTAN-AM TABLETS

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Evaluation of Effectiveness and Safety of Telmisartan and Amlodipine Fixed-Dose Combination in Indian Patients with Hypertension: TACT-India Study

Das AK, et.al Drugs Real World Outcomes. 2026 Jan 5.

- Hypertension is a major global health burden associated with significant cardiovascular morbidity and mortality. Fixed-dose combinations (FDC) may improve blood pressure (BP) control and prevent associated complications. This study aimed to evaluate the effectiveness and safety of telmisartan and amlodipine FDC in Indian patients with hypertension.
- This prospective, multicenter (n = 982), observational, real-world study enrolled 6232 patients aged ≥ 18 years diagnosed with hypertension and prescribed telmisartan and amlodipine FDC. The primary outcome was the mean change in systolic blood pressure (SBP) from baseline to 8 weeks. Safety was assessed based on the incidence of adverse events reported by patients or observed by clinicians.
- A significant reduction in mean SBP was observed, decreasing from 155.12 mmHg at baseline to 135.96 mmHg at week 8 ($P < 0.0001$). Similarly, a reduction in mean diastolic blood pressure (DBP) was seen from 104.47 mmHg at baseline to 88.45 mmHg at week 8 ($P < 0.0001$). Around 70% of patients achieved the target BP ($< 140/90$ mmHg).
- The physicians' global efficacy assessment suggested that 51.35% were extremely satisfied and 48.01% were satisfied with the treatment outcomes. Similarly, the tolerability assessment indicated that 52.95% of physicians were extremely satisfied and 45.84% were satisfied,

Treatment with telmisartan and amlodipine FDC demonstrated significant antihypertensive effectiveness and was well-tolerated in the real-world among Indian patients with hypertension..

