

Hypertension in type 2 diabetes mellitus: associated treatment and degree of control

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Objectives

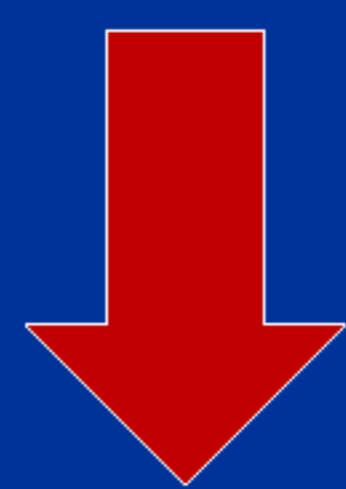
To evaluate the prevalence of hypertension in patients with type 2 diabetes mellitus (T2DM) and to analyze the clinical characteristics, the degree of achieved control and the associated antihypertensive treatment.

Methods

- Cross-sectional study
- Inclusion criteria: T2DM patient followed in a primary care setting.
- Data about age, sex, associated antihypertensive treatment, systolic blood pressure (SBP) and diastolic blood pressure (DBP) was collected
- Statistical analysis was performed with SPSS v 15.0 for Windows.

Hypertension prevalence

79 T2DM patients



62 patients with hypertension

Hypertension prevalence
78.5%

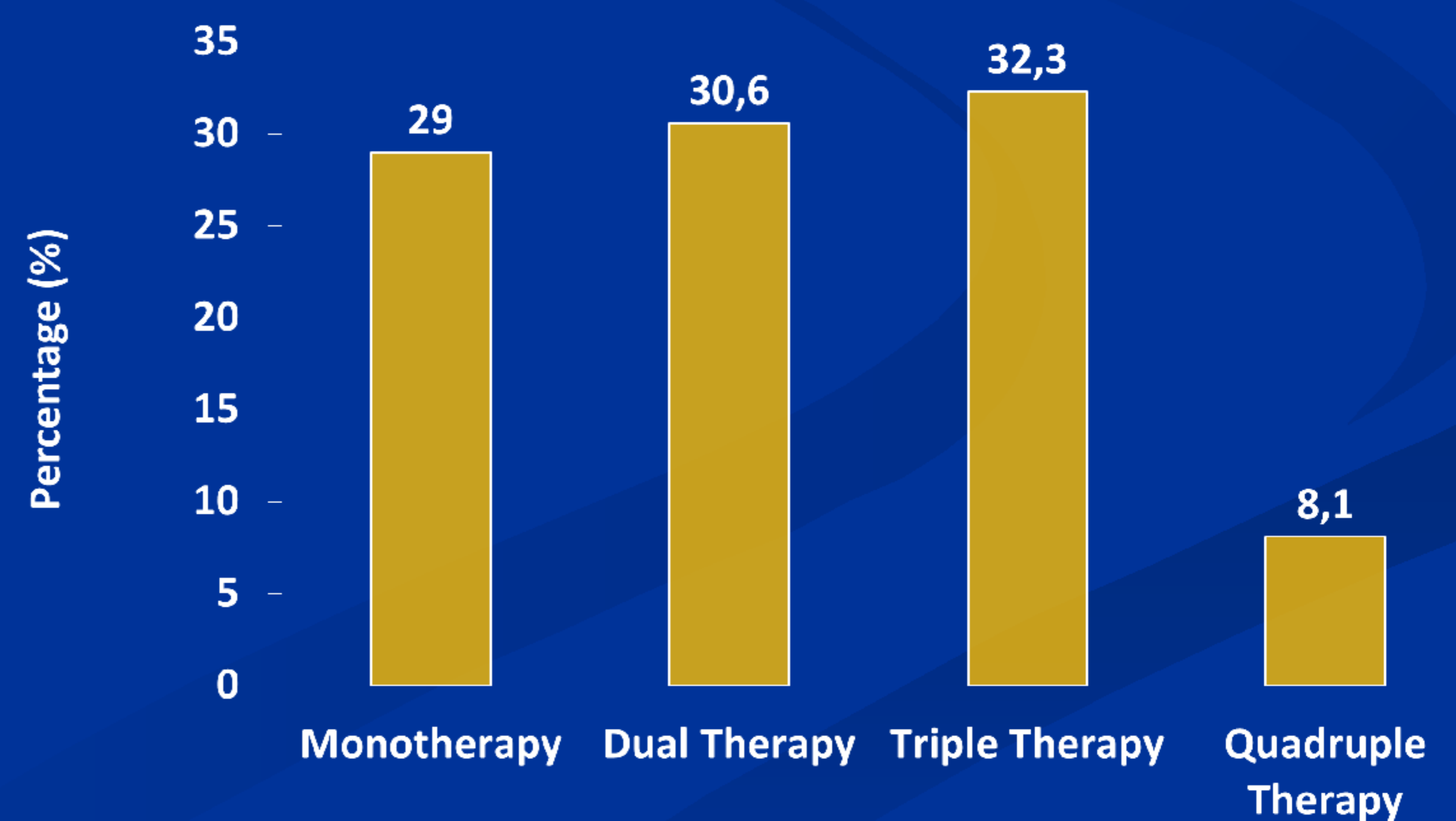
Clinical characteristics of hypertensive patients

Age (years)	72.5 ± 10.1
Males (%)	62.9
BMI (kg/m ²)	32,4 ± 5.8
Hba1c (%)	7,3 ± 0,9
Mean SBP (mmHg)	126.5 ± 13.7
Mean DBP (mmHg)	72.9 ± 8.6
BP <140/90 mmHg (%)	77.6

Associated antihypertensive treatment (%)

Diuretics	61.3
Calcium Antagonists	30.6
ACE inhibitors	35.5
ARBs	45.2
Average (n)	2.15

Distribution of antihypertensive therapy (%)



Conclusions

- The vast majority of patients with T2DM have hypertension, but it is usually well-controlled.
- At least two antihypertensive drugs were used in most patients to control blood pressure, being the most used drug class ARBs.

