

PRESS RELEASE

Hypertension: simplifying therapy promotes adherence and blood pressure control

The results of the Senior Italia Federanziani study presented in the Ministry of Health

Rome, 18 July 2019- Senior Italia Federanziani monitored over 12,000 elderly people through a constant control of blood pressure, building a true Home Blood Pressure Diary. The study was carried out with the scientific involvement of ESH (European Society of Hypertension), SIIA (Società Italiana dell'Ipertensione Arteriosa), FIMMG (Federazione Italiana dei Medici di Medicina Generale), Snami (Sindacato Nazionale Autonomo Medici Italiani) and Sumai Assoprof (Sindacato Unico Medicina Ambulatoriale Italiana).

The aim of the survey is to determine blood pressure control and adherence to therapy in hypertensive elderly patients already undergoing treatment.

The group concluded that simplifying therapy increases adherence.

Evidence shows that adherence to therapy for people assuming three different antihypertensive is 40%, instead of 68% of adherence among people assuming a single antihypertensive.

Currently the over 65 population takes from 6 to 10 daily therapies, therefore elderly patients with hypertension have to manage not only anti hypertensive therapy but also other therapies for the different comorbidities (among the most common, high cholesterol and diabetes).

The study has started also the awareness campaign "I check my blood pressure" about the importance of blood pressure monitoring in the over-65 population. The campaign has been conducted by Senior Italia Federanziani in its network of centers for elderly people and aimed to educate patients to properly monitor blood pressure and in considering blood pressure as a relevant cardiovascular risk factor.

The study shows that both adherence to therapy and pressure control improve with therapy simplification. In fact, from three tablets taken extemporaneously to one tablet with three active substances adherence reaches 85%.

The study was presented today at the Ministry of Health in the presence of the State Secretary for Health Luca Coletto, the President of the Health and Hygiene Commission of the Senate of the Republic Pierpaolo Sileri, the President of Senior Italia Federanziani Roberto Messina, the Past President of ESH - European Society of Hypertension Enrico Agabiti Rosei and the General Secretary of SUMAI Assoprof Antonio Magi.

<<Data from this Real Life study are particularly significant as they show the low percentage of hypertensive that despite the treatment have regular blood pressure,

(systolic pressure levels below 130mmHg). This problem has a big impact if we consider that in our country about a quarter of adults and more than 70% of people over 65 are affected by Hypertension, according to epidemiological data collected by general medicine.» Declares Roberto Messina President of Senior Italia Federanziani.

«Moreover the comorbidity in elderly patients makes the goal of adherence in the context of hypertension even more complex to achieve. The use of drugs in fixed combination can significantly simplify therapy, improving patients' lives, their health and improving the sustainability of the national health service. To promote adherence improves blood pressure control, reducing cardiovascular events, hospitalization and the consequent indirect costs for the State and direct costs: for example, if we consider the only triple antihypertensive therapy refunded in Italy, the cost of a single tablet is 30% less than the sum of the individual active ingredients that make it up».

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