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More evidence for spironolactone for resistant hypertension

A systematic review of 12 trials¹ found that spironolactone reduced the office systolic blood pressure by an average of 20.12 mm Hg 5.73 mm Hg diastolic. On the 24-hour assessment, there was a reduction of 10.31 mm Hg.

Treatment-resistant hypertension was described as “the inability to reach standard BP levels (below 140/90 mm Hg) despite the concurrent use of 3 or more antihypertensive agents of different classes that include at least one kind of diuretic is defined as resistant hypertension”.

Spironolactone is very effective but a difficult medication to use. It can cause GI disturbances, as well as breast pain and enlargement in men. There is a safety issue, and monitoring of serum potassium needs to be done within days of starting and regularly thereafter. In Europe, it is a 4th line drug, but in New Zealand, a 5th line after beta-blockers.

Reference:

1. Clinical efficacy and safety of spironolactone in patients with resistant hypertension. Medicine (2020) [View here](#)

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