

Systematic Review and Meta-Analysis

Brewster LM et al. HYPERTENSION

Initial Combination Therapy for Hypertension in Patients of African Ancestry (AA)



Aim: to assess differential efficacy of initial dual combination therapy in reducing blood pressure (BP), morbidity or mortality in hypertensive AA adults

13
RCTs

3843
Patients

54%
Women

Treatment duration
4w-3y (median 8 w)

Main Comparisons

CCB: calcium channel blockers

HCT: hydrochlorothiazide

A: ACE inhibitors (ACEI) or Angiotensin

II type 1 receptor antagonists (ARB)

CCB+A
VS
HCT+A

RCT: n=5

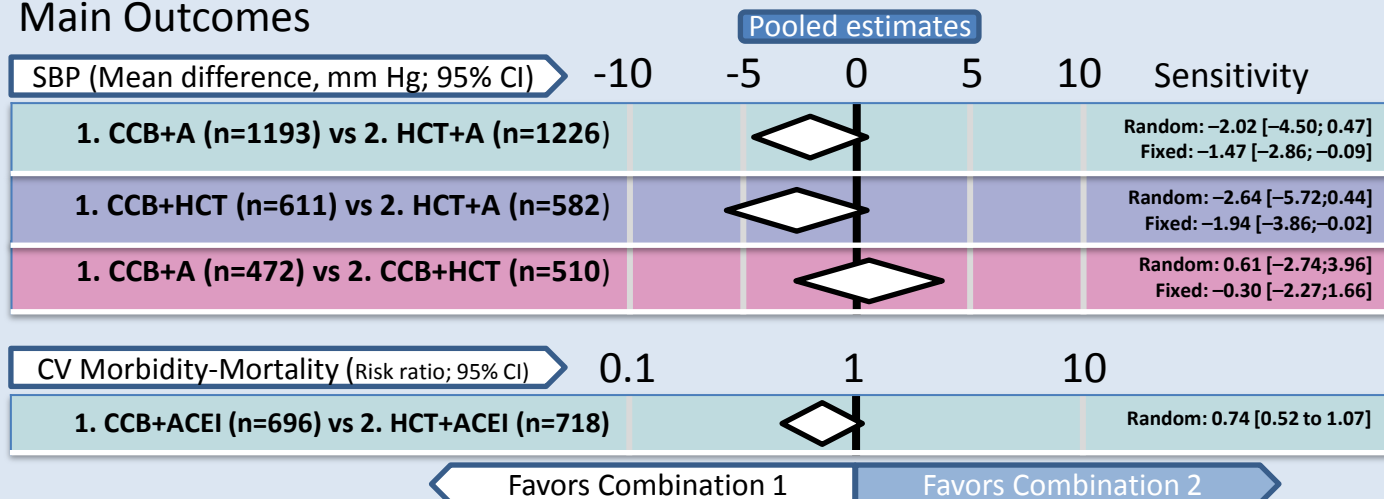
CCB+HCT
VS
A+HCT

n=5

CCB+A
VS
CCB+HCT

n=3

Main Outcomes



Conclusion: Limited evidence suggests that CCB+ACEI/ARB result in better BP reduction and CCB+ACEI in better morbidity and mortality reduction than HCT+ACEI/ARB in hypertensive adults of African ancestry.