

Treatment of Hypertension

OP Kapoor

I see a number of patients taking a pill for hypertension. All over the world only 1/3 of hypertension patients do achieve target blood pressure, i.e. systolic less than 130 mmHg and diastolic 80 mmHg.

It must be registered that the modern hypertension patients specially severe

hypertension patients, elderly patients more than 60 and diabetic patients, often need as many as 4 drugs to achieve target blood pressure.

Therefore, moment one drug is not controlling the pressure, there should be no hesitation to give 2nd or 3rd drug.

At present, there are many pharmaceutical companies who have come out with BP pills of 2 or 3 drug combinations.

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MPs call for fresh talks to end deadlock over cystic fibrosis drug

MPs attending a packed parliamentary debate on access to the cystic fibrosis (CF) drug Orkambi have criticised NICE's current appraisal system as not fit for purpose in assessing the value of precision medicines.

Orkambi, which was licensed by the European Medicines Agency three years ago and is available in a number of European countries, costs £104000 per person per year.

More than 10000 people in the UK have CF, the second highest rate in the world.

Orkambi is not a cure for CF, but it is an effective treatment. More effective treatments are coming along, but they will not be available for a few years yet.

Jacqui Wise*The BMJ*, April 2018, 510

Genomics can only be an aid to diagnosis, not a replacement

It's a nice idea, say experts, but genomics is not that straightforward. It will become a useful tool for clinicians to speed up diagnosis and guide treatment, but doctors are likely to need new skills to make best use of the information - and soon.

Genomics based care should be standard for cancer and rare disease patients.

Caulfield says that in 23% of cases the analyses highlight actionable variants - for example, indicating that a certain treatment will or will not be effective. He adds that evidence suggests "that revisiting your data annually could raise diagnostic yield by a further 20%" as more is learnt about the role of specific genetic sequences.

Ingrid Torjesen, *The BMJ*, April 2018, 516