

## **ABSTRACT – DR.GOH ENG LEONG**

### Averting a Crisis in Hypertension Management

1. Management of Hypertension according to the latest local and international guidelines.
2. Highlight the use of Single Pill Combination (SPC) as first line anti hypertensive therapy.
3. The rationale of using combination of Angiotensin Receptor Blocker (ARB) and Calcium Channel Blocker (CCB) as recommended by ESC/ESH guidelines 2018 & EHRA guidelines 2020.
4. The combination of Telmesartan and Amlodipine will be discussed in detail. Differentiate between ARBs and highlight on SPC Telmesartan and Amlodipine which is a truly once daily dosing with 24 hours BP protection and cardiovascular protection.
5. Share clinical case studies to illustrate the potential risk of hypertensive crisis if there is an abrupt and severe increase blood pressure (hypertensive emergency).
6. Discuss on how to prevent hypertensive crisis ( treatment adherence and tight BP control)
7. Discuss on the benefits of Telmesartan and Amlodipine in terms of cardiovascular protection as well as long 24hr half-life, and how it can benefit different patient profiles to avert hypertensive crisis.