

Gender differences in antihypertensive management: preliminary data

Ciarambino T^{*1}, Caruso G², Olibet M², Sorrentino M², Vitolo G², D'Avino M²

¹Internal Medicine Dept. Marcianise Hospital, ASL Caserta, Italy

²Long-term Care Medical Ward, Cardarelli Hospital, Naples, Italy

Introduction: Hypertension (HTN) is a major risk factor for cardiovascular disease (CVD), which is the leading cause of morbidity and mortality, worldwide. Few data have reported differences by gender in antihypertensive therapy.

Aims: We evaluated the differences by gender in antihypertensive therapy.

Methods: We enrolled 540 hypertensive patients admitted to Hypertension ambulatory, Cardarelli Hospital, Naples between 2019 and 2021, with mean age 55±8.7 years. The patients with complicated hypertension were subdivided in two groups: group A for lifestyle modification and group B for both lifestyle

modification and antihypertensive drugs.

Results: We described that in our population, 56% of patients had Hypertension Grade II and 40% had complicated hypertension. In particular, we reported that 55% of male patients had complicated hypertension with stroke or ischemic heart disease, compared to 45% of female patients (p: 0.005).

Discussion: In our preliminary data, we reported sex differences in complicated hypertension. Probably these differences are related to adherence to antihypertensive therapies.