Calcium Antagonists in Patients with Type 2 Diabetes and Hypertension

Samy I. McFarlane, Amal Farag, and James Sowers

Division of Endocrinology, Diabetes and Hypertension, Department of Medicine and Biochemistry at State University of New York, Health Science Center at Brooklyn, Kings County Hospital Center, Brooklyn, N.Y., and VA Medical Center, Brooklyn, New York, USA

Key Words: Calcium antagonists — Diabetes — Hypertension.

ABSTRACT

Hypertension is twice as common in patients with diabetes compared to those without diabetes. It accounts for up to 75% of cardiovascular disease risk leading to the substantial increase in morbidity and mortality. Control of blood pressure in people with diabetes has been shown in randomized controlled trials to decrease cardiovascular risk and improve outcome especially in preventing stroke.

A target blood pressure goal of <130/80 mm Hg is currently recommended for patients with diabetes. However, less than 1/3 of these patients achieve such a goal. This is in part due to the inherent difficulty in controlling blood pressure in these patients where hypertension is usually associated with increased salt sensitivity, volume expansion and isolated systolic hypertension. Therefore, patients with diabetes usually require multiple medications for optimal blood pressure control. Calcium channel antagonists have been shown in large clinical trials to be both safe and effective in controlling blood pressure in diabetic patients and will continue to play a major role in the management of hypertension in this population, particularly in the combination therapy that these patients usually require.