

SPIRONOLACTONE vs PLACEBO, BISOPROLOL and DOXAZOSIN to determine the optimal treatment for drug-resistant hypertension

a randomised, double-blind, crossover trial

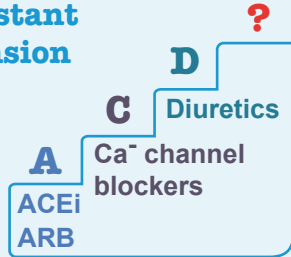
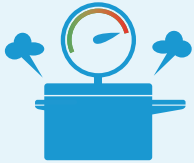
Bryan Williams et al

The Lancet - September 2015

10% worldwide



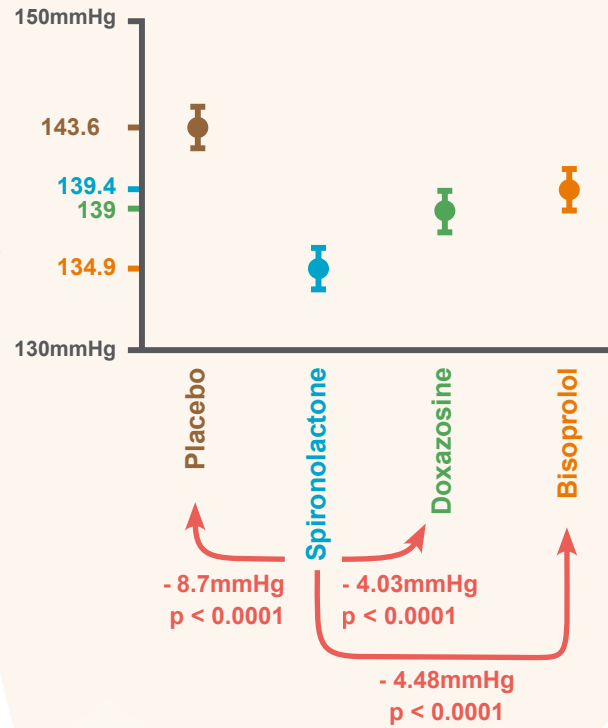
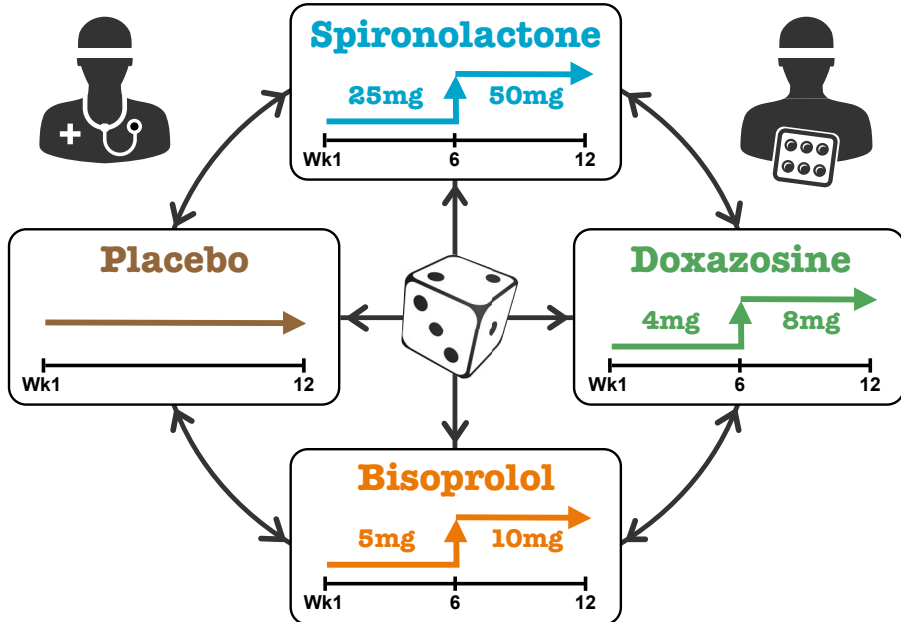
Drug-resistant Hypertension



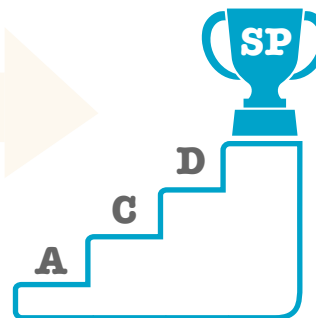
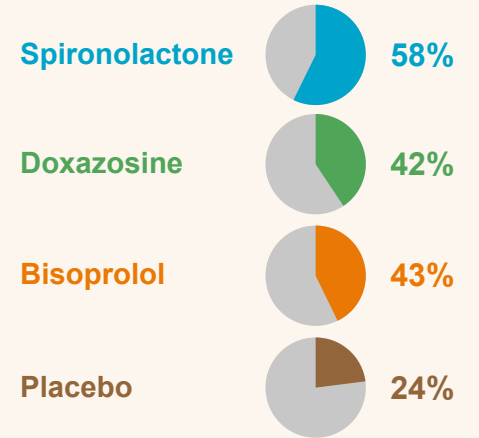
Inclusion Criteria

- ① 18-79 years
- ② $\geq 140\text{mmHg}$ (office) or $\geq 130\text{mmHg}$ (home)
- ③ A C D ≥ 3 months

335



Target reached



Well tolerated

Side effects: = 2%

Lab results: $K^+ > 6\text{mmol/L}$