

# MED RAG System - Chat Export

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## Query 1:

A 60-year-old with a history of hypertension and dyslipidemia has a blood pressure of  $\backslash(172/94\backslash)$  mmHg. Which class of antihypertensive medication is a particularly good choice given the patient's age and need for add-on therapy?

*Time: 2025-11-25 07:35:13*

## Answer:

Based on medical literature review: The prevalence of diabetes mellitus continues to increase worldwide, and it is a well-established cardiovascular risk factor. Hypertension is also an important cardiovascular risk factor to be controlled and is common among patients with diabetes mellitus. [PMID: 36193727] To update the recommendations of the Spanish Society of Neurology on primary and secondary stroke prevention in patients with arterial hypertension. We proposed several questions to identify practical issues for the management of blood pressure (BP) in stroke prevention, analysing the objectives of blood pressure control, which drugs are most appropriate in primary prevention, when antihypertensive treatment should be started after a stroke, what levels we should aim to achieve, and which drugs are most appropriate in secondary stroke prevention. [PMID: 34238528] Herein, we provide a review of the recent literature on the epidemiological and pathophysiological relationship between hypertension (HTN) and diabetes mellitus, along with prognostic implications and current treatment concepts. Diabetes mellitus affects ~10% of US adults. [PMID: 32371623] This summary is based on 3 research papers. See source documents for complete details.

## Sources (3):

1. **PMID:** 36193727

**Title:** Blood Pressure Target in Type 2 Diabetes Mellitus.

**Specialty:** diabetes

2. **PMID:** 34238528

**Title:** Stroke prevention in patients with arterial hypertension: Recommendations of the Spanish Society of Neurology's Stroke Study Group.

**Specialty:** neurology

3. **PMID:** 32371623

**Title:** Hypertension and diabetes mellitus: highlights of a complex relationship.

**Specialty:** diabetes

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