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CVS/caremark

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D/O/B: 08/05/1975

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### Therapeutic alert

#### Diabetes and hypertension without ACEI or ARB

An analysis of prescription claims suggests that your patient with diabetes and hypertension is not on an Angiotensin Converting Enzyme Inhibitor (ACEI) or Angiotensin-II Receptor Blocker (ARB). Both medications have been shown to slow the progression of diabetic nephropathy.<sup>1,2</sup>

#### Clinical consideration

Add an ACEI or ARB.\*

\* Changes in therapy will require monitoring of blood pressure, renal function and serum potassium.

#### Guideline summary

In patients with type 2 diabetes, hypertension, and normoalbuminuria, renin-angiotensin system inhibition has been demonstrated to delay onset of elevated albuminuria and reduce CVD outcomes.<sup>2</sup> Thiazide diuretics, beta blockers, and calcium channel blockers can be used as additional therapy to further lower blood pressure in patients or as alternative therapy when there is an intolerance to ACEI's or ARBs.<sup>2</sup> Note that combinations of two or more drugs are usually needed to achieve a target blood pressure goal. ACEIs or ARBs should be first line agents unless contraindicated.<sup>1,2</sup>

<sup>1</sup>James PA, Oparil S, Carter BL, et al. 2014 Evidence-based guidelines for the management of high blood pressure in adults. Report from the panel members appointed to the Eighth Joint National Committee (JNC 8). *JAMA*. 2014; 311(5): 507-520.

<sup>2</sup>American Diabetes Association. Standards of medical care in diabetes-2016. *Diabetes Care*. 2016; 39(suppl 1): S1-S118.

#### We defer to your judgment for this patient

We recognize that patient variables, unavailable to us, may make the current therapy appropriate for this individual. You are best qualified to balance quality and cost of care when treating your patients.

#### You don't have to confirm your action or reply to this fax - unless you wish

If you have comments, fax toll free to 1-866-799-6048. This fax machine is secured in accordance with applicable law.

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