

## Incidence Study Of The Widely Used Combination Of Enalapril – Nitrendipine In The Various Biochemical Parameters.

Rousakis Nikos<sup>1</sup>, Patiakas Stefanos<sup>1</sup>, Panagiotellis Kostas<sup>1</sup>, Charalampous Charalampos<sup>2</sup>

<sup>1</sup>Microbiological Department and Blood Donation Department of General Hospital of Kastoria, Greece,

<sup>2</sup>Hypertension and Lipidology Outpatient Department of the Pathology clinic of Thessaloniki  
Psychiatric Hospital, Greece

**AIM:** To study the effect of the ready enalapril-nitrendipine combination (EN) in various biochemical parameters. It is reminded, that this is a combination of two drugs, widely used and established for a long time in everyday clinical practice, with great advantages in treating arterial hypertension.

**MATERIAL – METHOD:** 135 hypertensive patients from the Hypertension and Lipidology Outpatient Practice of the Pathology clinic of Thessaloniki Psychiatric Hospital were studied, (62 male and 73 female), with age average 61.7+/- 9.5 years. The values of several biochemical parameters were determined in the blood serum, in the beginning of treatment (A) with EN and after a four month period (T). Finally, the results of only 117 patients were taken into account and analyzed, who exclusively took the EN combination, since 9 patients during treatment stopped taking EN due to side effects, 7 had to take additional treatment, while in 2 cases the patients never returned in order to be retested after four months. The Statistica statistical pack was used and the variations were studied with t-test of dependent samples.

### RESULTS:

Parameters	A	T
Fasting Glucose	103 +/- 27,4 mg/dl	97,6 +/- 21,2 mg/dl
Uric acid	5,3 +/- 1,2 mg/dl	5,1 +/- 1,3 mg/dl
SGPT	25,2 +/- 10,7 U/l	23,7 +/- 9,5 U/l
SGOT	22,4 +/- 9,8 U/l	21,9 +/- 9,6 U/l
Urea	46,7 +/- 11,6 mg/dl	46,1 +/- 11,2 mg/dl
ALP	85,2 +/- 14,5 U/L	85,9 +/- 14,6 U/L
γGT	15,3 +/- 4,3 U/L	15,1 +/- 4,2 U/L

**CONCLUSIONS:** 1) The effect on all the biochemical parameters was favorable, so the ready combination EN is safe. 2) The parameters who presented a statistically important variation ( $p < 0.05$ ), were fasting glucose, uric acid and SGPT, where we had a decrease by 5.5 mg/dl, 0.2 mg/dl and 1.5 U/l correspondingly. 3) Special notice must be given to the favorable variation in serum glucose, a very important notion for diabetic hypertension patients.