

Pravastatin Doesn't Lower Blood Pressure in Patients with Mild Hypertension and Hyperlipidemia

The same is likely true for other statins, as well.

Statins lower risk for cardiovascular disease and death by lowering blood lipid levels. These drugs also might lower cardiovascular risk through their pleiotropic (i.e., anti-inflammatory) effects. Recent observational data suggest a third mechanism: lower blood pressure. In this randomized placebo-controlled double-blind trial, Italian investigators assessed whether pravastatin lowered blood pressure in addition to lowering blood cholesterol concentrations.

Overall, 508 patients (age range, 45–70) with mild hypertension and hyperlipidemia were randomized to receive hydrochlorothiazide or fosinopril and also were randomized to receive pravastatin or placebo. During an average follow-up of 2.6 years, pravastatin recipients had greater reductions from baseline in total and LDL cholesterol levels than did placebo recipients. Although both groups experienced sustained reductions in systolic and diastolic blood pressure, no additional blood pressure lowering occurred in the pravastatin group compared with the placebo group.

Comment: Pravastatin, in a dose that markedly lowers total and LDL blood cholesterol levels, doesn't lower blood pressure in patients with mild hypertension and hyperlipidemia. In the absence of evidence to the contrary, the results of this study presumably apply to other statin drugs.

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