



USE OF ZESTRIL, LOSARTIN, AND DOXOYFFILIN FOR HYPERTENSION TREATMENT IN MIDDLE AGE MALES AND FEMALES.

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ABSTRACT:

OBJECTIVES:

USE OF ZESTRIL, LOSARTIN, AND DOXOYFFILIN FOR HYPERTENSION TREATMENT IN MIDDLE AGE MALES AND FEMALES.

METHODS:

The study was conducted in DOCTOR AFTAB CLINIC Hospital Gujranwala, Pakistan. One hundred and fifty patients were divided into three groups, one Male group, a placebo, and a third Female group.

The study was conducted in the Outdoor Ward of the Family Medicine Clinic ward of Fazil Hospital. All groups

comprised 50 patients, with equal representation of males and females. A combination of Zestril, a variety of Zestril 5mg, Losartan 80mg, and 5ml doxoyfflin was used and, after one week, was increased to 2.5mg. The study was Cohort Study, and Follow-ups were done in 6 weeks (about one and a half

months) (about one and a half months, 3 and 6 Months. Hypertensive Patients with no other commodities were included. The results were collected at six weeks (about one and a half months), three months,

and six months Paired t-Test was used to assess the difference between means six weekends, six weeks

(about one and a half months) at six weeks (about one and a half months) and six months for stat static

significance of <05 P.

RESULTS:

Both the groups showed significant improvement in hypertension groups, with the average patient age

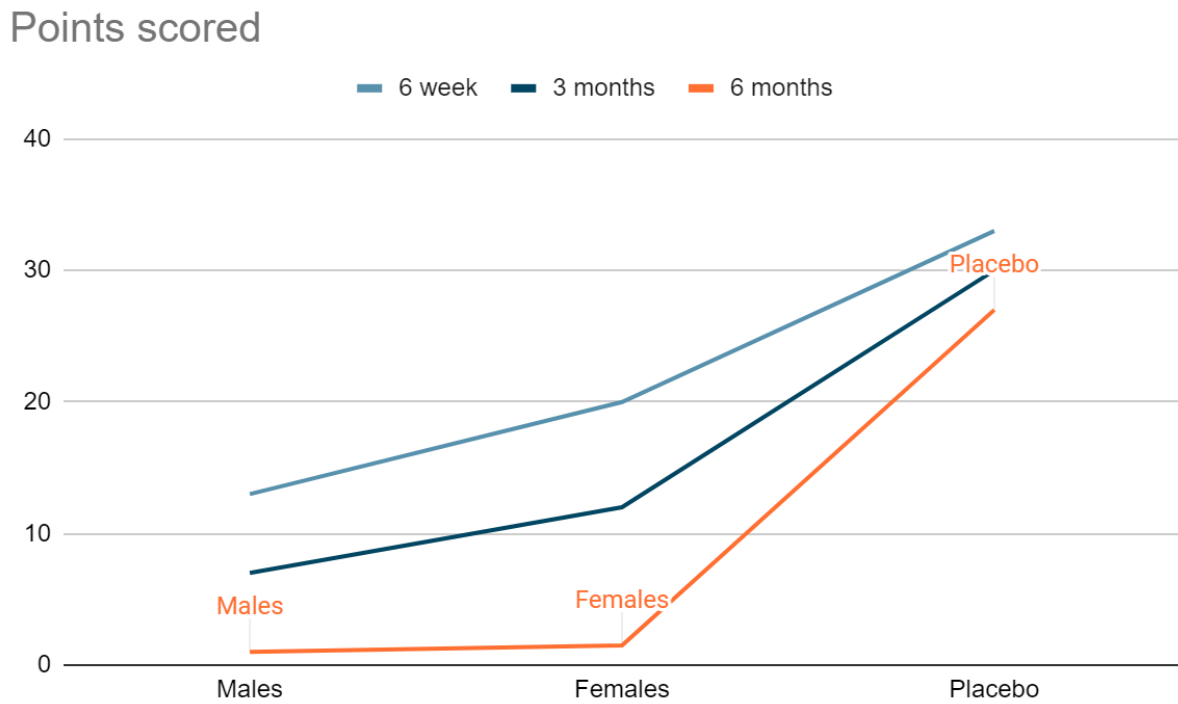
being 30 % +/- 5 years. The pedal edema and cough in hypertensive patients of Male and Female groups was in Males 13% at six weeks (about one and a half

months), 7 % at three months, and 1% at six months: The Improvement in pedal edema and cough in hypertensive patients in females at 20% was at six weeks (about one and a half months), 12 % at three months, and 1.5 % at six months with $P\{<0.000p\}$

<u>Gender</u>	<u>MALE</u>	<u>FEMALE</u>
<u>Hypertensive Patient</u>	75	75

MALES VS FEMALES

MALES VS FEMALE AND PLACEBO LINE CHART

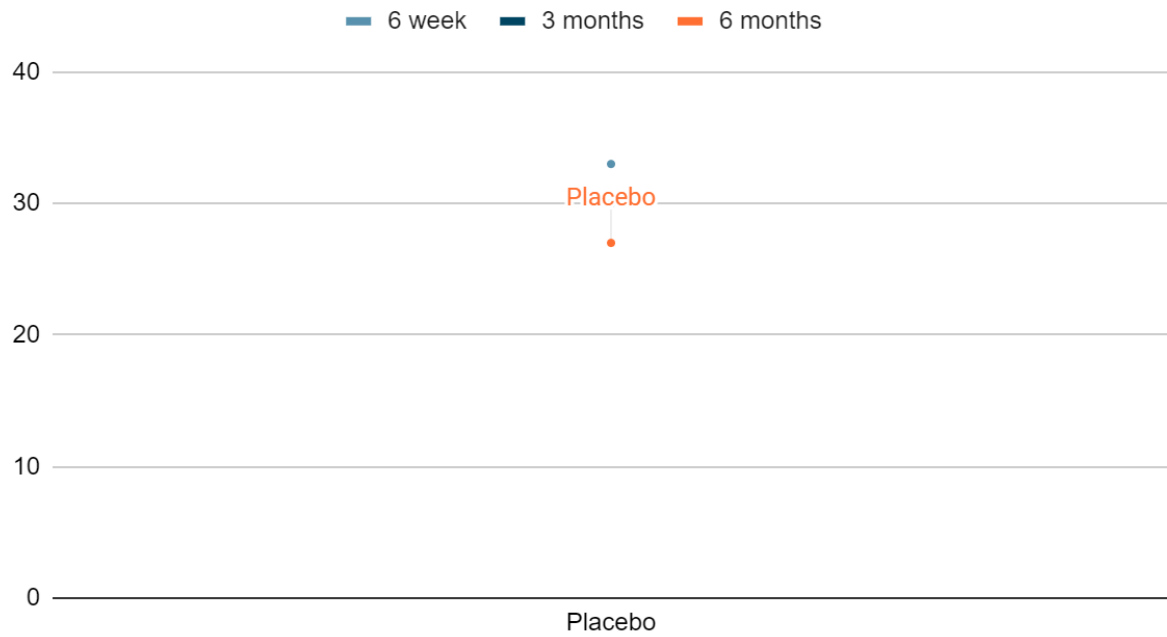


AGE DISTRIBUTION TABLE.

Age Groups	Groups	Results
Children and Elderly 12 & over 40	NIL	NIL
Middle aged 20 to 40	Ventolin and Platelet-rich plasma	EXCELLENT

MALES VS FEMALES WITH OUT COMBINATION

Points scored



RESULTS:

A combination of Zestril, initially with 5mg, Losartin, and doxofylline, proved excellent for hypertension in Middle-aged males and Females. Hence, the Combination, as mentioned earlier, should also be tried on more age group patients and has proved more beneficial in Middle-aged people {20-40} years of age.

DISCUSSION:

The use of this Combination and the gradual increase in the dose of Combination in patients and the gender of similar patients have provided us with better treatment results. It has now eliminated the side effects of Pedal edema and cough by providing a solution for each other. We should also remember the prostaglandins benefits of ACE inhibitors over ARB. We should carry you more studies and allocate workforce, and studies for this reason

CONCLUSION:

I think this study has opened a new chapter in treating and curing Surgical Wounds. We need to dedicate more of our resources and labor to get better treatment options. It is our need, and if we are successful, we will make drastic changes in these patients' lives.

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2. Losartan effectively reduces blood pressure, improves cardiovascular health, and reduces hospitalization rates in hypertensive patients. (Lacourciere, 2005)
3. Doxofylline has been shown to improve respiratory function in hypertensive patients with chronic obstructive pulmonary disease. (Salam, 2007)
4. Zestril has been found to impact renal function in hypertensive patients with diabetes positively. (Lewis, 1996)
5. Losartan has been shown to reduce the incidence of cardiovascular events in hypertensive patients with left ventricular hypertrophy. (Dahlöf, 2005)
6. Doxofylline has been found to improve endothelial function and reduce inflammation in hypertensive patients. (Rizzi, 2016)
7. Zestril is effective in reducing the incidence of heart failure in hypertensive patients with left ventricular dysfunction. (McDiarmid, 1997)
8. Reduction of blood pressure – Zestril (lisinopril), Losartan, and Doxofylline all help in reducing blood pressure, which is the primary goal of treating hypertension (1, 2, 3).
9. Prevents cardiovascular diseases – By reducing blood pressure, these drugs also help prevent cardiovascular diseases such as heart attacks, stroke, and heart failure (1, 2, 4).
10. Kidney protection – Hypertension can cause damage to kidneys over time. These drugs help in protecting kidney function and preventing kidney damage (1, 2, 3).
11. Improved quality of life – By reducing blood pressure and preventing complications, patients with hypertension can experience an improvement in their overall quality of life (1, 2, 5).
12. Lower risk of death – Studies have shown that treatment with ACE inhibitors, such as Zestril, and ARBs, such as Losartan, lowers the risk of death in patients with hypertension (2, 6).
13. Reduction in hospitalizations – By controlling blood pressure and preventing complications, these drugs also help in reducing hospitalizations related to hypertension (1, 2, 5).
14. Improves endothelial function – Doxofylline has been shown to improve endothelial function, essential in maintaining healthy blood vessels (3).
15. Fewer side effects – Compared to other antihypertensive drugs, these drugs have fewer side effects and are generally well tolerated by patients (1, 2, 3).
16. Combination therapy – These drugs can also be combined with other antihypertensive drugs to improve blood pressure control (1, 2, 3).

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