DukeNUS Medical School

Signature Seminar Series

Choosing Anti-hypertensive Medications for Our Patients: Is There a Better Way?

ABOUT THE LECTURE

The current approach to BP-lowering medication choice relies on clinicians selecting therapy arbitrarily without information about the underlying pathophysiology of the individual patient's hypertension. This approach ignores the fact that there is marked variation within groups in response to BP-lowering medications. Impedance cardiography (ICG) is a non-invasive, rapid method of assessing a patient's hemodynamic profile (vasoconstricted, hyperdynamic, or mixed) in the office. Hemodynamic information (e.g., systemic vascular resistance index, cardiac index, total body water) can be used by the clinician to identify which class of BP-lowering medication is most likely to be effective for the patient. This information can also be shared with the patient, which may improve initiation of and adherence to therapy. In this seminar, I will discuss work-to-date and plans for a randomized controlled trial using ICG to select antihypertensive medication in the primary care setting.



Speaker: **Prof Anthony Viera**
Leonard J. & Margaret Goldwater Distinguished Professor
Chair, Family Medicine and Community Health
Duke Family Medicine & Community Health
Duke University School of Medicine

Host: **Prof Marcus Ong**
Director
Health Services and Systems Research Programme
Duke-NUS Medical School

Date: **Wednesday, 18 October 2023**

Time: **12.00 PM - 1.00 PM**
(Light refreshment will be served at 11.30AM)

Venue: **Duke-NUS Medical School**
Amphitheatre, Level 2

Contact Person: **Ms Kathleen Chan (kathleen.chan@duke-nus.edu.sg)**
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ABOUT THE SPEAKER

Anthony Viera is the Leonard J. & Margaret Goldwater Distinguished Professor and Chair in the Department of Family Medicine and Community Health at Duke University School of Medicine. Prior to his role at Duke, Dr. Viera was a faculty member in the UNC School of Medicine and UNC Gillings School of Global Public Health from 2006 through 2017. A Fellow of the American Heart Association, a major focus of his research is blood pressure monitoring. He has nearly 300 peer-reviewed publications.

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