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Efficacy & Safety of Concor (Bisoprolol) in the Management of Hypertension: A Comprehensive Review

Kawther Eid Alatoui[1], Khalaf Allah Mastour Obaidallah Alqurashi[2], Abdullah Saleh Ali Almuntashiri[3], Khaled Awadh M Alzahrani[4], Thelal Mohammed felemban[5], Abdulaziz Hofan Alshamrani[6], Faisal Magbil Alshammare[7], Khalid Thamer Alnofeai[8], Jameel Mohammed Sumaili[9], Renad Hilal Khulaif Aljabri[10], Saud Saleh Alateeg[11]

1PHARMACIST, YANBU ALABAHAR, Saudi Arabia.
2Pharmacists and pharmacy Technicians, Irada and mental health Complex in Taif, Saudi Arabia.
3Pharmacy technician, Namerah General Hospitl, Saudi Arabia.
4Pharmacy technician, King Abdulaziz Hospital in Jeddah, Saudi Arabia.
5pharmacy technician, Makkah health cluster, Saudi Arabia.
6Pharmacist, Ministry of Health, Saudi Arabia.
7Pharmacist Assistant, Maternity and Children Hospital - Dammam, Saudi Arabia.
8Pharmacy technician, General Administration of Supplier Relations at the Ministry of Health, Saudi Arabia.
9PHARMACIST, Jazan health cluster, Saudi Arabia.
10Pharmacist, Al salam Endowment Hospital, Saudi Arabia.
11Assistant pharmacist, Yamama hospital, Saudi Arabia.

Background: Establishing the Scene: Heart problems, myocardial infarction, and stroke are largely caused by common and chronic hypertension. The beta-blockers, particularly the selective ß1-adrenergic antagonists Concor (Bisoprolol), are commonly prescribed for the treatment of hypertension. The main way that bisoprolol reduces heart rate, cardiac output, and blood pressure is via blocking ß1 receptors in the heart. Concor is highly favored due to its decreased occurrence of undesirable side effects, such as bronchoconstriction, and its excellent specificity for ß1 receptors. Hypertensive patients, particularly those with co-occurring illnesses such as heart failure or coronary artery disease, may benefit from this medication, which has been evaluated in several therapeutic contexts. This analysis integrates results from various clinical studies with real-world data to ascertain the safety and efficacy of Concor in the treatment of hypertension.

Aim: This study aims to assess the efficacy and safety of the hypertension drug Concor (bisoprolol). It is important to compare this treatment to other antihypertensive drugs to determine how well it lowers blood pressure and the risk of cardiovascular events. The study will examine Bisoprolol's potential adverse effects, whether it is appropriate for certain patient populations, and how the medication affects health outcomes and quality of life over time.

Conclusion: Concor (bisoprolol) is a safe and efficient medicine for hypertension. Patients with hypertension, especially those with co-occurring cardiac issues including heart failure or coronary artery disease, often choose it for its cardioselectivity and ability to lower blood pressure and heart rate. When contrasted with non-selective beta-blockers, bisoprolol has a generally worse safety record. Like all medications, it must be administered according to the specific requirements of each patient; this is especially true for the elderly or those who suffer from multiple medical issues. The results show that bisoprolol helps with superior long-term cardiovascular outcomes and blood pressure control. Optimal utilization in combination therapy and prevention of hypertension-related problems should be the aims of future research.

Keywords: Concor, Bisoprolol, Hypertension, Beta-blocker, Cardiovascular disease.

Introduction

Introduction

As of late, beta-blockers have fallen out of favor as a primary hypertension therapy option, according to multiple hypertension and cardiovascular preventive guidelines. The current recommendation is to only use them in extremely unusual circumstances or as a last option when other medications have not been successful in lowering blood pressure to a manageable level. However, there is no evidence to suggest that beta-blockers should be demoted, as they are equally effective in reducing high blood pressure as any other important antihypertensive medicine.[1]

Results from placebo-controlled trials show that beta-blockers substantially lower the risk of cardiovascular events. Lastly, compared to other major antihypertensive drugs, beta-blockers have cardiovascular effects that are comparable, according to randomized controlled trials. In meta-analyses of trials, beta-blockers have either a superimposable impact or a somewhat less apparent protective advantage. In contrast to other crucial hypertension drugs, beta-blockers do not offer adequate protection, as stated in the 2018 recommendations issued by the ESC and the ESH.[2]

There is no evidence that beta-blockers impair brain tissue or its ability to regulate blood flow. The difference could have been caused by differences in the blood pressure that was achieved between the trials. These changes are experienced by stroke patients, and it can be difficult to accommodate them through adjustment procedures. Studies that include both hypertension patients and placebo have substantially lower rates of stroke. Some recent research suggests, however, that beta-blockers may be even more effective. Accordingly, the reported increased risk of depression and erectile dysfunction due to beta-blockers is probably overstated.[3,4,5]

Conditions including peripheral artery disease (PAD) and chronic obstructive pulmonary disease (COPD) have historically restricted or even been considered contraindicated for the use of these medications, but they have now been proven to be safe and protective. It is worth noting that the sympathetic nervous system is activated in the early to late stages of hypertension and related diseases and conditions like ischemic heart disease, obesity, or obstructive sleep apnea.24 As a result, beta-blockers are a pathophysiologically appropriate treatment for people with elevated blood pressure.[6]

Due to its usefulness in treating a broad range of medical issues, beta-blockers are being considered for broad usage in clinical practice, both as a monotherapy for hypertension and in combination with other drugs for many other diseases. Most plans either don't address this at all or only make a passing reference to it, even though it aligns with the current trend toward personalized treatment. Although most guidelines only include four conditions—angina pectoris, heart rate regulation, postmyocardial infarction, and heart failure—beta-blockers may be helpful for many other cardiovascular and non-vascular problems as well. Additional medications that lower blood pressure, such as α-blockers or those that indirectly influence the renin-angiotensin-aldosterone pathway, can also have effects that relax blood vessels. [7]

Slowing the Heart Rate Using Beta-Blockers

An increasing number of hypertensive patients, especially those in the younger and middle-aged demographics who exhibit mild to moderate hypertension and have what is known as hyperkinetic circulation, have resting heart rate readings that are significantly higher than normal. Cardiac work and myocardial oxygen demand are increased, arterial wall stress is amplified, arterial distensibility is decreased, and coronary plaque disruption is facilitated by an elevated heart rate in hypertension individuals.[8]

All things considered, these side effects clarify why hypertensive patients should be considered to have an increased risk of cardiovascular events, both fatal and nonfatal, and of damage to target organs, the heart in particular, when their heart rate is elevated. Additionally, there is evidence that changes in the cardiac autonomic regulation of sinus node activity, which represent an increase in sympathetic function and a decrease in parasympathetic tone to the heart, are responsible for raised resting heart rates. Hypertensive patients whose heart rates are more than 80 beats per minute exhibit an elevated sympathetic cardiovascular drive, according to recent studies.[9]

To demonstrate that noradrenaline concentrations in the bloodstream were investigated using the microneurographic technique. The stimulation of the cardiac sympathetic outflow is shown by increased values of cardiac noradrenaline spillover in hypertensive individuals with elevated heart rates. Regardless of the availability of direct data from randomized clinical trials, the ESC/ESH guidelines state that beta-blockers should be used as a first line of treatment to hypertension patients with resting heart rates in the 80s or higher.[10]

Reducing cardiac sympathetic overdrive and the associated increase in cardiovascular risk is clinically important, and these recommendations emphasize the need to decrease higher heart rates in this patient population.[11]

Additional Uses for Beta-Blockers in the Heart and Blood

Hypertensive patients are at increased risk for or directly accountable for several comorbid health problems. Heart Problems, Both Short-Term and Long-Term Research has shown that beta-blockers can effectively reduce the risk of rapid cardiac mortality after myocardial infarction. The discovery was made prior to the development of fibrinolytic treatment and invasive procedures such as percutaneous coronary intervention (PCI) and stent implantation, and it is pertinent to chronic coronary syndrome. Based on these results, it's more reasonable to assume that beta-blockers can help a variety of post-myocardial infarction medical issues.[12]

Coronary artery disease that does not restrict blood flow: vague chest pain, decreased cardiac reserve, and myocardial infarction

Incomplete myocardial revascularization can lead to hypertension, tachycardia, arrhythmias, HF, or ischemia; beta-blockers are advised in these instances. Unstable acute coronary syndrome symptoms include arrhythmias, prolonged ischemia, angina pectoris, and electrocardiogram (ECG) ischemia. Another symptom of this illness is the leakage of troponin into the blood. For patients with hypertension, beta-blockers form the backbone of treatment. Several randomized controlled studies (RCTs) are currently recruiting participants to help establish the acceptability of beta-blockers, so it doesn't matter if you or someone you care about doesn't meet any of these tight requirements.[13]

After confirming that a patient's uncommon or persistent chest pain is not due to macrovascular coronary disease, beta-blockers can be given to patients who report with nonspecific chest pain, who are at risk of heart attack, have diminished coronary reserve, and have nonobstructive coronary arteries. Even in individuals with normal and open main epicardial coronary arteries, significant structural alterations in the microcirculation might lead to heart-originating chest discomfort. Reduced arterial microcirculation and cardiac reserve are consequences of hypertension, which causes capillary rarefaction and thicker walls in small precapillary arteries.[14]

According to the current medical standard, this syndrome is present in patients who have had a myocardial infarction and have normal or non-obstructive coronary arteries. Large outcome trials with similar settings provided support for the prescription of beta-blockers by showing that

nonbeta-blocker groups were more likely to experience chest discomfort. An example of this is the LIFE Study, which, in its last stage, blinded patients to whether they were receiving losartan or atenolol during the trial but ultimately urged them to keep taking both medications. Patients with left ventricular hypertrophy who took losartan were more prone to poorly regulated blood pressure, widespread chest and back discomfort (23% vs. 20% in the atenolol group), and other side effects.[15]

Sudden Heart Attack

Torsades de pointes, a potentially deadly arrhythmia, can develop in patients with long QT syndrome, an electrical irregularity in the heart. Syncope, ventricular fibrillation, or sudden cardiac death can result from torsades de pointes. Patients with Long QT syndrome must eliminate potential triggers, such as drugs that lengthen QT and make their condition worse. Among beta-blockers, nadolol has the potential to be the most successful in the treatment of catecholaminergic polymorphic ventricular tachycardia. Long QT syndrome is hereditary, but even if it's acquired, it can be difficult to cure. When dealing with hypertension, beta-blockers and other antiarrhythmic medications may be required. Some people may still require implanted cardiodefibrillators and pacemakers, nevertheless.[16]

Stopping the Heart Valve from Leakage

One sign of cardiac disease is aortic regurgitation, which happens when the left ventricle does not empty into the aortic valve enough. Possible causes include septal thickness or hypertrophy, which is common in hypertensive patients, or subaortic stenosis, which causes a high-pitched systolic murmur and is easily identifiable. Hypertrophic obstructive cardiomyopathy, especially in its more severe forms, is another probable cause. The diastolic duration and heart rate are two variables that beta-blockers can affect to improve ventricular filling. Patients with subaortic stenosis may find that their systolic murmur is less prominent or nonexistent upon auscultatory examination shortly after beginning beta-blocker therapy. From a therapeutic perspective, this is encouraging.[17]

When Beta-Blockers and Other Nondihydropyridine Calcium Antagonists Fail to Control Atrial Fibrillation

Nondihydropyridine calcium channel blockers, like diltiazem or verapamil, or beta-blockers are used to treat rapid atrial fibrillation. However, when treating heart failure with reduced ejection fraction, beta-blockers are preferred due to the strong negative inotropic effect of nondihydropyridine CCBs. Because of their inhibitory effect on drug transport mediated by P-glycoprotein and metabolism by the cytochrome P 450 3A4 enzyme, verapamil and diltiazem differ from beta-blockers in that drug interactions involving these medications must be considered. An increased risk of bleeding may occur because of elevated drug levels when using direct oral anticoagulants with nondihydropyridines. The latter may affect a wide range of drugs, not only those used to treat cardiovascular disease.[18]

If one kind does not work, it may be important to carefully administer both kinds to see if they help. Especially when the patient's heart rate falls to 110-120 beats per minute and still no treatment has alleviated their dyspnea, palpitations, or pain. Another strategy to mitigate amiodarone's adverse effects is to combine beta-blockers with verapamil or diltiazem. These drugs, either taken alone or in combination, may help hypertensive people at high risk of atrial fibrillation feel better and live longer. People with enlarged or hypertrophied left ventricles may benefit from a heart rate below 100 beats per minute (preferably below 84 beats per minute), which reduces diastolic LV filling.[19]

The danger of a fatally low heart rate or cardiac arrest increases when nondihydropyridine CCBs are administered alongside beta-blockers. Regardless, syncope and the requirement for a pacemaker were not reported among the 700 patients who participated in the NORDIL (Nordic Diltiazem) trial, which included this medication combination.[20]

Mechanism of Action

Contraction and heart rate slowdowns are unwanted inotropic and chronotropic side effects of selective B1 blocker medication. Cardiac cells' oxygen demand is often decreased with bisoprolol. Just outside the glomeruli you'll find cells that have B1 receptors. Reduced renin release and inhibition of the renin-angiotensin system are effects of bisoprolol, which occurs through inhibiting these receptors.[21]

The heart's myocytes and juxtaglomerular cells have B1 adrenergic receptors. The G-stimulatory protein receptor (Gs receptor) is activated when norepinephrine or circulating catecholamines bind to it. By increasing the chronotropic and inotropic effects, which activate Gs receptors (via the conversion of GTP to GDP), stimulating B1 receptors in cardiac myocytes raises contraction strength and heart rate. At the end of the day, this process makes heart cell contraction better by raising intracellular calcium concentration.[22]

By activating the B1 receptors on juxtaglomerular cells, the renin-angiotensin system is set in motion. Although angiotensin-converting enzyme (ACE) conversion to angiotensin II occurs later, renin secretion promotes angiotensin I production. Epinephrine activates B2 receptors, which are present in various organs and cause distinct symptoms in each. It relaxes the peripheral muscles and enhances blood flow by blocking the alpha-1 receptors' capacity to constrict blood vessels. This causes the bronchioles to widen and dilate. When the B2 receptors in the liver and muscles are activated, it leads to the breakdown of glycogen and the production of glucagon, which in turn raises blood sugar levels.[23]

Although beta-blockers do not exhibit selectivity for the B1 or B2 receptors, they do cause renal renin secretion and reduced cardiac output. Vasoconstriction of the peripheral arteries is another effect of blocking the B2 receptor. By blocking B2 receptors, asthmatics and chronic obstructive pulmonary disease patients can elicit bronchospasm, a constriction of the airways brought about by the muscular constriction of the bronchi. Hypoglycemia can occur due to reduced glycogenolysis and glucagon secretion.[24]

Pharmaceutical medicine

Bioavailability studies have shown that bisoprolol has an absorption rate of about 80% when administered intravenously. It takes another two to four hours for the plasma concentration to reach its maximum. It takes five days to get a steady-state plasma concentration.[25]

Bisoprolol struggles to cross the blood-brain barrier and has a low lipophilicity, both of which affect its distribution. For every kilogram, about 3.5 liters are disseminated. Although they only partially degrade it, the enzymes CYP3A4 and CYP2D6 are mostly responsible for bisoprolol metabolism. A slow rate of first-pass metabolism is observed for bisoprolol.[26]

The first component of bisoprolol's excretion is the medication itself, and the second component consists of pharmacologically inert metabolites that are formed in the liver and subsequently removed by the kidneys. The primary mechanism of bisoprolol elimination is the renal tubular secretion. Its excretion is a phenomenon observed in fewer than 2% of the population. A 9–12-hour half-life is associated with the extremely long-acting bisoprolol fumarate.[27]

Efficacy in Hypertension

Research into the mechanisms of action suggests that a low-dose fixed combination of the two synergistic drugs may be useful in inhibiting the release of hormones that act as regulators of their own metabolism. Reigniting interest in new-generation beta-blockers, a recent ESH statement proposes their usage as a first-line anti-hypertensive drug following a comprehensive evaluation of outcome trials.[28]

Bisoprolol, a medicine for high blood pressure, has received approval from both the FDA and the European Medicines Agency (EMA). When taken with hydrochlorothiazide, it is also recommended at modest, set doses. Adding hydrochlorothiazide would make it more effective against hypertension from a pharmacological standpoint, and bisoprolol might make up for the inevitable rise in heart rate caused by volume depletion due to the diuretic activity.[29]

Frishman et al. found that systolic blood pressure (SBP) decreased by 15.8 mmHg and diastolic blood pressure (DBP) decreased by 12.6 mmHg when bisoprolol and thiazide diuretics were used together.[30] Research conducted by Luna et al. revealed that 106 patients who were monitored for a minimum of eight weeks following the administration of bisoprolol and a low-dose thiazide diuretic showed a notable decrease in systolic blood pressure (SBP) from 157 mmHg to 137 mmHg and diastolic blood pressure (DBP) from 98 mmHg to 87 mmHg.[31]

Safety Profile

Despite Concor's (bisoprolol) reputation as a safe and effective hypertension treatment, it is important to be cautious of any potential pitfalls or side effects. Among the most common side effects, especially when starting treatment or increasing the dosage, are vertigo, fatigue, bradycardia (a slow heart rate), and low blood pressure. To counteract these side effects, adjusting the dosage is usually enough. Additionally, mild gastrointestinal issues, fatigue, and chilly extremities are common but typically well-tolerated. People with respiratory issues, such as asthma or chronic obstructive pulmonary disease (COPD), are at increased risk for rare but serious adverse effects, such as severe bradycardia, heart block, bronchospasm, extremely slow heart rate, or the development of heart failure. It is crucial to closely monitor and promptly treat these more severe symptoms.[32]

Acute decompensated heart failure, severe bradycardia, asthma, or second degree or worse heart block should not use bisoprolol. Their conditions may become worse as a result. Patients who are elderly, diabetic, or have renal or hepatic impairment should exercise caution when using bisoprolol because it can conceal hypoglycemia and change liver or kidney function. Dosage reduction rather than abrupt discontinuation is advised to prevent rebound hypertension and tachycardia.[33]

When combined with other drugs, bisoprolol has the potential to induce serious side effects such as bradycardia, hypoglycemia, or heart block, while it seldom causes these problems on its own. Medications such as insulin, antiarrhythmics, and calcium channel blockers are all part of this category. Blood pressure, heart rate, and, on occasion, kidney and liver function, must be monitored regularly to ensure the medication's safety. The excellent safety profile of bisoprolol makes it an excellent option for treating hypertension when prescribed appropriately and consistently. Compared to non-selective beta-blockers, its safety profile is exceptionally good.[34]

Patient Population and Special Considerations

Patients with hypertension and other cardiovascular issues, including as heart failure, arrhythmias, coronary artery disease, or both, benefit greatly with Concor (bisoprolol). Patients

with these comorbidities can benefit from the drug's inclusion in their treatment regimen because of its capacity to decrease heart rate and myocardial oxygen demand. Bisoprolol has displayed effective blood pressure control with a favorable safety profile in elderly people. On the other hand, this population may require dose changes to reduce the likelihood of bradycardia or hypotension. Because of changes in renal and hepatic function, older people may also be more sensitive to drugs, thus it's important to closely monitor their medication use.[35]

Conclusion

One safe and effective beta-blocker for hypertension control is Concor (bisoprolol). It is especially useful for people who have other cardiovascular issues, such as arrhythmias, heart failure, or coronary artery disease. Many patients prefer it to non-selective beta-blockers because of its better side effect profile, which is caused by its selective β1-blockade action. Patients experiencing bradycardia or using other drugs that influence heart rate require cautious monitoring, even though the medicine is typically well-tolerated. Bisoprolol is an essential component of hypertension treatment plans due to its demonstrated efficacy in reducing blood pressure, avoiding cardiovascular events, and enhancing patient outcomes. Investigating its function in combination treatment and its effects on cardiovascular health and quality of life in the long run should be the focus of future research.

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