

WY-DUR  
Wyoming Drug Utilization Review Board  
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*Debra Devereaux, R.Ph., M.B.A.*  
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*Chair*  
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*Vice Chair*

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<<DOCTOR>>  
<<ADDRESS>>  
<<CITY STATE ZIP>>

Dear Doctor:

Your patient <<PATIENT NAME>> has been diagnosed with hypertension one or more times in the past; however, the Medicaid record shows no current prescription to treat hypertension.

Antihypertensive therapy has been associated in clinical trials with a reduction in stroke incidence averaging 35–40%; myocardial infarction, 20–25%; and heart failure more than 50%.<sup>1</sup> In patients with stage 1 hypertension and additional cardiovascular risk factors, it is estimated that a sustained 12 mmHg decrease over 10 years will prevent 1 death for every 11 patients treated.<sup>1</sup> This number drops to 1 for every 9 treated patients with CVD or target organ damage.<sup>1</sup>

In the US, only 34% of patients with hypertension (defined as systolic blood pressure  $\geq$  140 mmHg or diastolic blood pressure  $\geq$  90 mmHg) are controlled (defined as systolic blood pressure <140 mmHg and diastolic blood pressure <90 mmHg)<sup>1</sup> and only 59% are being treated with an antihypertensive medication.<sup>1</sup> Effective blood pressure control is achievable in most patients with a prescription for lifestyle modification, adequate antihypertensive drug doses and sometimes, two or more antihypertensive medications.<sup>1</sup>

Of course, not every patient with a hypertension diagnosis on their profile is a candidate for hypertensive therapy. We are including a copy of the Quick Reference Card from JNC 7 with guidelines for appropriate treatment regimens for patients at each diagnostic level. The full guidelines are available online free of charge at:

<http://www.nhlbi.nih.gov/guidelines/hypertension/> Thank you for your continued care of these patients.

Sincerely,



Debra Devereaux, MBA, R.Ph.  
WYDUR Manager



William Harrison, MD  
WYDUR Chair

Reference:

1. Chobanian AV, Bakris GL, Black HR, Cushman WC, Green LA, Izzo JL Jr, et al. Joint national committee on prevention, detection, evaluation, and treatment of high blood pressure. National Heart, Lung, and Blood Institute; national high blood pressure education program coordinating committee. The seventh report of the joint national committee on prevention, detection, evaluation, and treatment of high blood pressure. Hypertension. 2003 Dec;42(6):1206-52. Epub 2003 Dec 1.