

Comparison of slow release frusemide lasix retard and bendrofluazide in the treatment of moderate hypertension in kenyan negroes

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Abstract:

The relative efficacy and the risk of producing biochemical disturbances by bendrofluazide, 10 mg once daily and slow-release frusemide (Lasix Retard) 60 mg once daily, during treatment of moderate hypertension in Kenyan negroes were compared in a double-blind randomized control study. Fifty newly diagnosed hypertensive patients entered the study which lasted for 36 wk. There were 7 drop-outs at the end of the trial. Both slow-release frusemide and bendrofluazide significantly decreased both supine and standing diastolic pressures and standing systolic pressure ($P < 0.05$). Bendrofluazide also showed a significant effect on supine systolic pressure ($P < 0.01$), which was greater than that of slow-release frusemide. Biochemical disturbances were more pronounced in patients receiving bendrofluazide than in those on slow-release frusemide. Bendrofluazide treatment resulted in significant hyperuricemia ($P < 0.02$), hypokalemia ($P < 0.01$) and a rise in blood glucose which was not statistically significant (t [test of significance] = 0.26). Slow-release frusemide produced no significant alterations in blood uric acid, K and blood glucose. Both treatment modalities produced no significant change in other biochemical and hematological indices. Compared with slow-release frusemide, bendrofluazide produced potentially serious adverse biochemical changes. The drugs were equally effective in controlling moderate hypertension although the hypotensive effect on systolic blood pressure was more pronounced with bendrofluazide.