**CFC NATIONAL SURVEY ON HYPERTENSION TREATMENT**

G.V. Gaudio, L.U. Guasti, S.T. Carugo, A.L. Lupi, L.U. Gianturco, G.I. Derosa,

**A. Palmarini**

on behalf of the CFC National Hypertension Board, Italy

*Background*: Guidelines for hypertension (IT) management recommend association therapy since the beginning of pharmacologic treatment in most hypertensive patients. *Methods:* The Italian Council for Cardiology Practice is carrying out a national online survey (www.cfccardiologia.it) with a simple multiple answer 10 item questionnaire for cardiologists, internists or general practitioners involved in the daily care of hypertensive patients. The questionnaire focused on the physicians’ awareness of the disease stage, their strategies to deal with the disease and their propensity to use triple antihypertensive drug associations and in general polypill therapies.

*Results*: 67.3 % RESPONDENTS are WORKING IN HOSPITAL, 11.5 % in the TERRITORY 9.6% IN PRIVATE CLINICS

36.5 % ARE SPECIALISTS

75 % MONOTHERAPY USED IN STAGE 1, 4.1% IN STAGE 2

85 % CHOOSE THERAPY according to THE PRESENCE OF MULTIPLE cardiovascular RISK FACTORS

35.4 % are USING THE ASSOCIATION CCB / ACEI AS FIRST ASSOCIATION THERAPY

80.8 % INTRODUCE MORE THEN 3 DRUGS IN PATIENTS WITH STAGE 3

76.6 % USES 24 H ABPM TO MONITOR THE RESPONSE TO THERAPY

62.5 % INCREASE the NUMBER OF DRUGS USED IN the absence of ARTERIAL PRESSURE CONTROL

70.8 % consider TRIPLE THERAPY TO NORMALISE BP VALUE

50 % THROUGH HARD FIND TO USE THE ASSOCIATION THERAPY [PRECONCEIVED]

45 % are interested to use POLY PILL WITH: ANTIHYPERTENSIVE – ANTIDISLIPIDEMIC- -ANTITHROMBOTIC AGENTS FOR THE FUTURE

*Conclusions*: The preliminary data of the CFC survey on the daily life use in clinical practice of association therapy for blood pressure control show that association therapy and triple therapy are widely considered to obtain pressure control in stage 2 and 3 hypertension pts and 24h ABM is used in monitoring the response to therapy. However, preconceived associations are still considered in 50% of doctors as difficult to prescribe.