



## Comparison of the Effect of Calcium Channel Blockers and Non-selective Beta-Blockers on Blood Lipids in Hypertensive Patients

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**SUMMARY.** The aim of this study was to compare the effect of calcium channel blockers and non-selective beta-blocker drugs on blood lipids in hypertensive patients signifying the changes that occur in serum levels of cholesterol, low density lipoproteins (LDL), high density lipoproteins (HDL) and triglycerides. It is seen that calcium channel blockers significantly ( $p < 0.05$ ) decreased the levels of serum cholesterol and LDL, but it non-significantly ( $p > 0.05$ ) increased the HDL and triglycerides levels. While, non-selective beta blockers significantly ( $p < 0.05$ ) increased the serum cholesterol, triglycerides and LDL and significantly ( $p < 0.05$ ) decreased HDL. Comparing the two drugs, calcium channel blockers have significantly decreased various cardiovascular risks and proved its merit over non-selective beta blockers, *i.e.* non-selective beta blockers have shown themselves to increase the risks of cardiac problems.

**KEY WORDS:** Cholesterol, High density lipoproteins, Hypertension, Low density lipoproteins, Patients, Triglycerides.

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