

# A comparison of the effects of the selective peripheral $\alpha_1$ -blocker terazosin with the selective $\alpha_1$ -blocker atenolol on blood pressure, exercise performance and the lipid profile in mild-to-moderate essential hypertension

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The effects of six weeks of treatment with the selective peripheral  $\alpha_1$ -adrenoceptor blocker terazosin, or the selective  $\alpha_1$ -adrenoceptor blocker atenolol on blood pressure, exercise performance and blood lipid profile were compared in a single-blind, randomized, crossover study of 17 patients with mild-to-moderate essential hypertension. Although both drugs significantly reduced blood pressure at rest, atenolol caused a larger fall in supine blood pressure (11/11 and 7.5/7.0 mmHg, atenolol and terazosin, respectively;  $p < 0.001$ ). Both treatments controlled the pressor response to exercise, although a greater reduction in diastolic blood pressure was observed at the end of exercise on terazosin ( $74.0 \pm 5.7$  and  $91.6 \pm 4.0$  mmHg, terazosin and atenolol, respectively;  $p < 0.01$ ). Alpha1-blocker therapy was not associated with any measurable improvement or deterioration in cardiopulmonary performance and exercise duration. Unlike atenolol, terazosin therapy had the potentially beneficial effect