

For the Management of Hypertension

# TELMODOR-40/80

Telmisartan 40/80 mg Tablets

# TELMODOR-A

Telmisartan 40/80 mg + Amlodipine 5 mg Tablets

# TELMODOR-C

Telmisartan 40 mg + Chlorthalidone 6.25/12.5 mg Tablets

# TELMODOR-M

Telmisartan 40 mg + Metoprolol 25/50 mg Tablets

Timeless



Elegance



## Background :

Guidelines like JNC 8, ACC, ESC, and IGH-IV describe the management of hypertension. In line with these guidelines, multiple observational studies have reported the use of ARBs as first-line therapy both as monotherapy and in combination with other antihypertensive drugs (AHDs) for the management of essential hypertension. In India, many patients require combination therapy and Telmisartan is most preferred among ARBs. Also, various studies have shown that Telmisartan in combination with Amlodipine, Chlorthalidone, or Metoprolol exhibited superior efficacy when compared with monotherapy.

## Indication :

- **Telmodor/A** is indicated for the treatment of Hypertension, to lower Blood Pressure.
- **Telmodor-C** is indicated for the management of Hypertension. It is also recommended in edema associated with congestive heart failure.
- **Telmodor-M** is indicated for the treatment of hypertension associated with Coronary Artery Disease (CAD) or Heart Failure.

## Mechanism of Action :

- **Telmisartan** blocks the vasoconstrictor and aldosterone-secreting effects of angiotensin II by selectively blocking the binding of angiotensin II to the AT1 receptor in many tissues, such as vascular smooth muscle and the adrenal gland.
- **Amlodipine** is a dihydropyridine calcium antagonist (calcium ion antagonist) that inhibits the transmembrane influx of calcium ions into vascular smooth muscle and cardiac muscle.
- **Chlorthalidone** acts by increasing excretion of sodium and potassium in the urine, which causes elimination of the excess water from the body.
- **Metoprolol** primarily blocks Beta-1 receptors in the heart, causing decrease in heart rate and decrease in blood pressure.

## Dosage :

- **Telmodor** : The usual recommended dose of Telmodor is 40 mg once a day. In case blood pressure target is not achieved, Telmisartan dose can be increased to maximum of 80 mg once daily.
- **Telmodor-A** : Starting dose of Telmodor-A is 40/5 mg once daily orally. Patients requiring larger blood pressure reductions may be started on Telmodor-A 80/5 mg once daily or as prescribed by the doctor.
- **Telmodor-C** : One tablet a day orally or as prescribed by the doctor.
- **Telmodor-M** : Recommended starting dose is 1 tablet of Telmodor-M 40/25 to be administered once daily. Patients requiring larger blood pressure reductions may be started on Telmodor-M 40/50 mg once daily orally or as prescribed by the doctor.

### References:

1.Open Heart. 2016; 3(2): e000473. | 2.N Engl J Med 2021; 385:2507-251 | 3.Cardiology and Therapy volume 10, pages255-269 (2021)

\*JNC: Joint National Committee | \*ACC: American College of Cardiology | \*ESC: European Society of Cardiology | \*IGH-IV: Indian Guideline of Hypertension-IV

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Prescribing Information



### La Renon Healthcare Private Limited

207-208 Iscon Elegance, Circle P, Prahlad Nagar Cross Roads,  
S.G. Highway, Ahmedabad-380015, Gujarat, India.  
Phone: + 91-79-6616-8998, 2693-6656 | Fax: +91-79-6616-8998  
E-mail: info@larenon.com | Web: www.larenon.com

I am: \_\_\_\_\_  
Call me on: \_\_\_\_\_  
Mail me at: \_\_\_\_\_

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