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Advances in Hypertension Management: Beyond the Traditional Drug Classes

Naimah Dennis*

Departament of Clinical Sciences, University of Chile, Santiago, Chile

Introduction

Hypertension remains one of the most significant global health concerns, contributing to high morbidity and mortality associated with cardiovascular and renal diseases. While traditional antihypertensive drug classes such as diuretics, ACE inhibitors, calcium channel blockers and beta-blockers have played a foundational role in blood pressure (BP) management, therapeutic resistance, suboptimal adherence and side effect profiles have prompted a demand for newer, more personalized strategies. In recent years, the landscape of hypertension treatment has expanded, with innovative approaches leveraging novel pharmacologic targets, biologics, device-based therapies and precision medicine. These advances aim not only to improve blood pressure control but also to reduce long-term complications by tailoring therapy to the pathophysiology of hypertension and patient-specific variables. This article explores the key developments in hypertension management that extend beyond conventional drug regimens, marking a paradigm shift in how this silent killer is addressed in clinical practice [1].

Description

A prominent area of innovation lies in the development of antihypertensive drugs targeting previously underexplored mechanisms. Among them, endothelin receptor antagonists and neprilysin inhibitors have gained traction for their ability to modulate vasoconstrictive and natriuretic pathways. Endothelin-1, a potent vasoconstrictor implicated in vascular dysfunction, is being targeted through selective antagonists, offering promise especially in resistant hypertension. Similarly, neprilysin inhibitors, often used in combination with angiotensin receptor blockers (as in the case of sacubitril/valsartan), show antihypertensive effects while also benefiting heart failure patients. In parallel, drugs modulating the mineralocorticoid receptor, such as finerenone, are being evaluated not only for blood pressure control but also for renal and cardiovascular protection, particularly in diabetic hypertensive populations. These novel agents represent a shift toward integrated care, where comorbidity management and organ protection are central to therapeutic goals. Importantly, the pipeline of new pharmacologic targets underscores the dynamic nature of antihypertensive therapy and its responsiveness to evolving scientific insights [2-3].

Biologic interventions, previously limited to autoimmune or oncological contexts, are now entering the field of hypertension treatment. Recent findings have illuminated the role of inflammation and immune dysregulation in the pathogenesis of hypertension, particularly through the activation of T-cells and pro-inflammatory cytokines. Monoclonal antibodies targeting specific cytokines (e.g., IL-17 or TNF-alpha) have demonstrated blood pressure-lowering effects in preclinical studies and early-phase clinical trials. Furthermore, vaccine-based therapies, such as those targeting components of the renin-angiotensin system (e.g., Angiotensin II vaccines), offer the potential for long-acting blood pressure control through immune-mediated mechanisms. Although these approaches are still in investigational stages, they signal a promising frontier where hypertension could be managed through immunomodulation, reducing the need for daily pharmacotherapy and potentially improving long-term adherence and outcomes. Continued research and cautious optimism surround the translation of these therapies from bench to bedside [4].

Another transformative area in hypertension management is the use of medical devices and digital therapeutics. Renal denervation, a minimally invasive procedure that disrupts sympathetic nerve activity in the renal arteries, has re-emerged with strong evidence supporting its efficacy in drug-resistant hypertension. Early skepticism has been mitigated by improved device technology and better patient selection criteria, leading to sustained reductions in systolic and diastolic BP. Carotid baroreceptor activation therapy, which modulates autonomic function via electrical stimulation, is another innovative intervention gaining attention. Meanwhile, wearable technology and AI-driven mobile health applications are increasingly utilized to support self-monitoring, medication adherence and clinician feedback. Digital therapeutics not only empower patients but also enable personalized, real-time management strategies, which are crucial in a condition like hypertension that often lacks overt symptoms [5].

Conclusion

As the field of hypertension management evolves, the integration of these advancements into clinical practice remains a key challenge. While the promise of novel drug classes, biologics, device-based therapies and precision medicine is substantial, barriers such as cost, accessibility, regulatory approval and clinician awareness must be addressed. Moreover, real-world evidence is essential to validate the long-term safety, efficacy and cost-effectiveness of these interventions. Multidisciplinary care models that combine cardiology, primary care, pharmacology and digital health are pivotal for translating scientific innovation into routine care.

Acknowledgment

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Conflict of Interest

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***Address for Correspondence:** Naimah Dennis, Department of Clinical Sciences, University of Chile, Santiago, Chile, E-mail: dennis.naimah@uch.edu*

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