**Pharmacological and Therapeutic Analysis of Anti-Diabetic and Anti-Hypertensive Drugs Among Diabetic Hypertensive Patients In Palestine**

Preferred Abstract (Original):

The objective of this study was to determine the utilization pattern of antidiabetic and antihypertensive medication among diabetic hypertensive patients. The medical profile of three hundred and forty two patients diagnosed with type 2 diabetes mellitus and hypertension were reviewed and analyzed. Among the tested sample, antidiabetic monotherapy was prevalent (74.3%). Antihypertensive monotherapy was found among 47.3% of the tested sample. Analysis of the antidiabetic medications shows underutilization of insulin combination therapy and inappropriate use of metformin among the elderly. Analysis of the antihypertensive therapy shows that there is underutilization of combination therapy, low dose thiazides and angiotensin II receptor antagonists (ATIIRA). Some of the 2-drug antihypertensive combinations were irrational like beta blockers (BB) plus diuretics, angiotensin converting enzyme inhibitors (ACE-I) plus BB or ACE-I plus dihydropyridine calcium channel blockers (CCB). In conclusion, the study shows that some prescribing practices for diabetic hypertensive patients were appropriate while others were inappropriate and do not adhere to current recommendations in the literature. Continuing medical education is needed to improve the prescribing practices in Palestine.