

REMASTER Trial



REMASTER trial for people with hypertension

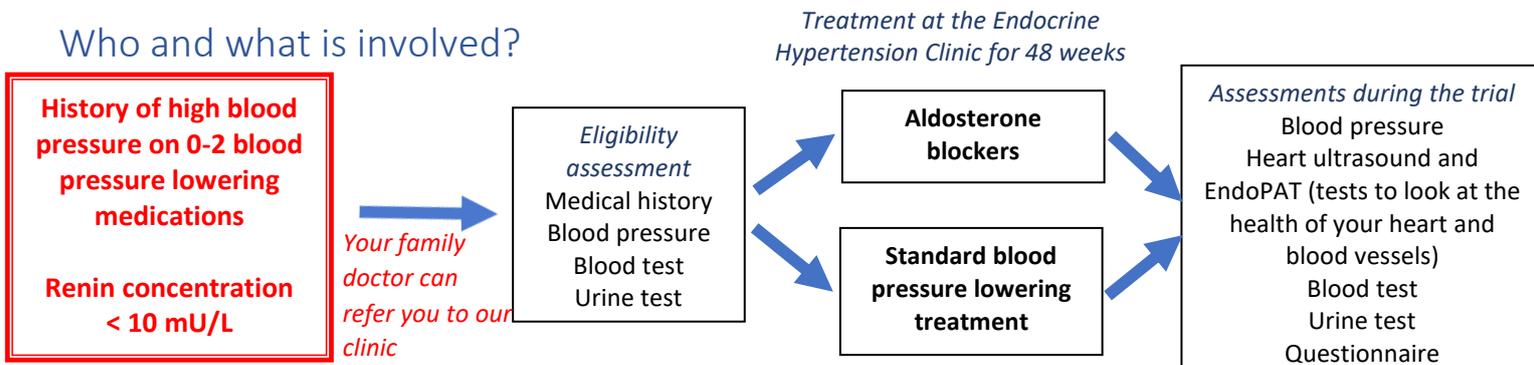
A Randomised trial assessing the Efficacy and safety of Mineralocorticoid receptor Antagonist therapy compared to Standard antihypertensive Therapy in hypertension with low Renin.

If you are interested in joining this trial, ask your family doctor to refer you for a simple blood test to measure your renin level.

High blood pressure, or hypertension, is a major cause of death worldwide and affects over 6 million Australians. Many people with high blood pressure do not achieve good blood pressure control even with more than one medication. Research suggests that this may be due to undiagnosed hormonal causes of hypertension. Patients who produce too much of a salt-retaining hormone called aldosterone are diagnosed with a condition called primary aldosteronism. Aldosterone is produced in the adrenal glands and too much of this hormone can lead to high blood pressure and heart disease. The hallmark of primary aldosteronism is high aldosterone and low renin levels in the blood. This affects 1 in 10 people with hypertension and has clear treatment options of either aldosterone blockers or adrenal surgery. However, some patients do not meet the current criteria for diagnosis of primary aldosteronism but still have low renin levels with either normal or borderline-high aldosterone levels in their blood. This is called hypertension with low renin or **low-renin hypertension**. Research suggests that up to **1 in 4 people** with high blood pressure may be classified as having low-renin hypertension. At present, doctors do not know what the best treatment for this group of patients is.

The purpose of this trial is to **find out whether measuring the hormone renin with a blood test can select people who will also benefit from early treatment with aldosterone blockers**. We will do this by randomly assigning individuals with high blood pressure and low renin to either aldosterone blockers or standard blood pressure lowering medications and follow them up for 12 months. All the medications used in this trial have been used in large numbers of people over the last few decades in many countries. At the end of the trial, we will compare individuals who received aldosterone blockers to standard blood pressure-lowering medications and see if there is a difference in blood pressure control, amount of medication needed to control the blood pressure and heart and kidney health.

Who and what is involved?



The Endocrine Hypertension Clinic is in the Department of Endocrinology, on Level 3, Block E, Monash Medical Centre, Clayton.

Potential benefits to you

1. Free medications and investigations for the duration of the trial.
2. The results of this trial will help doctors learn how best to treat your condition (low-renin hypertension).
3. Better blood pressure control with less medication.

Referrals

If you are interested in participating in this trial, see your family doctor for a blood test to measure your hormone renin. If your renin is <10 mu/L, your doctor can fax a referral to the Endocrine Hypertension Clinic to (03) 9594 3558 or email to endocrinehypertensionclinic@monashhealth.org.