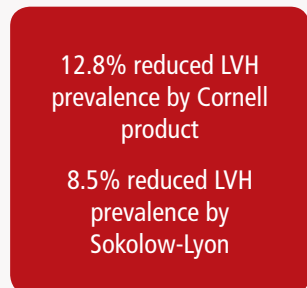


Average BP:
145.3/80.6 mm Hg

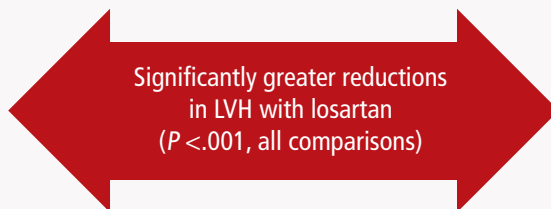


Methods: Participants received either losartan or atenolol and hydrochlorothiazide as necessary to reach a target BP of $\leq 140/90$ mm Hg. Reductions in left ventricular hypertrophy (LVH) were measured via electrocardiogram by Sokolow- Lyon voltage and Cornell product criteria throughout the study.

Results: Losartan treatment was associated with a significantly greater reduction in SBP after 5 years. Large, significant reductions in LVH incidence were also found in patients taking losartan compared with those taking atenolol.



Average BP:
144.2/80 mm Hg



Reference: Okin PM, Devereux RB, Jern S, et al. Regression of electrocardiographic left ventricular hypertrophy by losartan versus atenolol: The Losartan Intervention for Endpoint reduction in Hypertension (LIFE) Study. *Circulation*. 2003;108(6):684-690. <http://circ.ahajournals.org/content/108/6/684.abstract>.