

OPTIMISE2 Summary

Many older people take medicine to lower their blood pressure and prevent heart attacks and strokes. Often, they take two or more different medicines for this. However, scientists have found that taking too many medicines might cause problems for older people, especially those who have other health conditions.

Doctors are doing a study to see if some people aged 75 and older might do just as well with fewer blood pressure medicines. They're looking for people who:

- Take two or more blood pressure medicines
- Have normal blood pressure (controlled by the medicines they take)
- Might be at risk of problems like falling

The study needs 3,014 people to take part. These people will be split into two equally sized groups. One group will keep taking their usual medicines, the other group will have some of their medicines carefully reduced by their doctor. To try to make sure the groups are the same to start with, each person is put into a group by chance (randomly).

Nobody - not even the doctors - can choose which group someone goes into. This makes sure the study is fair and gives reliable results.

The study lasts for one year. During this time, people will need to visit their doctor at least twice to have their blood pressure checked and answer some questions about their health. There's one final set of questions to answer at the end of the year, which can be done at home.

The doctors hope this study will help them understand if reducing blood pressure medicine is safe and helps older people feel better and less likely to suffer any side-effects from the medicines.