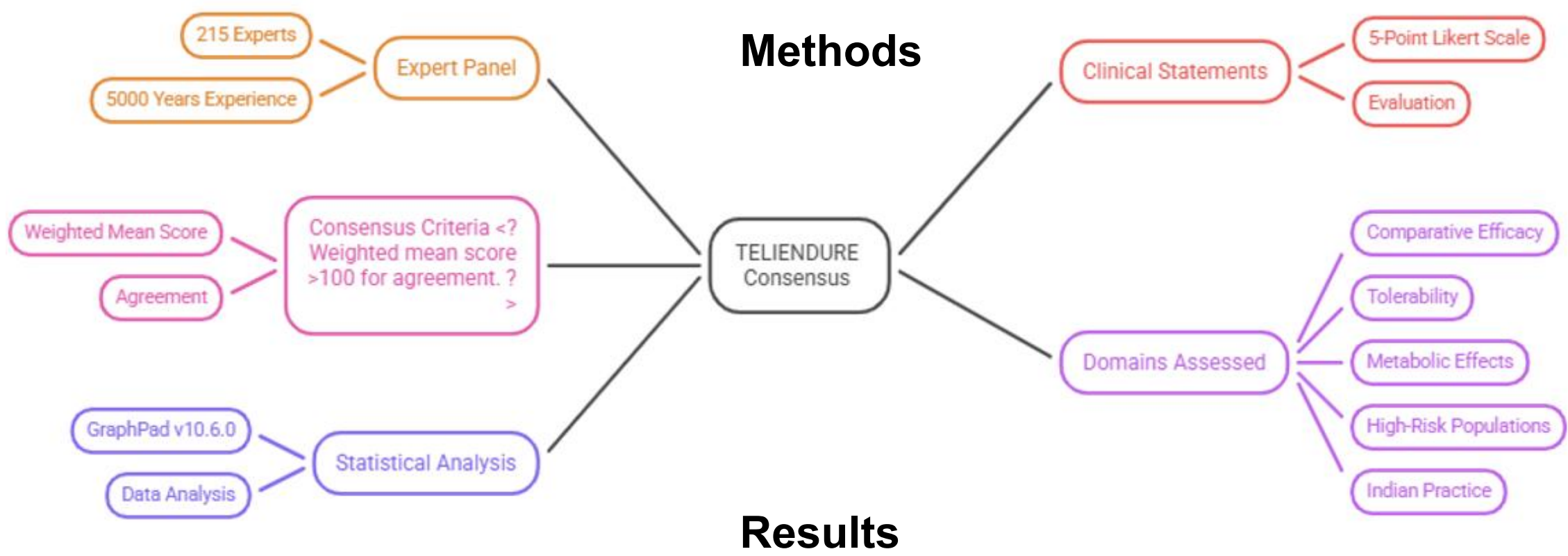


TELIENDURE Consensus: Telmisartan Beyond Blood Pressure Control Across the Cardiometabolic Continuum in Hypertension

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Objective: To evaluate and consolidate contemporary evidence on telmisartan across the hypertension care pathway, emphasizing benefits beyond blood pressure control and its role across the cardiometabolic continuum.

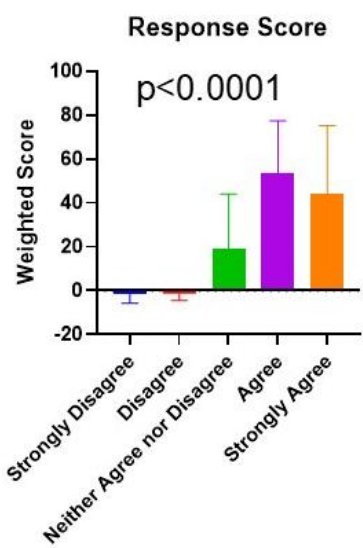


- 16/18 statements (88.8%) achieved predefined consensus
- Strong agreement observed for:
 - Evolution of telmisartan evidence toward cardiometabolic applications (121.0)
 - Advanced formulations (126.7)
 - Favorable pharmacokinetics enabling individualized dosing (120.9)
 - Superiority/comparability versus losartan and enalapril (120.3)
- High consensus for telmisartan-based therapies in Indian patients (125.4)
- Strong support for combination therapies with: Chlorthalidone (126.7) Cilnidipine (121.6) Indapamide (116.2) Metoprolol in high-risk patients (122.9)
- Pleiotropic and metabolic benefits achieved consensus:
 - Partial PPAR-γ-mediated effects (117.7), Organ protection (107.2)

Agreement % for the statements based on the Likert scale

No	Questionnaire based on Likert-scale	Strongly disagree	Agree	Neutral	Disagree	Strongly agree	Weighted Mean
1	The trajectory of Telmisartan research (1996–2025) reflects a consistent and clinically meaningful evolution from pharmacodynamic characterization to real-world application and metabolic risk management	-3.0	0.0	0.0	36.1	87.9	121.0*
2	Advances in alkaliizer-based solid dispersions and polymeric formulations of Telmisartan represent significant progress toward improving solubility, bioavailability, and therapeutic consistency across patient populations	0.0	0.0	0.0	40.0	86.7	126.7*
3	Integration of digital tools and wearable technologies will significantly enhance early detection and control of hypertension in India	0.0	-7.4	22.8	41.1	47.9	104.4*
4	ARBs should increasingly be preferred over ACE inhibitors in long-term hypertension management due to superior tolerability and cardiovascular outcomes	0.0	0.0	36.1	65.0	12.6	113.8*
5	Telmisartan demonstrates a well-characterized pharmacokinetic profile with consistent therapeutic exposure across diverse patient groups; its individualized dosing potential allows optimized blood pressure control, particularly in patients with variable clearance or comorbid conditions	0.0	0.0	0.0	108.8	12.1	120.9*
6	Compared with other antihypertensives such as nebivolol, Telmisartan demonstrates superior reduction in central systolic blood pressure, an important determinant of cardiovascular outcomes.	0.0	-8.6	16.9	50.6	43.9	102.9*
7	The partial PPAR-γ agonist activity of Telmisartan provides meaningful anti-inflammatory benefits in patients with hypertension and diabetes beyond blood pressure control	0.0	0.0	16.5	88.9	12.3	117.7*
8	Telmisartan offers superior blood pressure–lowering efficacy compared to losartan and equivalent or better efficacy than enalapril in elderly hypertensives.	0.0	0.0	12.1	72.9	35.2	120.3*
9	Telmisartan-based monotherapy or combination therapy achieves excellent blood pressure control and tolerability in Indian patients, making it a preferred ARB for real-world hypertension management	0.0	0.0	0.0	55.4	70.0	125.4*
10	Combination therapy of Telmisartan with Calcitriol provides enhanced anti-inflammatory and reno-protective effects in diabetic nephropathy without added safety risks	-7.9	-8.0	55.5	38.0	0.0	77.6
11	Telmisartan’s partial PPAR-γ activity contributes to organ protection — including hepatic, muscular, and auditory benefits — demonstrating systemic pleiotropic effects	0.0	0.0	71.6	16.1	19.4	107.2*
12	Telmisartan plays a potential therapeutic role in metabolic dysfunction–associated steatotic liver disease (MASLD) by reducing hepatic lipogenesis through PPAR-dependent and independent mechanisms	-16.4	0.0	72.8	17.5	0.0	73.9
13	In patients with hypertension and high cardiovascular risk, the combination of telmisartan and metoprolol provides superior blood pressure control and added cardioprotective benefits compared to monotherapy.	0.0	0.0	0.0	85.7	37.1	122.9*
14	The fixed-dose combination of telmisartan and chlorthalidone offers superior blood pressure control, cardiovascular protection, and treatment adherence compared to monotherapy in Indian patients with hypertension.	0.0	0.0	0.0	40.0	86.7	126.7*
15	In patients with hypertension, especially those with diabetes or chronic kidney disease, the combination of telmisartan and cilnidipine provides superior blood pressure control and enhanced cardiorenal protection compared to other ARB-based regimens	0.0	0.0	12.9	54.7	54.0	121.6*
16	In patients with hypertension, particularly those with metabolic syndrome or renal impairment, the combination of telmisartan and indapamide provides superior blood pressure control and added metabolic and organ-protective benefits compared to monotherapy	0.0	0.0	29.8	58.1	28.3	116.2*
17	Given its long half-life, pleiotropic actions, and consistent outcomes, Telmisartan should be considered a leading evidence-backed ARB for long-term cardiometabolic protection	0.0	0.0	0.0	45.2	81.1	126.2*
18	How strongly do you agree that Telmisartan’s extensive evidence base, multidimensional benefits, and proven clinical outcomes position it as the brand leader to scale hypertension management excellence in India?	0.0	0.0	0.0	49.5	76.4	125.9*

*Score >100 - Consensus Agreement



	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
Mean	-1.5	-1.3	19	54	44
Std. Deviation	4.2	3.1	25	24	31
Lower 95% CI of mean	-3.6	-2.9	7	42	28
Upper 95% CI of mean	0.57	0.2	32	65	60

Conclusion

- TELIENDURE consensus establishes telmisartan as a cornerstone therapy in hypertension management
- Benefits extend beyond blood pressure reduction toward comprehensive cardiometabolic risk reduction
- Strong evidence supports: Metabolic precision, pleiotropic organ protection, flexibility in combination therapy
- Telmisartan emerges as a leading evidence-backed ARB across the cardiometabolic continuum in Indian real-world clinical practice.