



## Antianginal drug 1&2

### 衛 Objectives:

- Recognize variables contributing to a balanced myocardial supply versus demand.
- Differentiate between drugs used to alleviate acute anginal attacks and those meant for prophylaxis & improvement of survival.
- Detail the pharmacology of nitrates and other drugs used as antianginal therapy.

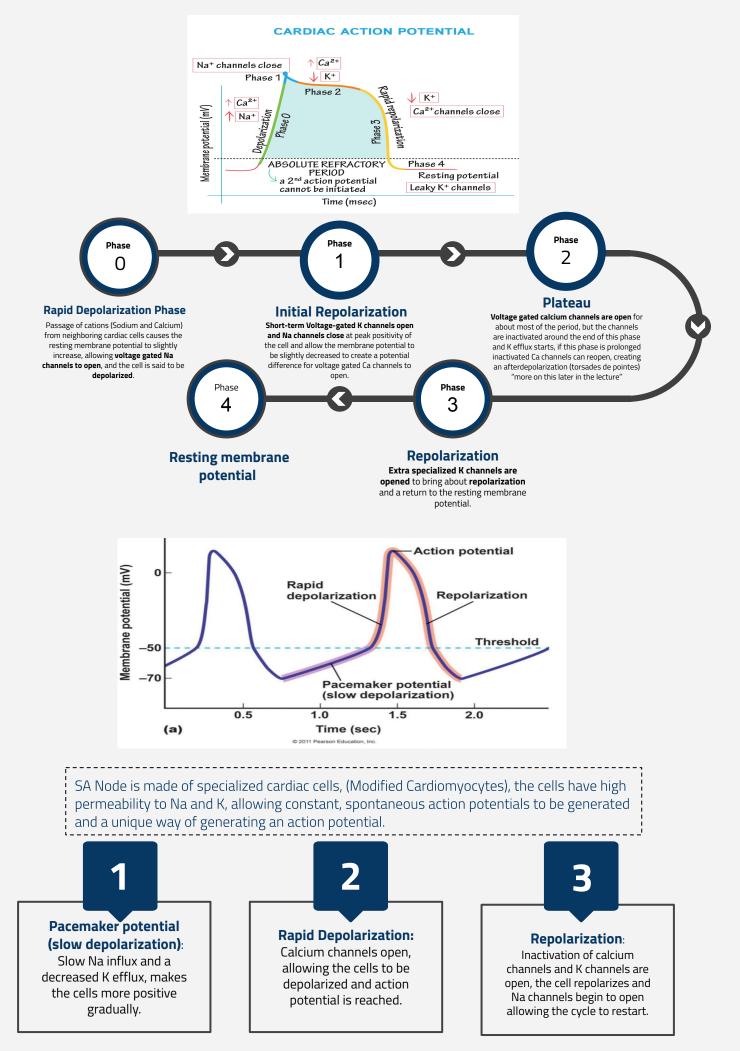






## Extra information(recommended)

Special thanks for team 438

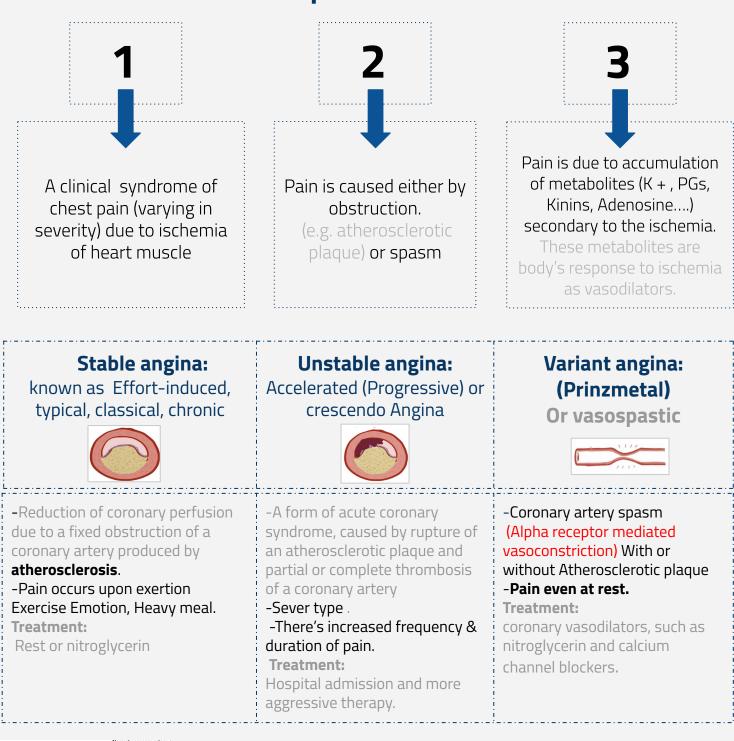


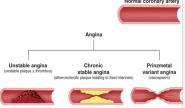
### Angina Pectoris: extra #438

• Angina pectoris is a consequence of Myocardial oxygen demand exceeding myocardial oxygen supply.

Mainly caused by obstruction of blood flow Resulting in ischemia

## Which signs or symptoms suggest diagnosis of angina pectoris?











# What are the determinants of oxygen **demand** and **supply**?

Oxygen Demand			
O₂ demand is determined by:	O₂ demand is diminished by:		
1-Contractility 2-Heart rate 3-Wall tension(pressure exerted by the fibers itself) (affected by): -ventricular pressure (Afterload) Peripheral vascular resistance -Ventricular volume (Preload)	<ul> <li>1-Reducing contractility</li> <li>2-Reducing Heart rate</li> <li>3-Reducing the Preload</li> <li>4-Reducing the Afterload</li> </ul>		

Oxygen	Supply
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O₂ supply is determined by:	O₂ supply is enhanced by:
<ul> <li>1-Arterio-Venous O₂ difference</li> <li>(Dr's note:difference between O2 content between atria and ventricles, it increases during exercise)</li> <li>2-Coronary blood flow (affected by):</li> <li>-Aortic Driving pressure and diastolic period</li> <li>-Coronary vascular resistance is inverse relationship</li> </ul>	<ul> <li>1-Reducing coronary vascular resistance</li> <li>2-Reducing external compression</li> <li>3-Prolong diastolic period</li> <li>4-Dilating collateral vessels</li> <li>5-Optimizing hemoglobin &amp; RBCs</li> </ul>

It is important to point out that restoration of oxygen supply to ischemic tissue should be restored 3 hours after ischemia at most, after that period the cells will be overly acidic due to lactate accumulation from anaerobic metabolism, and the introduction of oxygen to the damaged mitochondria will result in the formation of free radicals, particularly H2O2, as a final product of ETC, causing further damage to the cells and possible inflammatory reaction. This is known pathophysiologically as Inadequate Tissue Reperfusion.

## **Treatment of angina pectoris**

The Aim in this lecture is decrease contractility and HR and improve blood supply

#### 1- Agents that improve symptoms and ischemia: Traditional Approaches:

- <u>N</u>itrates. \*Venodilator
- <u>B</u>eta-blockers. act on the heart
- <u>Calcium channel blockers</u> act on the heart and arteries

\*venodilator↓venosus returns ↓heart volume ↓oxygen demand

#### **New Approaches:**

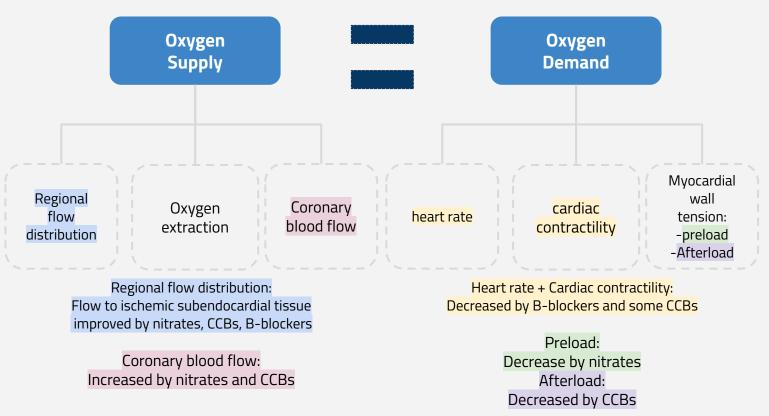
- Metabolic acting agents (modulation), e.g. Trimetazidine.
- Potassium channels openers, e.g. Nicorandil.
- Late Na+ current inhibition, e.g. Ranolazine.
- Sinus node inhibition, eg.
   Ivabradine. (1 Heart rate, without effectinging force of contraction)

#### 2- Agents that improve prognosis (Halt progression, prevent acute insult, improve survival):

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- ACE inhibitors
- Statins (stops cholesterol synthesis)
- **B**eta-blockers
- Aspirin / other antiplatelet agents

## General mechanism of antianginal drugs:



### **Antianginal drugs: 1.Organic Nitrates**

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class	short acting	long acting	
Drug	<b>Nitroglycerine (GTN)</b> -Prototype of organic nitrates -active ingredient of dynamite (explosive material)	Isosorbide mononitrate & dinitrate	
P.k	<ul> <li>Given sublingual or transdermal patch or parenteral.</li> <li>Can't be given orally, because it goes through Significant first pass metabolism in the liver</li> <li>Only (10-20%) bioavailability if given orally</li> </ul>	<ul> <li>Very well absorbed . Mononitrate, 100% bioavailability</li> <li>The dinitrate undergoes denitration in liver to two mononitrates → both possess antianginal activity which then conjugate to glucuronic acid in liver.</li> <li>T1/2= 1-3 hours.</li> <li>Excreted in urine.</li> </ul>	
Main use	<ul> <li>Rapid for terminating an acute attack of stable angina.</li> </ul>	<ul> <li>For long-term persistent prophylaxis of stable angina.</li> </ul>	
Indications	<ul> <li>IN STABLE ANGINA:</li> <li>Acute symptom relief <ul> <li>sublingual GTN</li> </ul> </li> <li>Prevention; Situational <ul> <li>prophylaxis→sublingual GTN</li> </ul> </li> <li>IN VARIANT ANGINA→ sublingual GTN</li> <li>IN UNSTABLE ANGINA IV GTN</li> <li>Heart failure</li> <li>Refractory AHF<sup>1</sup>→IV GTN</li> <li>AMI<sup>2</sup>→IV GTN</li> </ul>	<ul> <li>IN STABLE ANGINA:         <ul> <li><u>Prevention: Persistant</u> <u>prophylaxis</u> →Isosorbide mono o dinitrate.</li> </ul> </li> <li>IN UNSTABLE ANGINA:         <ul> <li>CHF<sup>3</sup>→ Isosorbide mononitrate hydralazine [ if contraindication t ACE Is used]</li> </ul> </li> <li><sup>1-</sup> Acute Heart Failure. 2- Acute myocardial infarction. 3- Chronic heart failure</li> </ul>	
Preparation	<ul> <li>Sublingual tablets or spray Have rapid onset of action and short duration (30min),</li> <li>Transdermal patch(8-14h)</li> <li>Oral or bucal sustained release</li> <li>I.V. Preparations</li> </ul>	<ul> <li>Dinitrate Sublingual tablets</li> <li>Dinitrate Oral sustained release</li> <li>Mononitrate Oral sustained release</li> <li>Infusion Preparations</li> </ul>	
<b>mechanism</b> The damaged endothelium in angina patients can't produce NO, this group of drugs donate it	<ol> <li>Release NO through interactions with in enzymatic degradation, NO is produced.</li> <li>Nitric oxide then binds to guanylate cyclase in vascular smooth muscle cell to form cGMP.</li> <li>cGMP activates PKG (Protein Kinase G) to For the action of Nitrates we need SH group</li> </ol>	to produce relaxation	

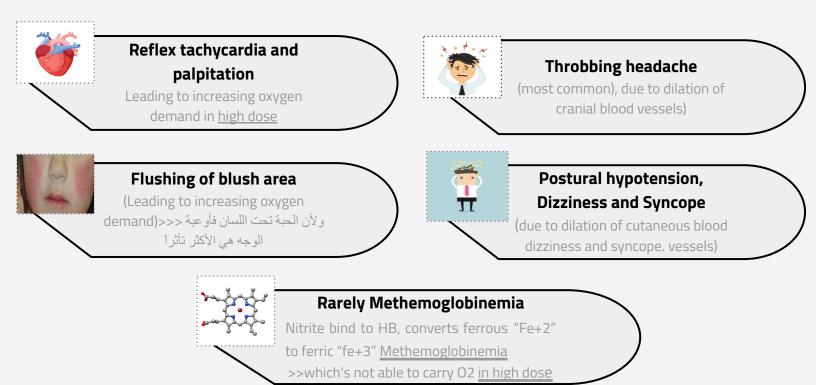
Relaxation

## Antianginal drugs: 1.Organic Nitrates (cont.)

Hemodynamic effects of nitrates	<ul> <li>Nitrates can treat angina pectoris by one of 4 mechanism:</li> <li>1- Decrease the preload (in low concentrations, it causes venodilation)</li> <li>2-Increase the myocardial perfusion (O2 supply) by dilating the coronary vessels.</li> <li>3- Arterial vasodilation → ↓Afterload. Decreasing the peripheral resistance(in higher concentrations)</li> <li>4- Shunting of flow from normal area to ischemic area by dilating collateral vessels</li> <li>(blood in ischemic area increases).</li> </ul>		
Nitrate tolerance	<ul> <li>WHEN ? Loss of vasodilator response of nitrates on use of long-acting preparations (oral, transdermal) or continuous intravenous infusions, for more than a few hours without interruption.</li> <li>How?, mechanism: <ul> <li>Like baroreceptors and RAAS #438</li> </ul> </li> <li>1. Compensatory neurohormonal counter-regulation due to continuous vasodilatation</li> <li>2. Depletion of free-SH groups. (Nitrates are converted to NO through various intermediate reactions that require SH groups from tissues for the enzymes to function).</li> <li>How to overcome tolerance? by: free periods (Smaller doses at increasing intervals) &amp; Giving drugs that maintain tissue SH group e.g. Captopril, N-acetyl cysteine.</li> </ul>		
Contra- indications	<ol> <li>Known sensitivity to organic nitrates.</li> <li>Glaucoma. nitrates increase synthesis of aqueous humor thus increase IOP.</li> <li>Head trauma or cerebral haemorrhage → Increased intracranial pressure .</li> <li>Uncorrected hypovolemia, because reduction of volume in the body will result in vasoconstriction. Hypovolemia must be corrected before administration of nitrates.</li> <li>Concomitant administration of PDE5 Inhibitors.</li> <li>Sildenafil + nitrates → Severe hypotension &amp; death Sildenafil (viagra), inhibit PDE which is responsible for inactivation of cGMP , thus increase the effect of NO&gt; severe vasodilation lead to severe hypotension could cause death.</li> </ol>		

## Antianginal drugs: 1.Organic Nitrates (cont.)

#### **ADR**s



#### Effects of nitrates in treatment of angina and their results

Effects	Results	
↓ arterial pressure	↓ O2 demand	
Reflex ↑ in contractility	↑ O2 demand	
↑ Collateral flow	Improved perfusion to ischemic myocardium	
↓ Ventricular volume	↓ O2 demand	
Reflex tachycardia	↑ O2 demand	
↓ Left ventricular diastolic pressure	Improve subendocardial perfusion	
↓ Diastolic perfusion time due to tachycardia	↓ Myocardial perfusion	
Vasodilatation of epicardial coronary arteries	Relief of coronary artery spasm	

### 2. Calcium channel blockers

Class       Dihydropyridine       Phenylalkylamine       Benzothiazepine         Drugs       • Nifedipine       Verapamil       Diltiazem         Drugs       • Nicardipine       Verapamil       Diltiazem         Selectivity       Dihydropyridine group act mainly on Vascular smooth muscle. (Chrous, more selective as vasodilator than cadabac       act more on myocardium. (Cardiomyocytes) As cardiac depressant       has intermediate effect. Do both actions but with less effectiveness         M.O.A       Calcium channel blockers → Bind to L Type Ca channels (the most important type, involved in anginal pain) → decrease their frequency of opening in response to depolarization → 1 entry of Ca → 1 Ca release from internal stores(sarcoplasmic retroclum) → No Stimulus-Contraction Coupling → RELAXATION         P.D. Antianginal actions       Inverspanil & diltiazem 1 cardiac work through their -ve inotropic & chronotropic action → 1 cardiac work through their -ve inotropic & chronotropic action → 1 cardiac work + 1 myocardial oxygen demand 3-coronary dilatation 1 myocardial oxygen supply         Indications in angina       Stable       Regular prophylaxis.         Indications in angina       Unstable       Seldom (rarely) added in refractory cases. Indicators + anginal statick 2- Vesodilation and hypotension which may result in Reflex tachycardia 3- ischemic heart disease. And it's short acting         2       Secure colume channel blocker with a stating all in patients with CHF (Congestive heart faluer)? Ves, dihydropyridines beta blocker? Descurptions outpliced workload.         3				
Drugs     • Amlodipine Ultardipine     Verapamil     Diltizem       Selectivity     Dihydropyridine group at mainly on Vascular smooth muscle. (Thus, more selective as vasodilator than candac vasodilator through their - ve inotropic & chronotropic action → i cardiac work through their - ve inotropic & chronotropic action → i cardiac work through their - ve inotropic & chronotropic action → i cardiac work + i myocardial oxygen demand variation myocardial oxygen supply       NDA     Stable     Regular prophylaxis.       Indications in angina     Unstable     Seldom (rarely) added in refractory cases. Variant       Notation the short acting dhydropyridines (NHedipine, NLandipine) be AVOIDED?     Yes, dhydropyridines that disease in anginal in patients with CHF (congettive heart failure)? Ves. dhydropyridine. Stable acting vasodilator and hybotension which may result in Reflex tachycardia 3- ischemic heart disease. And it's short acting vasodilator was on the block works on the heart fordingeoxydil. Hargy case heart block is work o	Class	Dihydropyridine	Phenylalkylamine	Benzothiazepine
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M.O.A       involved in anginal pain) → decrease their frequency of opening in response to depolarization → ↓ entry of Ca → ↓ Ca release from internal stores(sarcoplasmic reticulum) → No Stimulus-Contraction Coupling → RELAXATION         P.D       Antianginal actions       ↓ Cardiomyocyte Contraction → ↓ cardiac work through their -ve inotropic & chronotropic action → ↓ cardiac work through their -ve inotropic & chronotropic action → ↓ cardiac work through their -ve inotropic & chronotropic action → ↓ myocardial oxygen demand         Antianginal actions       2-Dihydropyridines         ↓ VSMC(vascular smooth muscle cell Contraction → arteriolar vasodilation ↓ Afterload → ↓ cardiac work → ↓ myocardial oxygen demand         Stable       Regular prophylaxis.         Indications in angina       Unstable       Seldom (rarely) added in refractory cases.         INDIC       Variant       Attacks are prevented (>60%)/sometimes variably aborted (stops pain)         1       Should the short acting dihydropyridines (Nifedpine, Nicardipine) be AVOIDED?         Yes, because it could cause: 1- anginal attack 2- Vasodilation and hypotension which may result in Reflex tachycardia 3-ischemic heart disease. And it's short acting         2       Is a calcium channel blocker useful as antianginal in patients with CHF (Congestive heart failure)?         Yes, dihydropyridine. Calcium Channel Blocker work on the heart so we can not combine it with CCB that also works on the heart (cardiomyocyte), it may cause heart block. but we can give something that works on the blood vessel like the long acting dihydropyridine-antiopine.	Selectivity	mainly on Vascular smooth muscle. (Thus, more selective as vasodilator than cardiac	(Cardiomyocytes)	Do both actions but with
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Yes, Verapamil: Because Nitrate is a vasodilator, that causes hypotension which leads to reflex tachycardia (increasing in the heart rate) and increasing in the force of contraction, so we can combine it with a CCB that works on the heart				

## **β Adrenergic blockers**

<b>3.</b> β1 Selective blockers						
Drugs	Atenolol Bisoprolol Metoprolol					
P.D	Acts on cardiomyocyte:         1. Negative inotropic effect (force of contraction)         ↓ cardiac work →↓ myocardial oxygen demand         2. Negative chronotropic effect (Heart rate = bradycardia)         Increase diastolic duration Due to the bradycardia(give time for filling)         → Increase coronary blood flow →↑ myocardial oxygen supply         Image: State of the block         Image: State of the block					
Indications	1. Cardioselective (beta 1 blockers) are preferred to avoid affecting lung (bronchiole) and blood vessels 2. First choice for Chronic use with <b>nitrate</b> .		and blood vessels			
as antianginal	Unstable	Unstable halts (stops) progression to MI, improve survival		o MI, improve survival		
	Variant	Contraindicated, because they are ineffective and may actually worsen symptoms.				
Indications as acute Myocardial infarction	Given early to ↓ Infarct size, morbidity & mortality (↓ incidence of sudden death) ↓Arrhythmia and ↓ O2 demand					

#### Are Cardioselective beta blockers preferred in angina?

Yes, beta 1 blockers are preferred, and non-selective beta blockers are better avoided as they block vasodilatory effects of sympathetic stimulation that tend to increase afterload & O2 consumption. (Especially if the patient has tachycardia)

2

#### should Beta blocker be withdrawn gradually?

Yes, (because sudden stoppage will give rise to a withdrawal syndrome) Increase pain, Rebound angina, arrhythmia, myocardial infarction & Hypertension (due to stimulation or Up-regulation of beta-receptors).



#### Can we give a beta blocker to a diabetic patient with ischemic heart disease?

(We should change the drug because it's not good to give beta blocker in diabetes why ? Because the beta blockers )

1-inhibit glycogenolysis 2- inhibit insulin release 3- inhibit recovery of hypoglycemia 4-beta blocker will mask hypoglycemia symptoms like tremor and palpitations so not recommended

## New Approaches:

#### **1-Potassium Channel Openers**

Drug	Nicorandil			
	1.Opening of KATP channels	2. Acting as NO donor		
P.D (dual mechanisms)	On VSMCs :K+ channel opening → Hyperpolarization and stabilization of the excitable cell membrane near to resting potential → VASODILATATION (Improves coronary blood flow)	On VSMCs: NO donner →increase cGMP/ PKG → VASODILATATION		
	On Cardiomyocyte : K channel opening Repolarization → relaxation of myocardial cells → ↓ Cardiac work	Nitrate-associated effects • Vasodilation of coronary epicardial arteries		
Indications	<ol> <li>Prophylactic 2nd line therapy in stable angina. 1st is the traditional drug : nitrate ,BB, CCB.</li> <li>Refractory (not responding) variant angina if not responding to nitrate and CCB.</li> </ol>			
ADRs	Flushing, headache, Hypotension, palpitation due to nitrate effect Weakness, Mouth & peri-anal ulcers Dr's note:special ADR for nicorandil , nausea and vomiting			

### 2-Metabolically Acting Agents

Drug	Trimetazidine	
Pharmaco dynamics (dual mechanism	During ischemia, metabolism shifts to oxidation of FFA (fatty acids), which provides more energy but requires more O2 than Glucose utilization. So, to decrease O2 consumption & demand, we can enhance utilization of glucose (less O2 requirement) by giving Partial FFA Oxidation Inhibitors (e.g. Trimetazidine)	
Indications	Used as an add on therapy	
ADRs	GIT disturbances	
Contraindicat ions	<ul><li>Hypersensitivity reaction</li><li>In pregnancy &amp; lactation</li></ul>	

	3Late Na+ current inhibition	
Drug	Ranolazine	
Pharmaco -logical effe	<ul> <li>Inhibits the late sodium current (which opens in phase 4 depolarization), which increases during ischemia and affects Na dependent-Ca Channels.</li> <li>Due to ischemia only will be activation of sodium current in phase 4.</li> <li>Inward of Na &gt;&gt;&gt;&gt; overload of Ca++ &gt;&gt;&gt;&gt; inhibit the relaxing of ventricle in ischemic patient&gt;&gt;&gt;&gt;diastolic failure +extravascular compression &gt;heart tired &gt;&gt;&gt;&gt; Give Ranolazine and will inhibit late sodium current &gt;&gt;&gt; more time to ventricle to relax</li> </ul>	
Indication	Used in chronic angina concomitantly with other drugs ( it can be used in the treatment of cardiac arrhythmia, as well as <b>diastolic heart failure</b> )	
ADRs	dizziness & constipation	
Precaution	<ul> <li>It prolongs the QT interval so contraindicated with Class Ia (Na blocker) &amp; III antiar rhythmic drugs .</li> <li>Toxicity develops due to interaction with CYT-p450 inhibitors as; diltiazem, verapamil, ketoconazole, macrolide antibiotics, grapefruit juice</li> </ul>	
	4-Sinus node inhibition	
Drug	Ivabradine	
M.O.A	-Selectively blocks I <sub>f</sub> ( I <sub>f</sub> current is an inward Na+/K+ current that activates bacemaker cells of the SA node)	
Pharmaco dynamic effect	depolarization, slowing HR, reducing myocardial work & Myocardial U2 demand	
Indication	<ul> <li>-Used in treatment of chronic stable angina in patients with normal sinus rhythm who cannot take ß-blockers.(Ivabradine decreases heart rate ONLY, does not affect the contractility &gt; Good in HF)&gt;&gt;&gt;Ivabradine case decrease in HR (Bradycardia)</li> <li>-Used in combination with beta blockers in people with heart failure with LVEF * lower than 35 percent inadequately controlled by beta blockers alone and whose heart rate exceeds 70/min *left ventricle ejection fractions</li> </ul>	
ADRs	<b>luminous phenomena</b> (described as a transiently enhanced brightness in a limited area of the visual field, halos, image decomposition (stroboscopic or kaleidoscopic effects), colored <b>bright</b> lights, or multiple images (retinal persistency)	

### Helmi's case :

Helmi, a 62-year-old male smoker with type 2 diabetes mellitus and hypertension presents with a 4-month history of exertional chest pain. Physical examination shows a blood pressure of 152/90 mm Hg but is otherwise unremarkable. The ECG is normal, and laboratory tests show a fasting blood glucose value of 110 mg/dL, glycosylated hemoglobin 6.0%, creatinine 1.1 mg/dL, total cholesterol 160, LDL 120, HDL 38, and triglycerides 147 mg/dL. He exercises for 8 minutes, experiences chest pain, and is found to have a 2-mm ST-segment depression at the end of exercise.

#### Questions and answers:

#### Q1) Which signs or symptoms of Helmi suggest diagnosis of angina pectoris?

Exercise induced chest pain and depression of ST segment.
Pain is caused either by obstruction,or spasm.

### • Q2) What triggers the onset of symptoms in Helmi case?

-The main triggers is the Exercise.(increase in cardiac demand)

#### • Q3)What factors worsen the symptoms in case of Helmi?

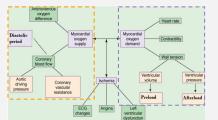
- Smoking, hypertension >>vasoconstriction this will increase compression on the heart so reduce in blood supply, hyperlipidemia case AS .diabetes

### • Q4) What lifestyle modifications should Helmi carry out?

-Quit smoking, control of diabetes, diet control and moderate exercise.

## • Q5)What is the possible underlying cause of Helmi's exertional pain? atherosclerotic and blood obstruction

#### Q6)What are the determinants of oxygen demand & supply?



#### Q7)If Helmi was prescribed nitrates & tolerance developed to their effects, how to overcome tolerance to nitrates?

-Nitrate tolerance can be overcome by: Smaller doses at increasing intervals (Nitrate free periods twice a day) & Giving drugs that maintain tissue SH group e.g. Captopril.

## • Q8) Which antianginal drug is the best choice for the case of Helmi? And Why?

- We should avoid B-blocker because he is Diabetic , we can start with Nitrate and Ca++ channel blocker.

#### Q9)If Helmi does not respond to monotherapy, what other drug should be added to his regimen?

بدون ما يستنوا responding good or not they should

give traditional drugs (nitrate,CCB)+add on drugs like Nicorandil,trimetazidine ,Ranolazine,Ivabradine .

### Q10)Which antihyperlipidemic drug should be prescribed to Helmi?

-Statins + Fibrates

Special Thanks For #438

## MCQ

1-One of these drugs can induce luminous phenomena			
A- Ranolazine B- Nicorandil C-Ivabradine D-Trimetazidine			
L	<u>.</u>	<u> </u>	! !

2-A 62 years old women came to the clinic with variant angina, history showed that the patient does not respond to nitrate and CCB, what is the drug of choice?

	A-Dihydropyridine	B-Atenolol	C-Trimetazidine	D-Nicorandil
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#### 3- Which medication should be prescribed to all anginal patients to treat an acute attack?

A- Isosorbide dinitrate.	B- Nitroglycerin patch.	C-Nitroglycerin sublingual tablet or spray.	D-Ranolazine.	
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4-The chest pain that occurs in angina pectoris is due to what?			
A-ischemia of heart	B-obstruction or	C-accumulation of	D- A,B & C
muscle	spasm of vessel	metabolite	

5-Which of the following is contraindicated in variant angina?			
A-Diltiazem	B-bisoprolol	C-Amlodepine	D-Verapamil

6-A 65-year-old male experiences uncontrolled angina attacks that limit his ability to do household chores. He is adherent to a maximized dose of β-blocker with a low heart rate and low blood pressure. He was unable to tolerate an increase in isosorbide mononitrate due to headache. Which is the most appropriate addition to his antianginal therapy?

A-Amlodipine	B-Aspirin	C-Ranolazine	D-Verapamil	
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### Answers



Q1)what are the factors that determine O<sub>2</sub> supply?

Q2) A 54 years old asthmatic patient came to your clinic complaining from chest pain which comes after any physical activity and relieves if he rest, investigations showed that the patient is atherosclerotic and diabetic. Heart investigations showed that his sinus rhythm is normal.

1- what is the drug of choice? 2- what is the mechanism of action? 3- mention one ADR

Q3) what's the mechanism of Organic Nitrates?

Q4) name a calcium channel blocker that is useful as antianginal in patients with CHF?and why?

Q5)why we use beta blocker CAUTIOUSLY to a diabetic patient with ischemic heart disease?

Q6) what are the Agents that improve symptoms and ischemia?

### Answers:

A1)1-Regional myocardial distribution 2-Arterio-Venous O₂ difference 3-Coronary blood flow

A2) 1-Ivabradine 2- in slide 12 3- Iuminous phenomena

- A3) slide 6
- A4) dihydropyridine.because it reduce the afterload (vasodilator) and thus decrease the cardiac workload.
- A5) because it masks hypoglycemia in diabetics and mask its symptoms, they also inhibit the counter-regulatory mechanism

and thus prevent recovery of hypoglycemia

A6) 1- nitrate 2-beta blocker 3-ca channel blockers



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