# Aligning Blood Pressure Medication with Body Clock Reduces Heart Attack Risk, Study Finds



A recent study by the University of Dundee's School of Medicine, in collaboration with Helmholtz Munich and other scientists from Italy, the UK, and the US, has found that taking blood pressure medication in alignment with one's body clock can reduce the risk of heart attack. This research involved over 5,000 participants from the "Treatment in Morning versus Evening (TIME)" trial. Participants completed an online questionnaire about their chronotype, which is their natural predisposition to sleep and wake at certain times.

The findings indicated that "morning larks" (people who are more active in the morning) experienced a lower risk of heart attack when they took their medication in the morning. Conversely, "night owls" (those more active in the evening) had a reduced risk of hospitalization for heart attack when taking their medication in the evening.

Dr. Filippo Pigazzani, a clinical senior lecturer at the University of Dundee, highlighted the significance of these results, suggesting a potential shift in hypertension treatment practices. Dr. Kenneth Dyar, a circadian biologist from Helmholtz Munich, emphasized the importance of considering individual biological clocks, as they affect various biological functions and disease risks. While the study underlines the potential benefits of personalized chronotherapy, further randomized clinical trials are necessary to confirm these findings.

The study also stressed that patients should continue following their physician's advice regarding medication timing. High blood pressure is a major public health concern, significantly increasing the risk of heart attack, stroke, and heart failure.