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New Drugs in Hypertension

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According to the Korea Hypertension Fact Sheet 2025, 29% of adults in Korea had hypertension, representing a substantial and growing public health burden. Although management indicators have continued to improve in South Korea, with control rates reaching 62%, awareness and treatment rates remain below 50% among young adults aged 20–39 years. This gap highlights an important unmet need in early detection and sustained management. Low treatment adherence and therapeutic inertia may contribute to these suboptimal outcomes, underscoring the need for more effective and innovative approaches to hypertension care, including both pharmacologic and system-level interventions. This lecture will introduce several recent studies on emerging therapies, including small interfering RNA (siRNA) targeting hepatic angiotensinogen production (zilebesiran), as well as novel aldosterone synthase inhibitors (ASIs) such as baxdrostat, lorundrostat, and dexfadrostat phosphate. In addition, finerenone and endothelin-targeted therapies will also be reviewed as potential antihypertensive options, particularly for patients with chronic kidney disease, where strict blood pressure control remains challenging.

Keywords: Hypertension, Zilebesiran, aldosteron synthase inhibitors