

# Treatment In the Morning or Evening: The TIME Study Results

A large randomised study of 21,104 subjects with treated high BP to find out if taking tablets in the evening is better than in the morning

Funded by the British Heart Foundation and BHS

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# Declaration of interest

- Research contracts : Novartis, previously Menarini
- Consulting/Royalties/Owner/ Stockholder of a healthcare company : Consulting Novartis, AstraZeneca

# Our study findings

**Taking prescribed BP tablets in the evening was no better or worse than taking them in the morning for the prevention of cardiovascular disease.**

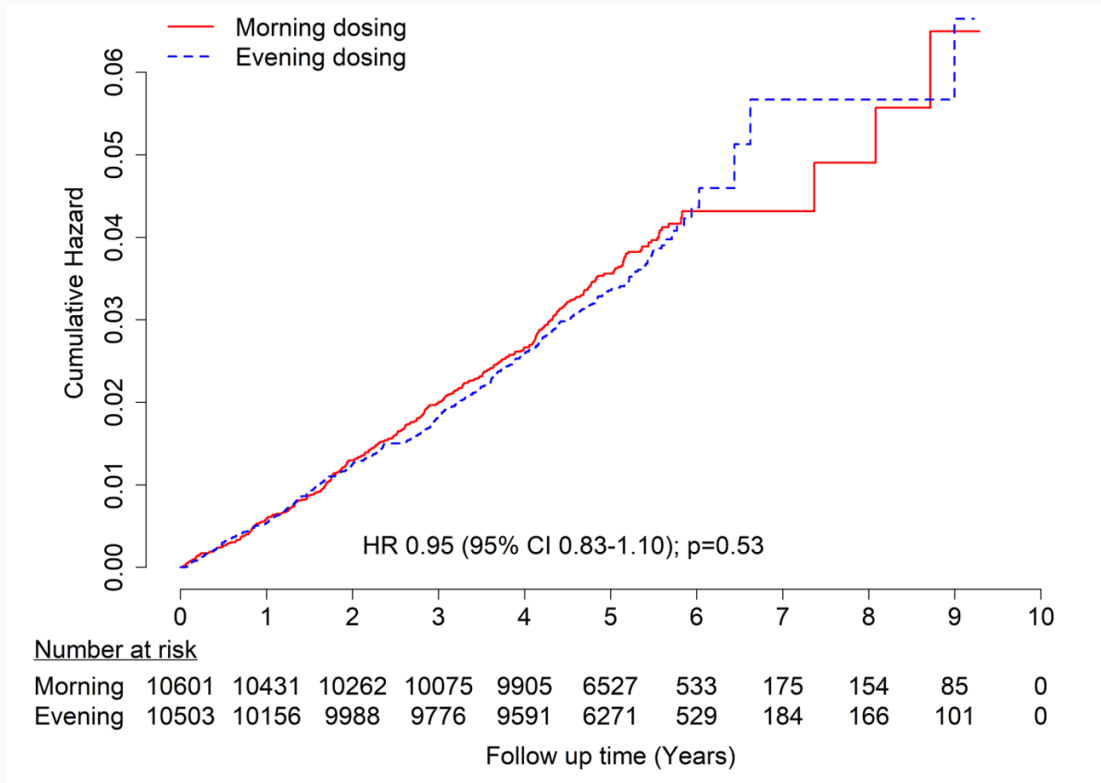
**Taking medication in the evening was not harmful.**

**Patients can take their BP medication in either the morning or evening as the timing makes no difference to cardiovascular outcomes.**

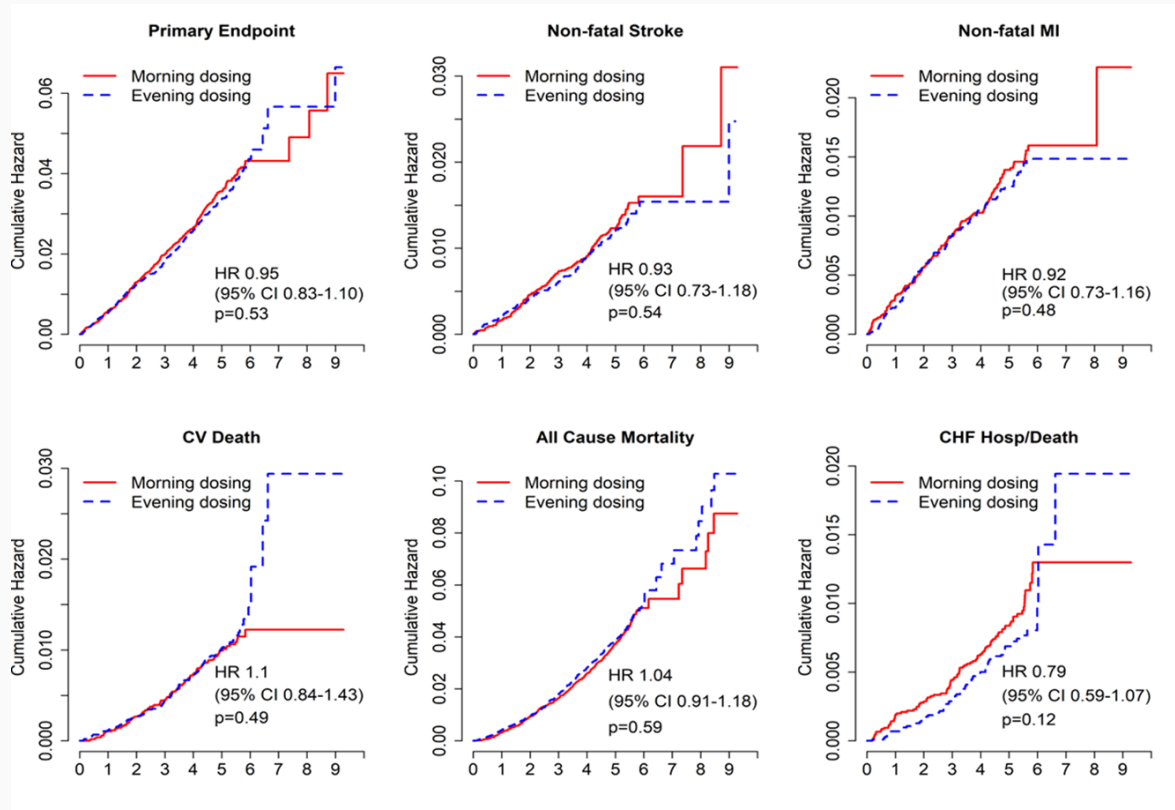
# Methods

- A large decentralised study of patients treated in the UK NHS
- 21,104 randomised and followed up for over 5 years (longest 9.3 years)
- Outcome tracked from patients, clinicians and UK NHS hospital databases and death records
- Independently verified heart attacks, strokes and CV deaths
- Intention to treat analysis

# Results –MI, stroke or vascular death



# Results – other outcomes not different



# Key messages

- **Taking tablets for high BP in the evening was not different to morning dosing in preventing heart attacks, strokes and vascular deaths**
- **Evening dosing was not harmful**
- **Patients can take their BP tablets whenever convenient**

# Backup BP Slide

