

## Abstract

High blood pressure is the leading cause of death for African Americans. According to the Center for Disease and Control, 23.5 percent of blacks die from heart disease. Hypertension disproportionately affects African Americans. There is a renowned FDA approved drug that is mostly prescribed to African Americans to help reduce high blood pressure. The reason this drug is well known is because it is the first drug that highlights race. Why does BiDil work more with African Americans than Whites? The major reason this drug is largely effective in African Americans compared to their white counterparts is since African Americans have a disproportionately lower nitric oxide bioavailability in their blood. This drug is a combination of two drugs Isosorbide and Hydralazine . These two drugs are taken as a tablet. Separately, hydralazine is used to help control hypertension in mothers that are pregnant. While isosorbide is used for people with chest pain. The way that these two drugs work together is that isosorbide acts as a nitric oxide donor while hydralazine is an antioxidant that enhances how effective nitrate is. They both work together by improving long term-effects of heart failure in African American patients (Bibbins-Domingo). BiDil increases levels of nitric oxide in the blood, which is good for people that are suffering from heart failure. Hydralazine is used to help treat high blood pressure (Sridharan). Based on the success of BiDil and how it helps African Americans that are face heart problems from an early age, drugs that serve a single population and race should be more approved.