# **Abstract**

Numerous studies confirm the importance of assessing aortic stiffness in determining the risk of cardiovascular events in patients with hypertension and obesity, and the need for medications for its medical correction. Most of the antihypertensive drugs have, in varying degrees, a direct or indirect effect on arterial stiffness. That is why the use of combination therapy may be more effective. Lipid-lowering and antidiabetic therapy has an additional effect on vessel stiffness in these patients. However, data on the effect of diet and weight-reducing drugs on the condition of large vessels are few and require clarification.

# **Keywords**

Hypertension, obesity, aortic stiffness, central blood pressure, pulse wave velocity.