

Advances in the management of Type 2 Diabetes

September 2007, ESC Vienna: The long anticipated results of the ADVANCE trial were announced at a hotline session at the European Society of Cardiology (ESC) congress in Vienna. "If the benefits seen in ADVANCE were applied to just half the population with diabetes worldwide, more than a million deaths would be avoided over 5 years...there is now a case for considering routine treatment with Coversyl Plus® for patients with type 2 diabetes", comments Professor John Chalmers, ADVANCE co-principal Investigator from the George Institute for International Health.

ADVANCE is the largest ever trial performed in type 2 diabetic patients. Patients were randomized to either Coversyl Plus® (fixed combination of perindopril 4mg and indapamide 1.25mg) or placebo and followed up for 5 years. Some of the outstanding results from this trial include a relative risk reduction of 18% in cardiovascular death ($p = 0.03$), a 14% relative risk reduction in total coronary events ($p = 0.02$), and a 14% relative risk reduction in total mortality ($p = 0.01$). Since both micro- and macrovascular outcomes are important in a risk management strategy for the diabetic patient, importantly treatment with Coversyl Plus® also resulted in a relative risk reduction of 21% ($p = < 0.0001$) in renal events. These results

translate to numbers needed to treat as low as 20.

The results of ADVANCE go beyond the results of HOT, HOPE and UKPDS. UKPDS showed that intensive blood pressure lowering is more effective in reducing outcomes in the type 2 diabetic patient, while Micro-HOPE demonstrated the benefit of using an ACE-I in these patients. The uniqueness in design of ADVANCE and the results obtained with Coversyl Plus, becomes clear when we consider that treatment with Coversyl Plus® resulted in profound benefit in a well treated diabetic population with a mean HbA1c of 6.9% and mean blood pressure of 136/73 mmHg at the end of the trial.

What therefore, are the practical implications of the results from ADVANCE? It can be concluded from these results that following a risk management approach, in other words, treating to reduce events, as opposed to treating to a target, has essential benefits for the type 2 diabetic patient. Clinicians can therefore rest assured that adding Coversyl Plus® to the treatment of all type 2 diabetic patients, whatever their current blood pressure or treatment, will result in tangible benefits in terms of both macro- and microvascular outcomes.

"These results represent an important step forward in health care for the millions of people with diabetes worldwide. This treatment reduced the likelihood of dying from complications of diabetes by almost one-fifth, with virtually no side-effects." – Professor Stephen MacMahon.

According to Professor Brian Rayner, Director of the Hypertension Clinic at Grootte Schuur Hospital: "Considering that the prevalence of type 2 diabetes is increasing more in developing countries than developed countries, the results of ADVANCE are crucial in the management of the type 2 diabetic patient in Africa, and the combination of perindopril and indapamide showed reduction in both cardiovascular and renal complications."

The results of this landmark trial have been published online in *The Lancet*. Coversyl Plus® is a registered product of Servier.

For further information please visit www.advance-trial.com

Reference:

1. Data presented at hotline session of the European Society of Cardiology meeting 2 September 2007