

### Adalat<sup>®</sup>XL<sup>®</sup> means fewer cardiovascular events


According to the results of ACTION (A Coronary disease Trial Investigation Outcome with Nifedipine GITS), long-acting Adalat<sup>®</sup>XL<sup>®</sup> (nifedipine GITS) significantly reduces the risk of cardiovascular events and procedures in patients with stable coronary artery disease (CAD). For six years, almost 7,700 patients were followed up in this first randomized, controlled clinical study of an anti-anginal drug in patients with CAD. Along with their “best practice therapy”, patients in 19 countries, including Canada, received either nifedipine or placebo. New overt heart failure was also reduced by almost 30% with nifedipine. Also, patients with CAD and hypertension at baseline saw a 13% reduction in cardiovascular morbidity when the drug was combined with best practice therapy.

**How does it apply to your practice?** Adalat XL can mean a reduction in the need for expensive coronary interventions. “What this means for physicians and patients is that we now have robust clinical data to support the vascular protective properties of nifedipine GITS, which makes it a valuable drug not only in the treatment of hypertension and angina pectoris, but also in the prevention of cardiovascular disease,” said Dr. John Parker, the lead Canadian investigator for the ACTION study.

Landmark Study Demonstrates Nifedipine GITS (Adalat<sup>®</sup>XL<sup>®</sup>) Reduces Cardiovascular Events and Procedures. Press Release. Toronto, Ontario, August 30, 2004.

### Zelnorm<sup>®</sup>: A go for chronic constipation

The U.S. Food and Drug Administration (FDA) has approved Zelnorm<sup>®</sup> (tegaserod maleate) for chronic idiopathic constipation in males and females under 65. Two randomized, double-blinded, placebo-controlled, multi-national Phase III studies with > 2,600 patients, demonstrated the safety and efficacy of the drug already approved in 10 countries for chronic constipation. The results were an increase in complete spontaneous bowel movement frequency, as well as relief of chronic constipation symptoms. The only side-effect reported more often than with placebo was diarrhea (6.6% vs. 3%).

**How does it apply to your practice?** “Chronic constipation has a tremendous impact on patients’ lives, with nearly a million visits to emergency rooms each year, almost six million visits to doctors’ offices, and thousands of hospitalizations,” said Joerg Reinhardt, head of development, Novartis Pharma AG. “Novartis believes it [Zelnorm] will bring relief to millions of patients.” 

FDA Approves Zelnorm as the First Rx Therapy for Chronic Constipation. Press Release. Basel, Switzerland, August 23, 2004.