

CARDIOVASCULAR NEWS



Xenical® reduces risk of developing Type 2 diabetes

According to results from the XENDOS study, patients who achieve weight loss with Xenical® have a significantly reduced risk of developing Type 2 diabetes. This is the first time a weight loss medication has achieved this result.

The study showed that losing weight with Xenical reduced risk of diabetes development by 37%, compared with lifestyles changes alone, and by 52% in patients with impaired glucose tolerance. The study also confirmed that Xenical has a long-term safety profile that is unmatched in the field of weight loss.

“This study provides hope for millions of overweight and obese people worldwide who are at risk of developing diabetes,” commented professor Lars Sjostrom, XENDOS principal investigator.

Health experts have warned of a global diabetes epidemic caused by a rise in overweight and obesity. There are currently 120 to 140 million people worldwide with Type 2 diabetes; if trends continue, this number is expected to double in the next 25 years. More than 90% of all people with Type 2 diabetes are overweight or obese.

Losing Weight With Xenical® Significantly Reduces the Threat of Developing Type 2 Diabetes. Basel (Switzerland). December 23, 2003.

Blood sugar control linked to angioplasty or stenting success rates

Patients with diabetes who undergo angioplasty or stent procedures to open blocked coronary arteries are less likely to suffer restenosis, need cardiac hospitalization, or have a recurrence of angina if they maintain strict blood sugar control, according to a study published in the January issue of the *Journal of the American College of Cardiology*.

It is well known that chronically high blood sugar levels can lead to damage to the inner lining of blood vessels, augmentation of the inflammatory response, and accelerated cellular proliferation. Consequently, people with diabetes have a higher than normal risk for the development and progression of coronary artery disease.

Diabetes is also linked to a several-fold higher likelihood of restenosis. “Despite this, few studies have examined the link between hyperglycemia and restenosis. [Data] demonstrating the benefit in terms of the general occurrence of macrovascular events (heart attack, stroke, etc.) have been inconclusive,” said Roberto A. Corpus, MD, from the Mid-America Heart Institute in Kansas City, Mo. “This is one of the first studies to specifically look at the effect of tight glycemic control in diabetic patients undergoing coronary interventional procedures.”

Blood Sugar Control Linked to Angioplasty or Stenting Success Rates; Diabetic Patients with Tight Glycemic Control Are Less Likely to Need Retreatment of Coronary Arteries. Bethesda (Maryland, USA). December 22, 2003.

CARDIOVASCULAR NEWS

Higher doses of ASA associated with higher risk of bleeding

The largest study ever conducted comparing the safety and efficacy of different ranges of acetylsalicylic acid (ASA) doses has shown that some patients may be taking too much. The CURE (Clopidogrel in Unstable angina to prevent Recurrent Events) study, which surveyed 12,500 patients in 28 countries, suggests patients taking higher doses of ASA daily to help prevent heart attack or stroke may be taking more than they need. The study provides strong evidence that lower doses of ASA are just as effective as higher doses, but safer.

Patients given daily ASA doses of 200 mg or more were twice as likely to experience major bleeding

complications as those patients who were given doses of 100 mg or less. "Dose does matter," says Dr. Roger Blumenthal, director, preventive cardiology, John Hopkins University. "[The CURE] study is by far the largest in a growing number of studies indicating that bleeding risks associated with daily ASA therapy are dose-dependent."


Individuals who should consider ASA therapy include men over 40, post-menopausal women, smokers, and patients with diabetes, hypertension, a family history of cardiovascular disease, or other risk factors.

New Study Supports Low Dose Aspirin as Safer Alternative for Daily Heart Therapy. Fort Washington (Pennsylvania, USA). September 24, 2003.

ASA lowers risk of first heart attack by one-third

According to a report in the September issue of *Archives in Internal Medicine*, acetylsalicylic acid (ASA) reduces the risk of a first heart attack by 32%. The report, which is based on a meta-analysis of five major, randomized clinical trials (55,580 participants, 11,466 women) in primary prevention, also found that ASA reduces the combined risk of heart attack, stroke, and vascular death by 15%.

"Only 33% of the estimated 62 million Americans who could potentially benefit from the appropriate use of ASA are on a daily ASA regimen," said Dr. Charles Hennekens, co-director of cardiovascular research, Mount Sinai Medical Centre & Miami

Heart Institute. "The evidence is conclusive that the more widespread and appropriate use of ASA in men and women, whose 10-year risk of a first event is 10% or more, would avoid hundreds of thousands of first heart attacks each year," commented Dr. Hennekens. "ASA is also proven to reduce the risk of a second heart attack by 20%, the risk of death by 15% in those who have had a previous cardiovascular event, and the death rate by 23% if taken during a suspected heart attack and continued for 30 days thereafter." 

New Report Shows Aspirin Lowers Risk of a First Heart Attack by One-Third. New York (New York, USA). September 22, 2003.