

## - Glossary of Terms<sup>1</sup> -

### **ACE (Angiotensin Converting Enzyme) Inhibitors**

ACE inhibitors lower blood pressure by preventing the conversion of an inactive hormone (angiotensin I) to an active one (angiotensin II). The absence of angiotensin II allows the arteries to widen and the blood pressure to drop.

### **ADVANCE**

ADVANCE (Action in Diabetes and Vascular Disease: Preterax and Diamicron MR Controlled Evaluation) will provide information about the effects of intensive blood pressure lowering and intensive blood glucose lowering programmes in type 2 diabetic patients. Initial results for the blood pressure lowering component are expected to be released at the end of 2007, with the results from the glucose lowering component to be follow in 2008.

### **Albumin**

A protein found in animal and plant tissues.

### **Albuminuria**

The presence of albumin in the urine that is usually a symptom of disease of the kidneys.

### **Blood Glucose**

The main sugar found in the blood providing the body with its main source of energy. Also called blood sugar.

### **Blood Pressure (BP)**

The pressure of blood against the walls of the main arteries. Blood pressure is measured in millimeters of mercury (mm Hg) and is recorded when the ventricles of the heart are contracting (systolic pressure) and relaxing (diastolic pressure).

### **Cardiovascular System**

The heart, together with two networks of blood vessels, one supplying the lungs where it draws up oxygen in exchange for carbon dioxide, and the other supplying the rest of the body, transporting nutrients and oxygen to the tissues and removing waste products.

### **Coronary Heart Disease (CHD)**

The most common form of heart disease in which the coronary arteries become narrowed or clogged and cannot supply enough blood to the heart.

### **Cerebrovascular Disease**

Damage to blood vessels in the brain where vessels burst and bleed or become clogged with fatty deposits. When blood flow is interrupted, brain cells die or are damaged, resulting in a stroke.

### **Diabetes Mellitus**

A condition characterized by hyperglycemia resulting from the body's inability to use blood glucose for energy. In type 1 diabetes, the pancreas no longer makes insulin and therefore blood glucose cannot enter the cells to be used for energy. In type 2 diabetes, either the pancreas does not make enough insulin or the body is unable to use insulin correctly.

### **Diastolic Pressure**

The pressure of blood when the ventricles of the heart are relaxing and refilling. This is when blood pressure is lowest.

### **Diuretics**

A class of drugs that lower blood pressure by increasing the excretion of water and sodium through urine.

### **Gliclazide**

An oral hypoglycemic medication used to control blood glucose in people with type 2 diabetes and belonging to the Sulfonylurea class of drugs.

### **Heart Attack**

See myocardial infarction.

### **Hemorrhagic Stroke**

A stroke caused by ruptured blood vessels leaking blood into the brain.

### **High Blood Pressure**

Also called hypertension, it is defined in adults as blood pressure above the normal range expected in a particular age group.

### **Hyperglycemia**

An excessive level of blood glucose.

### **Hypertension**

See high blood pressure.

### **Hypoglycemia**

A condition occurring when the body's blood glucose drops below normal. Indications include hunger, nervousness, shakiness, perspiration, dizziness or light-headedness, sleepiness, and confusion. Hypoglycemia may be treated simply, by having the sufferer consume something that is carbo-hydrate rich, such as a glucose tablet or juice. Without treatment, hypoglycemia may lead to unconsciousness. This condition is also known as an insulin reaction.

### **Hypotension**

Blood pressure low enough to cause symptoms, such as dizziness and fainting.

### **Indapamide**

A safe and well tolerated diuretic agent.

### **Ischemic Stroke**

A stroke that occurs when the blood flow is stopped by clotting or a blocked blood vessel.

### **Macrovascular Disease**

A disease of the large blood vessels, like those found in the heart, where lipids and blood clots build up and may cause atherosclerosis, coronary heart disease, stroke or peripheral vascular disease.

### **Microvascular Disease**

A disease of the smallest blood vessels, like those found in eyes, nerves, and kidneys, where the walls of the vessels become abnormally thick and weak. These walls bleed leading to a leak of protein, slowing the flow of blood to the cells.

### **Myocardial Infarction**

The medical term for heart attack, which occurs when the blood supply to part of the heart muscle itself - the myocardium - is severely reduced or stopped, resulting in the death of a segment of the heart muscle.

### **Oral Hypoglycemic Agents**

These medicines are administered orally to people with type 2 diabetes to maintain blood glucose levels at a level which is as close to normal as possible.

### **Perindopril**

An angiotensin converting enzyme (ACE) inhibitor that is effective, well tolerated, has a long duration of action, and can be given once daily.

### **PREMIER**

The PREMIER (Preterax in Albuminuria Regression) study was a 12 month, randomized, double-blind, parallel-group international multicenter study. It compared a combination of 2mg perindopril/0.625 mg indapamide with enalapril monotherapy on albumin excretion rate in patients with type 2 diabetes, albuminuria and hypertension.

## **PROGRESS**

Perindopril pROtection aGainst REcurrent Stroke Study. A double blind, randomized, placebo controlled trial of blood pressure lowering using perindopril based therapy for the prevention of recurrent stroke.

## **Pulse Pressure**

The pressure that represents the difference between diastolic and systolic blood pressures of the heart cycle.

## **Pulse Wave Velocity**

A key determinant of systolic BP.

## **Stroke**

A cardiovascular disease in which a blood vessel bringing oxygen and nutrients to the brain bursts or is clogged by a blood clot or some other particle. Deprived of oxygen, nerve cells in the brain can not function and die, stopping the function of the parts of the body they control.

## **Stroke, secondary**

A 'Secondary Stroke' is one occurring in a patient who is already known to have cerebrovascular disease.

## **Sulfonylurea (SU)**

A class of oral medicine for type 2 diabetes. They lower blood glucose by assisting the pancreas to make more insulin and by helping the body make better use of the insulin it makes.

## **Systolic Pressure**

The pressure of blood when the ventricles of the heart are contracting. This is when blood pressure is highest.

## **Thiazides**

Any of a group of drugs used as oral diuretics, particularly for the control of high blood pressure.

**Transient Ischaemic Attack (TIA)**

"Mini strokes" that produce stroke-like symptoms that last less than 24 hours and cause no lasting damage or death.

**Type 1 diabetes**

See diabetes mellitus.

**Type 2 diabetes**

See diabetes mellitus

- Ends -

**References**

<sup>1</sup>Derived from the Oxford Medical Dictionary, Merriam-Webster's Medical Dictionary and Diabetes.co.uk glossary