

## ADVANCE Study Quotable Quotes

### On the global rise of diabetes

*Professor Neil Poulter, Cardiovascular Studies Unit, International Centre for Circulatory Health, London*

"The rising tide of diabetes, fuelled by the global obesity epidemic, is very worrying, and particularly in view of the anticipated increase of cardiovascular disease and deaths associated with diabetes. There is an urgent need to offset this predicted rise in cardiovascular events by improving the current understanding of the importance of blood pressure control in patients with diabetes."

### On the unmet need in diabetes management

*Professor Giuseppe Mancia, Clinica Medica, Ospedale San Gerardo, Monza, Italy*

"The effective co-management of diabetes and hypertension through glucose and blood pressure control remains an important unmet medical need for which strategies still need to be developed. The ADVANCE results will help us develop such new strategies."

### On the ADVANCE study results

*Dr Anushka Patel, Study Director, the George Institute for International Health, Australia*

"The participants in ADVANCE were already receiving most of the usual treatments provided to patients with diabetes, including other drugs to lower blood pressure. However, addition of the fixed combination of perindopril and indapamide reduced the risk of death from any cause by 14% and the risk of death from cardiovascular disease by 18%. In absolute terms, one death would be avoided for every 79 patients treated with the fixed combination of perindopril and indapamide for 5 years. The risk of coronary heart disease events was reduced by 14% and the risk of new or worsening kidney disease was reduced by 21%."

*Professor John Chalmers, Chairman of the study management group, The George Institute for International Health, Australia*

"In summary, the results of ADVANCE indicate that routine administration of a fixed combination of perindopril and indapamide to a broad range of patients with diabetes reduces the risk of death and major macrovascular or microvascular complications, irrespective of initial blood pressure level or ancillary treatment with many other preventive treatments typically provided to diabetic patients today. The study treatment was well tolerated, needed little monitoring or titration and is therefore suitable for use in a wide range of clinical circumstances worldwide."

## On the implications of the ADVANCE study for the future management of diabetes

*Professor Stephen MacMahon, the George Institute for International Health, Australia*

"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 the complications of diabetes by almost one-fifth, with virtually no side-effects."

*Professor John Chalmers, Chairman of the study management group, The George Institute for International Health, Australia*

"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 five years. There is now a strong case for considering such treatment routinely for patients with type 2 diabetes."

"The results clearly demonstrate that we have the tools to blunt the impact of the global diabetes epidemic facing rich and poor countries alike. But concerted action is urgently required to ensure that patients with diabetes are identified and provided with treatments proven to improve important outcomes like survival."