OSA May Be Independent Diabetes Risk Factor

BY SUSAN LONDON

SEATTLE — The risk of type 2 diabetes increased with the severity of obstructive sleep apnea, even after obesity was taken into account, researchers reported at the annual meeting of the Associated Professional Sleep Societies.

"Few studies have shown a relationship between OSA and type 2 diabetes," said Dr. Sonia Togeiro, the study's lead author. Moreover, the role of obesity in this association is not yet clear, she noted.

Dr. Togeiro and her colleagues conducted a population-based study of OSA and diabetes among 1,042 men and women aged 20-80 years living in São Paulo, Brazil. All study participants underwent full-night polysomnography and were classified according to their apneahypopnea index as having no OSA (index less than 5), mild OSA (5-15), or moderate or severe OSA (greater than 15).

Participants were defined as having type 2 diabetes if they had a fasting plasma glucose level of 126 mg/dL or higher, took antidiabetic medication, or reported a previous diagnosis of the disease.

Study results indicated that 62% of participants did not have OSA, 21% had mild OSA, and 17% had moderate or severe OSA, reported Dr. Togeiro, an endocrinologist at Federal University of São Paulo. A total of 7% overall had diabetes. In addition, 38% were overweight, and 21% were obese.

Compared with their counterparts who did not have OSA, participants with mild OSA and those with moderate or severe OSA were older (mean age 37 years vs. 48 years and 53 years, respectively), had a higher body mass index (25 vs. 28 and 30 kg/m²), and were more likely to have diabetes (3% vs. 9% and 21%).

The presence and severity of OSA were also associated with a more unfavorable metabolic profile, Dr. Togeiro noted. Both OSA groups had higher levels of total cholesterol, triglycerides, fasting glucose, and fasting insulin, and a higher homeostasis model assessment index,



More severe obstructive sleep apnea was associated with a more unfavorable metabolic profile.

DR. TOGEIRO

compared with the unaffected group.

In a multivariate analysis adjusted for age, sex, and BMI, participants with mild OSA had a nonsignificant increase in the risk of diabetes relative to their counterparts who did not have OSA (odds ratio 1.07), and participants with moderate or severe OSA had a significant near doubling of risk (OR 1.97).

Conversely, OSA was much more prevalent in participants with diabetes, she said. A total of 73% of individuals with diabetes had the condition, compared with 36% of those without diabetes.

"The severity of OSA was a highly significant predictor of type 2 diabetes in this population-based survey of São Paulo residents, independent of obesity, age, and gender," Dr. Togeiro said.

Discussing the findings and possible explanations, Dr. Togeiro noted that laboratory research suggests that the severity of hypoxemia (as opposed to the frequency of arousals) appears to be the component of the apnea-hypopnea index linking OSA to type 2 diabetes.

Our data suggest that clinicians should be attentive for OSA among diabetic patients and vice versa," she concluded.

She reported that she had no conflicts of interest related to the study.

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with amiodipine maleate in the diet for up to two years, at concentrations calculated to provide daily dosage levels of 0.5.1.25 and 2.5 mg amiodipine /kg/ day, showed no evidence of a carcinogenic effect of the drug. For the mouse, the highest dose level was, on a mg/m² basis, sumilar to the maximum recommended human dose of 10 mg amiodipine /kg/ day. For the rat, the highest dose level was, on a mg/m² basis, about twice the maximum recommended human dose of 10 mg amiodipine /kg/ day. Mg the levels in the was no effect on the fertility of rats treated or only with amiodipine maleate familes for 64 days and females for 14 days prior to matting) at doses up to 10 mg amiodipine/kg/ day. (8 times* the maximum recommended human dose of 10 mg/ day on an amg/m² basis). Studies with attornastatin: In a 2-year carcinogenicity study with attorvastatin calcium in rats at dose levels equivalent to 10, 30, and 100 mg attorvastatin/kg/ day, 2 are tumors were found in muscle in high-dose females: in one, there was a flaboracroma and, in another, there was a florosarcoma. This dose represents a plasma AUC (0-24) value of approximately 16 times the mean human plasma drug exposure after an 80 mg ond dose. A2-year carcinogenicity study in mice given at plasma AUC (2-24) values of approximately and the carcinomas in high-dose females makes. These findings occurred at plasma AUC (2-24) values of approximately and the carcinomas in high-dose females. These findings occurred at plasma AUC (2-24) values of the maximum and Escherichia coli, the HGPRT floward mutation assay in Chinese hamster lung cells. Attoraction and Escherichia coli, the HGPRT floward mutation assay in Chinese hamster lung cells. Attoraction and accordance in the chromosomal aberration assay in Chinese hamster lung cells. Attoraction and accordance in the chromosomal aberration assay in Chinese hamster lung cells. Attoraction and accordance in the chromosomal aberration assay in Chinese hamster lung cells. Attoraction and accordance in the chromosomal aberration as of patients treated with placebo, the most common adverse experiences observed in both groups, regardless of causality assessment, were infections. Doses greater than 20 mg have not been studied in this patient population. In this limited controlled study, there was no detectable effect on growth or sexual maturation in boys or on menstrual cycle length in girls. See CLINICAL PHARMACOLORY, Clinical Studies section; ADVERSE REACTIONS, Pediatric Patients; and DOSAGE AND ADMINISTRATION, Pediatric Patients (10-17 years of age) with Heterozygous Familial Hypercholesterolemia. Adolescent females should be counseled on appropriate contraceptive methods while on atoroxastant herapy (see CONTRAINDICATIONS and PRECAUTIONS, Pergiancy). Atorvastatin has not been studied in controlled clinical trials involving pre-pubertal patients or patients younger than 10 years of age. Clinical efficacy with doses of adrovastatin up to 80 mg/ day for 1 year have been evaluated in an uncontrolled study of patients with homozygous Familial Hypercholesterolemia. Gerlatric Use: There have been no studies conducted to determine the safety or effectiveness of CADUET in geriatric populations. In studies with aminodipine: Clinical Studies, Atorvastatin Effects in Homozygous Familial Hypercholesterolemia. Gerlatric Use: There have been no studies conducted to determine the safety or effectiveness of CADUET in geriatric populations. In studies with aminodipine: Clinical studies of amildipine did not include sufficient numbers of subjects aged 65 and over to determine whether they respond differently from younger subjects. Other reported clinical experience has not identified differences in clinical studies of amildipine day of the patient should be cautious, usually starting at the low end of the dosing range, reflecting the greater frequency of decreased clearance of amiodipine with a resulting increase of AUC of approximately 40-60%, and a lower initial dose may be required (see DOSAGE AND ADMINISTRATION). In studies with atorvastation: The saf

nemormagic stroke. **ADVERSE REACTIONS: CADUET:** CADUET (amlodipine besylate/atorvastatin calcium) has been evaluated for safety in ADVERSE REACTIONS: CADUET: CADUET (amlodipine besylate/atorvastatin calcium) has been evaluated for safety in 1092 patients in double-blind placebo controlled studies treated for co-morbid hypertension and dyslipidemia: general, treatment with CADUET was well tolerated. For the most part, adverse experiences have been mild or moderate in severity. In clinical trials with CADUET, no adverse experiences peculiar to this combination have been observed. Adverse experiences are similar in terms of nature, severity, and frequency to those reported previously with amlodipine and atorvastatin. The following information is based on the clinical experience with amlodipine and atorvastatin. The Amlodipine CaDupter: Amlodipine and atorvastatin. The safety in more than 11,000 patients in U.S. and foreign clinical trials. In general, treatment with amlodipine was well tolerated at doses up to 10 mg daily. Most adverse reactions reported during therapy with amlodipine were of mild or moderate severity. In controlled clinical trials directly comparing amlodipine (N=1730) in doses up to 10 mg to placebo (N=1250), discontinuation amlodipine due to adverse reactions swas required in only about 1.5% of patients and was not significantly different from placebo (about 1%). The most common side effects are headache and edema. The incidence (%) of side effects which occurred in a dose related manner are as follows:

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)% in placedo-controlled clinical trials include the following:								
Placebo-Controlled Studies								
amlodipine (%)	Placebo (%)							
(N=1730)	(N=1250)							
7.3	7.8							
4.5	2.8							
2.9	1.9							
1.6	0.3							
1.4	0.6							
	amlodipine (%) (N=1730) 7.3 4.5 2.9 1.6							

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For several adverse experiences that appear to be drug and dose related, there was a greater incidence in women than men associated with amilodipine treatment as shown in the following table:

Adverse Event

Placeho

AUTOISC LIGHT						
	M=%	F=%	M=%	F=%		
	(N=1218)	(N=512)	(N=914)	(N=336)		
Edema	5.6	14.6	1.4	5.1		
Flushing	1.5	4.5	0.3	0.9		
Palpitations	1.4	3.3	0.9	0.9		
Somnolence	1.3	1.6	0.8	0.3		
The following event	ts occurred in <	1% but >0.1% of patients treated with	h amlodipine i	n controlled clinical tria		
under conditions of	of open trials or	marketing experience where a causa	l relationship	is uncertain: they are li		

Somnolence

1.3

The following events occurred in <1% but >0.1% of patients treated with amlodipine in controlled clinical trials or under conditions of open trials or marketing experience where a causal relationship is uncertain; they are listed to alert the physician to a possible relationship: Cardiovascular: arrhythmia (including ventricular tachycardia and atrial fibrillation), bradycardia, chest pain, hypotension, peripheral ischemia, syncope, tachycardia, postural dizziness, postural hypotension, vasculitis. Central and Peripheral Nervous System: hypoesthesia, neuropathy peripheral, paresthesia, tremor, vertigo. Gastrointestinal: anorexia, constipation, dyspepsia,** dysphagia, diarmea, flatulence, pancreatitis, vomiting, gingival hyperplasia. General: allergic reaction, asthenia,** back pain, hot flushes, malaiser, pain, rigors, weight gain, weight decrease. Musculoskeletal System: arthralgia, arthrosis, muscle cramps,** myalgia. Psychiatric: sexual dysfunction (male** and female), insomnia, nervousness, depression, abnormal dreams, anxive depersonalization. Respiratory System: dyspnea,** epistaxis. Skin and Appendages: angloedema, erythema multiforme, pruritus.** rash,** rash erythematous, rash maculopapular.**These events occurred in less than 1% in placebo-controlled trials, but the incidence of these side effects was between 1% and 2% in all multiple dose studies. Special Senses: abnormal vision, conjunctivitis, diplopia, eye pain, tinnitus. Urinary System: micturition frequency, micturition disorder, nocturia. Autonomic Nervous System: dry mouth, sweating increased. Metabolic and Nutritional: hyperglycemia, hints: Hemopolettic leukopenia, purpura, thrombocytopenia. The following events occurred in <0.1% of patients treated with amlodipine in controlled clinical trials or under conditions of open trials or marketing experience; cardiac failure, pulse irregularity, extrasysticles, skind isclooration, uricaria, skin dryness, alopecia, dermatitis, muscle weakness, witching, ataxia, hypertonia, migraine, hospitalization have been reported in association with use of amlodipine. Amlodipine has been used safely in patients with chronic obstructive pulmonary disease, well-compensated congestive heart failure, peripheral vascular disease, diabetes mellitus, and abnormal lipid profiles. The Atorvastatin Component of CADUET: Atorvastatin is generally well-tolerated. Adverse reactions have usually been mild and transient. In controlled clinical studies of 2502 patients, 2% of patients were discontinued due to adverse experiences attributable to atorvastatin calcium. The most frequent adverse events thought to be related to atorvastatin calcium were constipation, flatulence, dyspepsia, and abdominal pain. Clinical Adverse Experiences: Adverse experiences reported in ≥2% of patients in placebo-controlled clinical studies of atorvastatin, regardless of causality assessment, are shown in Table 3.

Table 3. Adverse Events in Placebo-Controlled Studies (% of Patients)

atorvastatin

		atorvastatin				
Body System/	Placebo	10 mg	20 mg	40 mg	80 mg	
Adverse Event	N=270	N=863	N=36	N=79	N=94	
BODY AS A WHOLE						
Infection	10.0	10.3	2.8	10.1	7.4	
Headache	7.0	5.4	16.7	2.5	6.4	
Accidental Injury	3.7	4.2	0.0	1.3	3.2	
Flu Syndrome	1.9	2.2	0.0	2.5	3.2	
Abdominal Pain	0.7	2.8	0.0	3.8	2.1	
Back Pain	3.0	2.8	0.0	3.8	1.1	
Allergic Reaction	2.6	0.9	2.8	1.3	0.0	
Asthenia	1.9	2.2	0.0	3.8	0.0	
DIGESTIVE SYSTEM						
Constipation	1.8	2.1	0.0	2.5	1.1	
Diarrhea	1.5	2.7	0.0	3.8	5.3	
Dyspepsia	4.1	2.3	2.8	1.3	2.1	
Flatulence	3.3	2.1	2.8	1.3	1.1	
RESPIRATORY SYSTEM						
Sinusitis	2.6	2.8	0.0	2.5	6.4	
Pharyngitis	1.5	2.5	0.0	1.3	2.1	
SKIN AND APPENDAGES						
Rash	0.7	3.9	2.8	3.8	1.1	
MUSCULOSKELETAL SYSTI	EM					
Arthralgia	1.5	2.0	0.0	5.1	0.0	
Myalgia	1.1	3.2	5.6	1.3	0.0	

MUSCULOSKELETAL SYSTEM

Arthralgia

Arthralgia

1.5

2.0

3.2

5.6

1.3

0.0

Anglo-Scandinavian Cardiac Outcomes Trial (ASCOT): In ASCOT (see CLINICAL PHARMACOLOGY, Clinical Studies)

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Clinical Studies with Atorvastatin) involving 10,305 participants treated with atorvastatin 10 mg daily (n=5,168) or placebo (n=5,137), the safety and tolerability profile of the group treated with atorvastatin was comparable to that on the group treated with placebo during, a median of 3.3 years of follow-up. Collaborative Atorvastatin blaetes Study (CARDS): In CARDS (see CLINICAL PHARMACOLOGY, Clinical Studies, Clinical Studies with Atorvastatin) involving 2838 subjects with type 2 diabetes treated with LIPITOR 10 mg daily (n=1428) or placebo (n=1410), there was no difference in the overall frequency of adverse events or serious adverse events between the treatment groups during a median follow-up of 3.9 years. No cases of rhabdomyolysis were reported. Treating to New Targets Study (TNT): TIT (see CLINICAL PHARMACOLOGY, Clinical Studies) involving 10,001 subjects with clinically evident CHD treated with LIPITOR 10 mg daily (n=5006) or LIPITOR 80 mg daily (n=4995), there were more serious adverse events and discontinuations due to adverse events in the high-dose atorvastatin group (92, 1.8%; 497, 9.9%, espectively) as compared to the low-dose group (69, 1.4%; 404, 8.1%, respectively) during a median follow-up of 4.9 years. Peristent transaminase elevations (5.3 x LIUN twice within 4-10 days) occurred in 62 (1.3%) individuals with atorvastatin 10 mg. Elevations of CK (≈ 10 x ULN) were low overall, but were higher in the high-dose atorvastatin group (6, 0.1%). Incremental Decrease in Endoprints Through Aggressive Lipid Lowering Study (IDEAL). In IDEAL (see CLINICAL PHARMACOLOGY, Clinical Studies) involving a sets subjects treated with LIPITOR 80 mg/day (n=4439) or simvastatin set to group the profile of the result of the over hepatic failure. Pediatric Patients (ages 10-17 years): In a 26-week controlled study in boys and postmenarchal girls (n=140), the safety and tolerability profile of atorvastatin 10 to 20 mg daily was generally similar to that of placebo (see CLINICAL PHARMACOLOGY, Clinical Studies section and PRECAUTIONS, Pediatric Use). Please see full prescribing information for additional information about CADUET.

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