

# Global Report Urges Action on Hypertension

BY HEIDI SPLETE  
Senior Writer

WASHINGTON — High blood pressure remains a real and growing problem that, if left untreated, could increase in prevalence by 60% over the next 2 decades, Dr. Richard Roberts said at a press briefing on hypertension.

“If action is not taken soon, both in the [United States] and around the world, there will be significant public health consequences,” said Dr. Roberts, a family physician and professor in the department of family medicine at the University of Wisconsin, Madison.

Dr. Roberts spoke on behalf of a coalition of 14 medical groups and voluntary health organizations that commissioned a report to compile the latest information about high blood pressure and its impact on health care systems. The report, “High Blood Pressure and Health Policy: Where We Are and Where We Need to Go Next,” serves as a call to action for health policy makers and physicians.

Citing data from the National Health and Nutrition Examination Survey (NHANES), the report documents that the prevalence of high blood pressure in adults in the United States increased from 25% in 1988-1994 to 29% in 1999-2002. In addition, the growing problem of high blood pressure in children is expected to contribute to the overall increase in prevalence over the next 20 years.

“What makes this such a serious threat is that it can’t be prevented easily nor diagnosed and treated easily. It’s a tough disease,” Dr. Roberts said. “I’m a family doctor in the trenches doing this every day, and it’s probably one of the toughest things that we struggle with.”

The report, which was sponsored by an unrestricted educational grant from Novartis AG, calls for an international effort to address five public policy goals:

- Recognize that high blood pressure is a global health priority.
- Achieve global consensus on standards for managing high blood pressure.
- Empower family doctors to be the first lines of defense against high blood pressure on a global level.
- Educate patients about treatment options and acknowledge the difficulties of adhering to lifestyle changes and medication regimens.
- Conduct long-term clinical and epidemiologic studies on the costs and benefits of aggressively treating high blood pressure based on emerging trends and scientific research.

“More than 90% of us will have high blood pressure if we live long enough,” Dr. Michael A. Weber, professor of medicine at the State University of New York, Brooklyn, said during the briefing.

“The good news is, we can do plenty about it,” he said.

Losing weight and becoming more physically active are among the best ways to keep hypertension from developing, especially for young people. But for many people, regular adherence to medication may be necessary to keep their blood pressure at a healthy level, said Dr. Weber, chair of the American Society of Hypertension’s Specialist Program and one of the coauthors of the report.

He suggested that patients would benefit from more education about the condition. “You don’t know when you have high blood pressure; it is a totally asymptomatic condition. The only way you know you have high blood pressure is to have it measured, and if it is high, you must get it under control,” he said.

“The effort is worth it,” he emphasized. “When we treat high blood pressure well, we can reduce the probability of heart attacks by 40%-50%.”

Similarly, keeping high blood pressure under control can reduce the incidence of stroke and cut down on the number of patients who will eventually require kidney dialysis.

“If all of us work together, we can take a big bite out of this enormous problem,” concluded Dr. Weber, who serves as a consultant for several pharmaceutical companies including Novartis and Merck & Co.

**Brief summary of full prescribing information.**

**EXUBERA®**

(insulin human [rDNA origin]) Inhalation Powder

**EXUBERA® Inhaler**

Rx only

**INDICATIONS AND USAGE**

EXUBERA is indicated for the treatment of adult patients with diabetes mellitus for the control of hyperglycemia. EXUBERA has an onset of action similar to rapid-acting insulin analogs and has a duration of glucose-lowering activity comparable to subcutaneously administered regular human insulin. In patients with type 1 diabetes, EXUBERA should be used in regimens that include a longer-acting insulin. In patients with type 2 diabetes, EXUBERA can be used as monotherapy or in combination with oral agents or longer-acting insulins.

**CONTRAINDICATIONS**

EXUBERA is contraindicated in patients hypersensitive to EXUBERA or one of its excipients. EXUBERA is contraindicated in patients who smoke or who have discontinued smoking less than 6 months prior to starting EXUBERA therapy. If a patient starts or resumes smoking, EXUBERA must be discontinued immediately due to the increased risk of hypoglycemia, and an alternative treatment must be utilized. The safety and efficacy of EXUBERA in patients who smoke have not been established.

EXUBERA is contraindicated in patients with unstable or poorly controlled lung disease, because of wide variations in lung function that could affect the absorption of EXUBERA and increase the risk of hypoglycemia or hyperglycemia.

**WARNINGS**

EXUBERA differs from regular human insulin by its rapid onset of action. When used as mealtime insulin, the dose of EXUBERA should be given within 10 minutes before a meal.

Hypoglycemia is the most commonly reported adverse event of insulin therapy, including EXUBERA. The timing of hypoglycemia may differ among various insulin formulations.

Patients with type 1 diabetes also require a longer-acting insulin to maintain adequate glucose control.

Any change of insulin should be made cautiously and only under medical supervision. Changes in insulin strength, manufacturer, type (e.g., regular, NPH, analogs), or species (animal, human) may result in the need for a change in dosage. Concomitant oral antidiabetic treatment may need to be adjusted.

Glucose monitoring is recommended for all patients with diabetes.

Because of the effect of EXUBERA on pulmonary function, all patients should have pulmonary function assessed prior to initiating therapy with EXUBERA.

The use of EXUBERA in patients with underlying lung disease, such as asthma or COPD, is not recommended because the safety and efficacy of EXUBERA in this population have not been established.

**PRECAUTIONS**

**General:** As with all insulin preparations, the time course of EXUBERA action may vary in different individuals or at different times in the same individual. Adjustment of dosage of any insulin may be necessary if patients change their physical activity or their usual meal plan. Insulin requirements may be altered during intercurrent conditions such as illness, emotional disturbances, or stress.

**Hypoglycemia:** As with all insulin preparations, hypoglycemic reactions may be associated with the administration of EXUBERA. Rapid changes in serum glucose concentrations may induce symptoms similar to hypoglycemia in persons with diabetes, regardless of the glucose value. Early warning symptoms of hypoglycemia may be different or less pronounced under certain conditions, such as long duration of diabetes, diabetic nerve disease, use of medications such as beta-blockers, or intensified diabetes control. Such situations may result in severe hypoglycemia (and, possibly, loss of consciousness) prior to patients' awareness of hypoglycemia.

**Renal Impairment:** Studies have not been performed in patients with renal impairment. As with other insulin preparations, the dose requirements for EXUBERA may be reduced in patients with renal impairment.

**Hepatic Impairment:** Studies have not been performed in patients with hepatic impairment. As with other insulin preparations, the dose requirements for EXUBERA may be reduced in patients with hepatic impairment.

**Allergy**

**Systemic Allergy:** In clinical studies, the overall incidence of allergic reactions in patients treated with EXUBERA was similar to that in patients using subcutaneous regimens with regular human insulin. As with other insulin preparations, rare, but potentially serious, generalized allergy to insulin may occur, which may cause rash (including pruritus) over the whole body, shortness of breath, wheezing, reduction in blood pressure, rapid pulse, or sweating. Severe cases of generalized allergy, including anaphylactic reactions, may be life threatening. If such reactions occur from EXUBERA, EXUBERA should be stopped and alternative therapies considered.

**Antibody Production:** Insulin antibodies may develop during treatment with all insulin preparations including EXUBERA. In clinical studies of EXUBERA where the comparator was subcutaneous insulin, increases in insulin antibody levels (as reflected by assays of insulin binding activity) were significantly greater for patients who received EXUBERA than for patients who received subcutaneous insulin only. No clinical consequences of these antibodies were identified over the time period of clinical studies of EXUBERA; however, the long-term clinical significance of this increase in antibody formation is unknown.

**Respiratory**

**Pulmonary Function:** In clinical trials up to two years duration, patients treated with EXUBERA demonstrated a greater decline in pulmonary function, specifically the forced expiratory volume in one second (FEV<sub>1</sub>) and the carbon monoxide diffusing capacity (DL<sub>CO</sub>), than comparator-treated patients. The mean treatment group difference in pulmonary function favoring the comparator group, was noted within the first several weeks of treatment with EXUBERA, and did not change over the two year treatment period. During the controlled clinical trials, individual patients experienced notable declines in pulmonary function in both treatment groups. A decline from baseline FEV<sub>1</sub> of ≥20% at last observation occurred in 1.5% of EXUBERA-treated and 1.3% of comparator-treated patients. A decline from baseline DL<sub>CO</sub> of ≥20% at last observation occurred in 5.1% of EXUBERA-treated and 3.6% of comparator-treated patients. Because of the effect of EXUBERA on pulmonary function, all patients should have spirometry (FEV<sub>1</sub>) assessed prior to initiating therapy with EXUBERA. Assessment of DL<sub>CO</sub> should be considered. The efficacy and safety of EXUBERA in patients with baseline FEV<sub>1</sub> or DL<sub>CO</sub> <70% predicted have not been established and the use of EXUBERA in this population is not recommended.

Assessment of pulmonary function (e.g., spirometry) is recommended after the first 6 months of therapy, and annually thereafter, even in the absence of pulmonary symptoms. In patients who have a decline of ≥20% in FEV<sub>1</sub> from baseline, pulmonary function tests should be repeated. If the ≥20% decline from baseline FEV<sub>1</sub> is confirmed, EXUBERA should be discontinued. The presence of pulmonary symptoms and lesser declines in pulmonary function may require more frequent monitoring of pulmonary function and consideration of discontinuation of EXUBERA.

**Underlying Lung Disease:** The use of EXUBERA in patients with underlying lung disease, such as asthma or COPD, is not recommended because the efficacy and safety of EXUBERA in this population have not been established.

**Bronchospasm:** Bronchospasm has been rarely reported in patients taking EXUBERA. Patients experiencing such a reaction should discontinue EXUBERA and seek medical evaluation immediately. Re-administration of EXUBERA requires a careful risk evaluation, and should only be done under close medical monitoring with appropriate clinical facilities available.

**Intercurrent Respiratory Illness:** EXUBERA has been administered to patients with intercurrent respiratory illness (e.g. bronchitis, upper respiratory tract infections, rhinitis) during clinical studies. In patients experiencing these conditions, 3-4% temporarily discontinued EXUBERA therapy. There was no increased risk of hypoglycemia or worsened glycemic control observed in EXUBERA-treated patients compared to patients treated with subcutaneous insulin. During intercurrent respiratory illness, close monitoring of blood glucose concentrations, and dose adjustment, may be required.

**Drug Interactions:** A number of substances affect glucose metabolism and may require insulin dose adjustment and particularly close monitoring. The following are examples of substances that may reduce the blood glucose-lowering effect of insulin that may result in hyperglycemia: corticosteroids, danazol, diazoxide, diuretics, sympathomimetic agents (e.g., epinephrine, albuterol, terbutaline), glucagon, isoniazid, phenothiazine derivatives, somatropin, thyroid hormones, estrogens, progestogens (e.g., in oral contraceptives), protease inhibitors, and atypical antipsychotic medications (e.g., olanzapine and clozapine).

The following are examples of substances that may increase the blood glucose-lowering effect of insulin and susceptibility to hypoglycemia: oral antidiabetic products, ACE inhibitors, disopyramide, fibrates, fluoxetine, MAO inhibitors, pentoxifylline, propoxyphene, salicylates, and sulfonamide antibiotics.

Beta-blockers, clonidine, lithium salts, and alcohol may either increase or reduce the blood glucose-lowering effect of insulin. Pentamidine may cause hypoglycemia, which may sometimes be followed by hyperglycemia.

In addition, under the influence of sympatholytic medicinal products such as beta-blockers, clonidine, guanethidine, and reserpine, the signs and symptoms of hypoglycemia may be reduced or absent.

Bronchodilators and other inhaled products may alter the absorption of inhaled human insulin. Consistent timing of dosing of bronchodilators relative to EXUBERA administration, close monitoring of blood glucose concentrations and dose titration as appropriate are recommended.

**Carcinogenesis, Mutagenesis, Impairment of Fertility:** Two-year carcinogenicity studies in animals have not been performed. Insulin was not mutagenic in the Ames bacterial reverse mutation test in the presence and absence of metabolic activation. In Sprague-Dawley rats, a 6-month repeat-dose toxicity study was conducted with insulin inhalation powder at doses up to 5.8 mg/kg/day (compared to the clinical starting dose of 0.15 mg/kg/day, the rat high dose was 39 times or 8.3 times the clinical dose, based on either a mg/kg or a mg/m<sup>2</sup> body surface area comparison). In cynomolgus monkeys, a 6-month repeat-dose toxicity study was conducted with inhaled insulin at doses up to 0.64 mg/kg/day. Compared to the clinical starting dose of 0.15 mg/kg/day, the monkey high dose was 4.3 times or 1.4 times the clinical dose, based on either a mg/kg or a mg/m<sup>2</sup> body surface area comparison. These were maximum tolerated doses based on

hypoglycemia. Compared to control animals, there were no treatment-related adverse effects in either species on pulmonary function, gross or microscopic morphology of the respiratory tract or bronchial lymph nodes. Similarly, there was no effect on cell proliferation indices in alveolar or bronchiolar area of the lung in either species. Because recombinant human insulin is identical to the endogenous hormone, reproductive/fertility studies were not performed in animals.

**Pregnancy - Teratogenic Effects - Pregnancy Category C:** Animal reproduction studies have not been conducted with EXUBERA. It is also not known whether EXUBERA can cause fetal harm when administered to a pregnant woman or whether EXUBERA can affect reproductive capacity. EXUBERA should be given to a pregnant woman only if clearly needed.

**Nursing Mothers:** Many drugs, including human insulin, are excreted in human milk. For this reason, caution should be exercised when EXUBERA is administered to a nursing woman. Patients with diabetes who are lactating may require adjustments in EXUBERA dose, meal plan, or both.

**Pediatric Use:** Long-term safety and effectiveness of EXUBERA in pediatric patients have not been established.

**Geriatric Use:** In controlled Phase 2/3 clinical studies (n=1975), EXUBERA was administered to 266 patients ≥65 years of age and 30 patients ≥75 years of age. The majority of these patients had type 2 diabetes. The change in HbA<sub>1c</sub> and rate of hypoglycemia did not differ by age.

**ADVERSE REACTIONS**

The safety of EXUBERA alone, or in combination with subcutaneous insulin or oral agents, has been evaluated in approximately 2500 adult patients with type 1 or type 2 diabetes who were exposed to EXUBERA. Approximately 2000 patients were exposed to EXUBERA for greater than 6 months and more than 800 patients were exposed for more than 2 years.

**Non-Respiratory Adverse Events:**

Non-respiratory adverse events reported in ≥1% of 1977 EXUBERA-treated patients in controlled Phase 2/3 clinical studies, regardless of causality, include (but are not limited to) the following:

**Metabolic and Nutritional:** hypoglycemia (see WARNINGS and PRECAUTIONS)

**Body as a whole:** chest pain

**Digestive:** dry mouth

**Special senses:** otitis media (type 1 pediatric diabetics)

**Hypoglycemia:** The rates and incidence of hypoglycemia were comparable between EXUBERA and subcutaneous regular human insulin in patients with type 1 and type 2 diabetes. In type 2 patients who were not adequately controlled with single oral agent therapy, the addition of EXUBERA was associated with a higher rate of hypoglycemia than was the addition of a second oral agent.

**Chest Pain:** A range of different chest symptoms were reported as adverse reactions and were grouped under the non-specific term chest pain. These events occurred in 4.7% of EXUBERA-treated patients and 3.2% of patients in comparator groups. The majority (>90%) of these events were reported as mild or moderate. Two patients in the EXUBERA and one in the comparator group discontinued treatment due to chest pain. The incidence of all-causality adverse events related to coronary artery disease, such as angina pectoris or myocardial infarction was comparable in the EXUBERA (0.7% angina pectoris; 0.7% myocardial infarction) and comparator (1.3% angina pectoris; 0.7% myocardial infarction) treatment groups.

**Dry Mouth:** Dry mouth was reported in 2.4% of EXUBERA-treated patients and 0.8% of patients in comparator groups. Nearly all (>98%) of dry mouth reported was mild or moderate. No patients discontinued treatment due to dry mouth.

**Ear Events in Pediatric Diabetics:** Pediatric type 1 diabetics in EXUBERA groups experienced adverse events related to the ear more frequently than did pediatric type 1 diabetics in treatment groups receiving only subcutaneous insulin. These events included otitis media (EXUBERA 6.5%; SC 3.4%), ear pain (EXUBERA 3.9%; SC 1.4%), and ear disorder (EXUBERA 1.3%; SC 0%).

**Respiratory Adverse Events:**

The table below shows the incidence of respiratory adverse events for each treatment group that were reported in ≥1% of any treatment group in controlled Phase 2 and 3 clinical studies, regardless of causality.

| Adverse Event               | Percent of Patients Reporting Event |               |                     |               |                |
|-----------------------------|-------------------------------------|---------------|---------------------|---------------|----------------|
|                             | Type 1 Diabetes                     |               | Type 2 Diabetes     |               |                |
|                             | EXUBERA<br>N = 698                  | SC<br>N = 705 | EXUBERA<br>N = 1279 | SC<br>N = 488 | OAs<br>N = 644 |
| Respiratory Tract Infection | 43.3                                | 42.0          | 29.2                | 38.1          | 19.7           |
| Cough Increased             | 29.5                                | 8.8           | 21.9                | 10.2          | 3.7            |
| Pharyngitis                 | 18.2                                | 16.6          | 9.5                 | 9.6           | 5.9            |
| Rhinitis                    | 14.5                                | 10.9          | 8.8                 | 10.5          | 3.0            |
| Sinusitis                   | 10.3                                | 7.4           | 5.4                 | 10.0          | 2.3            |
| Respiratory Disorder        | 7.4                                 | 4.1           | 6.1                 | 10.2          | 1.7            |
| Dyspnea                     | 4.4                                 | 0.9           | 3.6                 | 2.5           | 1.4            |
| Sputum Increased            | 3.9                                 | 1.3           | 2.8                 | 1.0           | 0.5            |
| Bronchitis                  | 3.2                                 | 4.1           | 5.4                 | 3.9           | 4.0            |
| Asthma                      | 1.3                                 | 1.3           | 2.0                 | 2.3           | 0.5            |
| Epistaxis                   | 1.3                                 | 0.4           | 1.2                 | 0.4           | 0.8            |
| Laryngitis                  | 1.1                                 | 0.4           | 0.5                 | 0.4           | 0.3            |
| Pneumonia                   | 0.9                                 | 1.1           | 0.9                 | 1.6           | 0.6            |
| Voice Alteration            | 0.1                                 | 0.1           | 1.3                 | 0.0           | 0.3            |

SC = subcutaneous insulin comparator; OA = oral agent comparators

**Cough:** In 3 clinical studies, patients who completed a cough questionnaire reported that the cough tended to occur within seconds to minutes after EXUBERA inhalation, was predominantly mild in severity and was rarely productive in nature. The incidence of this cough decreased with continued EXUBERA use. In controlled clinical studies, 1.2% of patients discontinued EXUBERA treatment due to cough.

**Dyspnea:** Nearly all (>97%) of dyspnea was reported as mild or moderate. A small number of EXUBERA-treated patients (0.4%) discontinued treatment due to dyspnea compared to 0.1% of comparator-treated patients.

**Other Respiratory Adverse Events - Pharyngitis, Sputum Increased and Epistaxis:** The majority of these events were reported as mild or moderate. A small number of EXUBERA-treated patients discontinued treatment due to pharyngitis (0.2%) and sputum increased (0.1%); no patients discontinued treatment due to epistaxis.

**Pulmonary Function:** The effect of EXUBERA on the respiratory system has been evaluated in over 3800 patients in controlled phase 2 and 3 clinical studies (in which 1977 patients were treated with EXUBERA). In randomized, open-label clinical trials up to two years duration, patients treated with EXUBERA demonstrated a greater decline in pulmonary function, specifically the forced expiratory volume in one second (FEV<sub>1</sub>) and the carbon monoxide diffusing capacity (DL<sub>CO</sub>), than comparator treated patients. The mean treatment group differences in FEV<sub>1</sub> and DL<sub>CO</sub> were noted within the first several weeks of treatment with EXUBERA, and did not progress over the two year treatment period. In one completed controlled clinical trial in patients with type 2 diabetes following two years of treatment with EXUBERA, patients showed resolution of the treatment group difference in FEV<sub>1</sub> six weeks after discontinuation of therapy. Resolution of the effect of EXUBERA on pulmonary function in patients with type 1 diabetes has not been studied after long-term treatment.

**OVERDOSAGE**

Hypoglycemia may occur as a result of an excess of insulin relative to food intake, energy expenditure, or both. Mild to moderate episodes of hypoglycemia usually can be treated with oral glucose. Adjustments in drug dosage, meal patterns, or exercise, may be needed. Severe episodes of hypoglycemia with coma, seizure, or neurologic impairment may be treated with intramuscular/subcutaneous glucagon or concentrated intravenous glucose. Sustained carbohydrate intake and observation may be necessary because hypoglycemia may recur after apparent clinical recovery.

**DOSAGE AND ADMINISTRATION**

EXUBERA doses should be administered immediately prior to meals (no more than 10 minutes prior to each meal). In patients with type 1 diabetes, EXUBERA should be used in regimens that include a longer-acting insulin. For patients with type 2 diabetes, EXUBERA may be used as monotherapy or in combination with oral agents or longer-acting insulin.

A 1 mg blister of EXUBERA inhaled insulin is approximately equivalent to 3 IU of subcutaneously injected regular human insulin. A 3 mg blister of EXUBERA inhaled insulin is approximately equivalent to 8 IU of subcutaneously injected regular human insulin.

Consecutive inhalation of three 1 mg unit dose blisters results in significantly greater insulin exposure than inhalation of one 3 mg unit dose blister. Therefore, three 1 mg dose blisters should not be substituted for one 3 mg dose.

Please see EXUBERA full prescribing information and EXUBERA Medication Guide at [www.exubera.com](http://www.exubera.com)



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