Benefits of Insulin Therapy Sequence Confirmed

BY KATE JOHNSON

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MONTREAL — Insulin added to oral therapy in patients with longstanding type 2 diabetes is best initiated as a basal formulation and then intensified with prandial doses, according to the 3-year results of the Treat to Target in Type 2 Diabetes (4-T) trial.

'The results of our trial support current guidelines, which suggest that basal and prandial insulin regimens should be considered if adequate glycemic control is not achieved with initial regimens," reported lead author Rury Holman, MB, ChB, of the diabetes trials unit at Oxford (England) University.

The findings were announced at the World Diabetes Congress, with simultaneous publication in the New England Journal of Medicine (2009;361:1736-47). "I think we now have very clear evidence that the sequence of basal with added prandial gives you less weight gain and less hypoglycemia," said Dr. Holman in an interview immediately following his presentation. "It's a no-brainer that that is the way we should now initiate treatment for these patients."

'The 4-T study supports the initiation of treatment with basal insulin, which is consistent with the concept that fasting hyperglycemia contributes more than

postprandial hyperglycemia to glycated hemoglobin levels during periods of poor glycemic control," commented Dr. Michael Roden from the German Diabetes Center and the Heinrich Heine University of Düsseldorf, Germany, in an editorial published in the same issue.

However, he suggested "it seems premature to recommend specific insulin regimens for patients with newly diagnosed disease.

CADUET® (amiodipine besylate/atorvastatin calcium) Tablets Brief Summary of Prescribing Information INDICATIONS AND USAGE: CADUET (amiodipine and atorvastatin) is indicated in patients for whom treatment with both amiodipine and atorvastatin is appropriate. Amiodipine: 1. Hypertension: Amiodipine is indicated for the treatment of hypertension. It may be used alone or in combination with other antihypertensive agents; 2. Coronary Artery Disease (CAD): <u>Chronic Stable Angina</u>: Amiodipine is indicated for the treatment of chronic stable angina. Amiodipine may be used alone or in combination with other antinginal or antihypertensive agents; <u>Vasogastic Angina</u> (<u>Prinzmetar's or Variant Angina</u>); Amiodipine is indicated for the treatment of confirmed or suspected vasospastic Angina. Amiodipine may be used as monotherapy or in combination with other antianginal orgs. <u>Angiographically</u> <u>Documented CAD</u>; In patients with recently documented CAD by angiography and without heart failure or an ejection fraction <40%, amiodipine is indicated to reduce the risk of hospitalization due to angina and to reduce the risk of acronary revascularization procedure. <u>AND Atorvastatin: 1. Prevention of Cardiovascular Disease</u>; In adult patients without clinically evident comoary heart disease, but with multiple risk factors for coronary heart disease semoking, hypertension, low HDL-C, or a family history of early coronary heart disease, atorvastatin is indicated to: -Reduce the risk of stroke

Reduce the risk of mycoardial infarction Reduce the risk of mycoardial infarction Reduce the risk of revascularization procedures and angina In patients with type 2 diabetes, and without clinically evident coronary heart disease, but with multiple risk factors for coronary heart disease such as retinopathy, albuminuria, smoking, or hypertension, LIPITOR is indicated to: Reduce the risk of stroke; In patients with clinically evident coronary heart disease, LIPITOR is indicated to: Reduce the risk of non-fatal myccardial infarction

-Reduce the risk of stroke;
In patients with clinically evident coronary heart disease, LIPITOR is indicated to:
-Reduce the risk of non-fatal myocardial infarction
-Reduce the risk of reasoularization procedures
-Reduce the risk of hospitalization for CHF
-Reduce the risk of hospitalization for CHF
-Reduce the risk of non-fatal myocardial infarction
-Reduce the risk of non-fatal myocardial infarction
-Reduce the risk of nospitalization for CHF
-Reduce the risk of nospitalization for CHF
-Reduce the risk of angina
2. Heterozygous Familial and Nonfamilial Hypercholesterolemia: Atorvastatin is indicated as an adjunct to diet to reduce elevated total-C, LD-C, app 8, and Tel levels and to increase HDI-C in patients with primary hypercholesterolemia (heterozygous familial and nonfamilial) and mixed dyslipidemia (*Fredrickson* Types IIa and IIb); 3. Elevated Serum TG Levels: Atorvastatin is indicated or norvastatin is indicated to the treatment of patients with elevated serum TG levels. Atorvastatin is indicated to reversation is indicated as an adjunct to diet in refute to the treatment of patients with primary dysbetalipoproteinemia (Fredrickson Type III) who do not respond adequately to diet; 5. Homozgous Familial hypercholesterolemia: Atorvastatin is indicated to reversation is indicated to reversatin is indicated as an adjunct to

Table 1. NCEP Treatment Guidelines: LDL-C Goals and Cutpoints for Therapeutic Lifestyle Changes and Drug

Risk Category	LDL-C Goal (mg/dL)	LDL-C Level at Which to Initiate Therapeutic Lifestyle Changes (mg/dL)	LDL-C Level at Which to Consider Drug Therapy (mg/dL)	
CHD ^a or CHD risk equivalents (10-year risk >20%)	<100	≥100	≥130 (100-129: drug optional) ^b 10-year risk 10%-20%: ≥130 10-year risk <10%: ≥160	
2+ Risk Factors (10-year risk ≤20%)	<130	≥130		
0-1 Risk Factor ^c	<160	≥160	≥190 (160-189: LDL-lowering drug optional)	

 0-1 Risk Factor⁴
 <160</td>
 ≥160
 drug optional)

 ^a CHD, coronary heart disease.^b Some authorities recommend use of LDL-lowering drugs in this category if an LDL-C level of 5 100 mg/d L cannot be achieved by threaputic lifestyle charges. Others prefer use of drugs that primarily modify triglycerides and HDL-C, e.g., nicotinic acid or fibrate. Clinical judgment also may call for deferring drug therapy in this subcategory.^a Almost all people with 0-1 risk factor have 10-year risk <10%; thus, 10-year risk sessement in people with 0-1 risk factor some drugs that the LD-C goal has been achieved, if the TG is still > 200 mg/dL, non-HDL-C (total-C minus HDL-C) becomes a secondary traget of therapy. Non-HDL-C goals are set 30 mg/dL higher than LDL-C goals for each risk category. Prior to initiating therapy with atorvastatin, secondary causes for hypercholesterolemia (e.g., poorly controlled diabetes mellitus, hypothyroidism, nephrotic syndrome, dysproteinemias, obstructive liver disease, other drug therapy, and alcoholism) should be excluded, and a lipid profile performed to measure total-C, LDL-C, HDL-C, and TG. For patients with TG -4000 mg/dL (>4.5 mmol/L), this equation is less accurate and LDL-C concentrations should be determined by ultracentrifugation. The antidyslipidemic component of CADUET has not abeen studied in perdiabeter of her the major liporportia hardmarks in perdiation of cholestorol levels in pediatric patients with a familial history of hypercholesterolemia or permanenter the major liporportian antidyslipidemic component of CADUET has not abeen studied in conditions where the major inportorie studied in of the levels of theory means the ord ord breakson Types and the end with the reador discourd is summarized below:

cardiovascular disease is summarized below: Table 2. NCEP Classification of Cholesterol Levels in Pediatric Patients

Category	Total-C (mg/dL)	LDL-C (mg/dL)		
Acceptable	<170	<110		
Borderline	170-199	110-129		
High	≥200	≥130		

 Acceptable
 170-199
 110-129

 Borderline
 170-199
 130

CONTRAINDICATIONS: CADUET contains atorvastatin and is therefore contraindicated in patients with active liver disease or unexplained persistent elevations of serum transaminases. CADUET is contraindicated in patients with known hypersensitivity to any component of this medication. Pregnancy and Lactation: Atherosclerosis is a chronic process and discontinuation of lipid-lovering drugs during pregnarcy should have little impact on the outcome of long-term therapy of primary hypercholesterolemia. Cholesterol and other products of cholesterol biosynthesis are essential inhibitors decrease cholesterol synthesis and possibly the synthesis of other biologically active substances derived from cholesterol, they may cause fetal harm when administered to pregnant women. Therefore, HMG-CoA reductase inhibitors are contraindicated during pregnancy and in unising mothers. CADUET, WHCH INCLUDES ATORNASTATIN, SHOULD BE ADMINISTERED TO WOMEN OF CHILDBEARING AGE ONLY WHEN SUCH PATIENTS ARE HIGHLY UNLIKELY TO CONCEVE EAN DHAVE SEEN. INFORMED OF THE POTENTIAL HAZARDS. If the patient becomes pregnant while taking this drug, therapy should be discontinued and the patient apprised of the potential hazard to the fetus.

 WARNINGS: Increased Angina and/or Myocardial Infraction: Rarely, patients, particularly those with severe obstructive coronary artery disease, have developed documented increased frequency, duration and/or severity of angina or acute myocardial infraction on starting calcium channel blocker therapy or at the time of dosage increase. The mechanism of this effect has not been elucidated. Liver Dysfunction: HMG-CoA reductase inhibitors, like some other lipid-lovering therapies, have been associated with biochemical adonormalities of 100-04 (and a 0, are essentia).

10 times UIA should be considered in any patient with diffuse migliga, muscle tendeness or weakness, and or marked deviation of CPK. Fattents should be adviced to report promptly unapolated muscle pain, tendeness or weakness, particularly if accompanied by malaise or fever. CADUET therary should be discontinued if markedly elevated CPK tendes cour or myoparty is diagnoed or suspected. The risk of myopathy during treatment with drugs in the HMG-CA reductase inhibitor class is increased with concurrent administration of cyclosponine, fibric acid derivatives, erythomycin, cantihumarian or to financi puis saquinary or topinary fibric market, mains, and should carefully weigh the potential benefits and risks and should be initial monts of therary and during any penationary to the sanges truttano or direct day, been during any penation of upward tobases that on or direct day, been related to the structure of severe myopathy. In patients taking CADUEF, therary should be considered when taken concomitanty with the aforementioned drugs consecutive to the two parts of the severe and the structure of severe myopathy. In patients taking CADUEF, therary should be temporarily whitheid or disconsin, malor samper, trauna, severe matholic. PRECAUTIONS: General: Since the vasculation induced by the amindipine component of CADUEF is gradual in orset, south any other periperal vasculator proteines and should be cereicad when administration proteines that on CADUEF is gradual in orset. INICALTIONS AND USAGE, USA, severe acute langes that any other underlying metalecial problems (EPK MIDIE and MIDI significant effect on the pharmacokinetics of amiodipine. <u>Sildenafil</u>: A single 100 mg dose of sildenafi (Viagra[®]) in subjects with essential hypertension had no effect on the pharmacokinetic parameters of amiodipine. When amiodipine and sildenafil were used in combination, each agent independently exerted its own blood pressure lowering effect. <u>Digoxin</u>: Co-administration of amiodipine with digoxin did not change serum digoxin levels or digoxin real clearance in normal volunters. <u>Ethanol (achoh)</u>: Single and mutiple 10 mg doses of amiodipine had no significant effect on the pharmacokinetics of ethanol. <u>Warfarin</u>: Co-administration of amiodipine with warfarin did not change the warfarin prothrombin response time. In clinical titals, amiodipine has been safely administered with thiazide diuretics, beta-blockers, angiotensin-converting enzyme inhibitors, long-acting intrates, sublingual nitroglycerin, digoxin, warfarin, non-steroidal anti-inflammatory drugs, antibiotics, and oral hypoglycemic drugs. **Studies with Atorvastatin**: The risk of myopatry during treatment with HMC-CoA reductase inhibitors is increased with concurrent administration of fibric acid derivatives, lipid-modifying doses of niacin or cytochrome P450 3A4 inhibitors (e.g. cyclospoine, erythormycin, (arithromycin, and azole antifungais) (see WARNINGS, Skeletal Muscle). Inhibitors of cytochrome P450 3A4 can lead to increase in plasma concentrations of atorvastatin. The restent of interaction and potentiation of atorvastatin a80 mg with clanitromycin (500 mg twice daily) resulted in a 4.4 fold increase in atorvastatin AUC (see WARNINGS, Skeletal Muscle, and DAMINISTRATION). Erythromycin: In healthy individuals, plasma concentrations of 344 (see WARNINGS, Skeletal Muscle). Combinistion of atorvastatin ad erythromycin, a known hinibitor of otorvastatin AUC concomitant dministration of atorvastatin of atorvastatin during the case in atorvastatin AUC (see WARNINGS, Skeletal Muscle). Concomitant administration of atorvastatin inhibitor of otorva

and erythomycin, a known inhibitor of cytochrome P450 3Å4 (see WARNINGS, Skeletal Muscle). Combination of Protease Inhibitors: Concomitant administration of atorvastatin AD or mg twice daily) resulted in a 3-fold increase in atorvastatin AUC. Concomitant administration of atorvastatin 20 mg with lopinavir plus intonavir (400 mg+100 mg twice daily) resulted in a 5.9-fold increase in atorvastatin AUC (see WARNINGS, Skeletal Muscle, and DDSAGE AND ADMINISTRATION). Itarcoanzole: Concomitant administration of atorvastatin (20 (see WARNINGS, Skeletal Muscle, and DDSAGE AND ADMINISTRATION). Itarcoanzole: Concomitant administration of atorvastatin (20 to 40 mg) and itraconazole (200 mg) was associated with a 2.5-3.3-fold increase in atorvastatin (20 mg) was associated with a gifter lasma concentrations of atorvastation of atorvastatin (40 mg) with ditilazen (240 mg) was associated with higher plasma concentrations of atorvastatin. Cimetidine: Atorvastatin plasma concentrations and LDL-C reduction were not altered by co-administration of cinversitatin and atorvastatin-metabolites are substrates of the OATP1B1 transporter. Inhibitors of the OATP1B1 (e.g. cyclosporine) can increase the bioavaliability of atorvastatin Concomitant administration of atorvastatin 10 mg and cyclosporine 5.2 mg/kg/day resulted in a 8.7-fold increase in atorvastatin AUC. In cases where co-administration of atorvastatin with cyclosporine is necessary, the dose of atorvastatin Audministration of atorvastatin with inducers of cytochrome P450 34.4 (g efavirerz, rifampin) can lead to variable reductions in plasma concentrations of atorvastatin. Due to the dual interaction mechanism of rifampin, simultaneous co-administration of atorvastatin with rifampin is recommended, as delayed administration of atorvastatin decreased approximately 35%. Moewer, LD-C reduction was not attered. Antipyrine: Because atorvastatin doces not affect the pharmacchinetics of antipyrine, interactions with other drugs metabolized via the same cytochrome EVS9.

The 4-T multicenter, open-label trial included 708 patients who had inadequate glycemic control on dual oral metformin and sulfonylurea therapy. The patients were a mean age of 61.7 years, with a mean disease duration of 9 years.

They were randomized to one of three supplemental insulin regimens in the first year: prandial insulin aspart (NovoRapid) three times daily, biphasic insulin aspart (NovoMix 30) twice daily, or basal detemir (Levemir) once daily, or twice if needed.

In the second year, sulfonylureas were replaced by a second insulin if hyper-

with amlodipine 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 amlodipine/kg/day, showed no evidence of a carcinogenic effect of the drug. For the mouse, the highest dose was, on a mg/m² basis, similar to the maximum recommended human dose of 10 mg amlodipine/day². For the rat, the highest dose level was, on a mg/m² basis, about twice the maximum recommended human dose⁴. Mutagenicity studies conducted with amlodipine maleate revealed no drug related effects at either the gene or chromosome levels. There was no effect on the fertility of rats treated orally with amlodipine maleate (males for 64 days and females for 14 days prior to mating) at doses up to 10 mg amlodipine/kg/day (8 times⁴ the maximum recommended human dose of 10 mg/day on a mg/m² basis). Studies with atorvastatin racitary day, 2 rare turnors were found in muscle in high-dose females: in one, there was a rhabdomyosarcoma and, in another, there was a fibrosarcoma. This dose represents a plasma AUC (D-24) value of approximately 16 times the mean human plasma drug exposure after an 80 dmg oral dose. A 2-year carcinogenicity study in mice given atorvastatin calcium at dose levels equivalent to 100, 200, and 400 mg atorvastatin/kg/day value of approximately 16 times the mean human plasma drug exposure after an 80 dmg oral dose. In *vitro*, atorvastatin was not mutagenic or clastogenic in the following tests with and without metabolic activation: the Ames test with Saimonelia typhimurium and Escherichia coli, the HGPRT forward mutation assay in Chinese hamster lung cells. Atorvastatin was negative in the *in vivo* mouse micronucleus test. There were no effects on fertility when rats were given atorvastatin/kg/day for 3 months (16 times the human exposure). There was aplasia and aspermia in the epididymides of 2 of 10 rats treated with atorvastatin calcium at dose equivalent to 100 mg atorvastatin/kg/day (15 times the human exposure). There was aplasia and aspermia for 14 days before mating and throughout mating and gestation. Amolopipie maleate has been shown to prolong both the gestation period and the duration of labors. *Studies with atorvastatin:* Atorvastatin crossest the rat placenta and reaches a level in fatal liver equivalent to that of maternal plasma. Atorvastatin was not reatogenic in rats at doses of atorvastatin calcium equivalent to up to 300 mg atorvastatin/kg/day rese resulted in multiples of about 30 times (rat) or 20 times (rabbit) the human exposure based on surface area (mg/m²). In a study in rats given atorvastatin (aclium at doses equivalent to up to 100 mg ratovastatin/kg/day. They doses resulted in multiples of about 30 times (rat) or 20 times (rabbit) the human exposure based on surface area (mg/m²). In a study in rats given atorvastatin calcium at doses of atorvastatio calcium at doses 4. June 25 mg/kg/day, Pup development was delayed (rotord performance at 100 mg/kg/day and ad 32 times (225 mg/kg/day). They dovelopment was delayed (rotord performance at 100 mg/kg/day and adovastatio ratoves proports) of to most 100 mg/kg/day and 22 times (225 mg/kg/da) human AUC at 80 mg/day. Rare reports of congenital anomalies have been received following intrauterine exposure to HMG. CAR educates inhibitors. There has been one report of severe congenital bory deformity, trache-essophageal fisula, and anal atresia (VAIER association) in a baby born to a woman who took lowastatin with detroamphetarine sulfate during the first timester of pregnancy. Labor and Delivery: No tube is have been conducted in pregnant women on the effect of CADUET, amologine component to ACDUET is worked and a adverses of CADUET is not a soman who took lowastatin and here duration of labor or delivery, and other has been shown to prolong the duration of labor or delivery. They applicate the set and they day effect the set as delayed (rotord passes experience profile adverses of ADUET is pediatric populations. Studies with amidolpine: The effect of amoldpine on blood pressure in patie

group compared to placebo. Subjects with nemornage subre on suby energy opported to so at intersect and themornagic stoke. **ADVERSE REACTIONS: CADUET:** CADUET (amlodipine besylate/atorvastatic calcium) has been evaluated for safety in 1092 patients in double-blind placebo controlled studies treated for co-mobid hypertension and dyslipidemia. In general, treatment with CADUET was well tolerated. For the most part, adverse experiences have been mild or moderate in severity. In clinical trails 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 dat atorvastatin. The Amlodipine CADUET, no adverse experiences are similar in terms of chauter, severity, and frequency to those reported previously with amlodipine and atorvastatin. The following information is based on the clinical experience with amlodipine ad atorvastatin. The adverse reactions reported during therapy with amlodipine was well tolerated at doses up to 10 mg daily. Most diverse reactions reported during therapy with amlodipine was even of mild or moderate servity, in controlled clinical trials directly comparing amlodipine (N=1730) in doses up to 10 mg to placebo (N=1250), discontinuation of amlodipine due to adverse reactions was required in only about 1.5% of patients and was not significantly different from placebo (N=1250), discontinuation of amlodipine due to adverse reactions was required in only about 1.5% of patients and was not significantly different from placebo (N=1250), discontinuation of amlodipine due to adverse reactions was required in only about 1.5% of patients and was not significantly different from placebo (N=1250), discontinuation of amlodipine due to adverse reactions was required in only about 1.5% of patients and was not significanty different from placebo (N=1250). use a average reactions was required in only adout 1.5% or 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 Adverse Event amlodipine and a single and a



glycemia became unacceptable, which was the case in almost 90% of the patient population, said Dr. Holman.

For such patients who had started on biphasic insulin, a midday prandial dose was added. For those who had started on either basal or prandial regimens, their treatments converged, so that the basal group added prandial doses (10% of the daily basal dose with a minimum and maximum limit) and the prandial group added a basal dose (10 units at bedtime).

"The importance here is the temporal sequence-they are not identical," said Dr. Holman. "So basal plus prandial was not the same as prandial plus basal. They started at a different place and so the percentages were different. So those who started with prandial had substantially more prandial than basal at the end, and those who started with the basal and then added prandial ended up with about 50/50.

Preliminary results published after the first year of the study did not favor the basal insulin regimen, which was the least successful at bringing hemoglobin A_{1c} levels to 6.5% or less (N. Engl. J. Med. 2007;357:1716-30). "The addition of biphasic or prandial insulin aspart re-



Body System/		atorvastatin			
	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 SYSTE	M				
Arthralgia	1.5	2.0	0.0	5.1	0.0
Myalgia	1.1	3.2	5.6	1.3	0.0

MUSCULOSKELETAL SYSTEM Anthraigia 1.1 1.5 2.0 0.0 1.6 1.5 0.0 Anglo-Scandinavian Cardiac Outcomes Trial (ASCOT): in ASCOT (see CLINICAL PHARMACOLOGY, Clinical Studies Olinical Studies with Atorvastatin in ong in 0.305 participants treated with atorvastatin 10 mg daily (n-5.188) of here you there do with places with atorvastatin in ong daily (n-4.990). Clinical Studies with Atorvastatin in working of the group treated with places Study (CARDS): in CARDS (see CLINICAL PHARMACOLOGY, Clinical Studies, Clinical Studies of the group treated with places Study (CARDS): in CARDS (see CLINICAL PHARMACOLOGY, Clinical Studies, Clinical Studies with Atorvastatin Diabetes Study (CARDS): in CARDS (see CLINICAL PHARMACOLOGY, Clinical Studies, Clinical Studies with atorvastatin Diabetes Study (CARDS): in CARDS (see CLINICAL PHARMACOLOGY, Clinical Studies, Clinical Studies with atorvastatin proving a median follow-up of 3.9 years. No cases of thabdomyolysis were reported. Treating to New Targets Study (TNT) (see CLINICAL PHARMACOLOGY, Clinical Studies) involving 10.001 subjects with clinically evident CHD treated with places events in the high-dose atorvastatin group (See CLINICAL CHARMACOLOGY, Clinical Studies) involving 10.001 subjects with clinically evident CHD treated with plating to the low-dose group (Ge), 1.4%, 404, 8.1%, respectively) during a median follow-up of 4.9 years. Presistent transaminase elevation (S.2 with the high-dose atorvastatin group (See CLINICAL pharmacode atorvastatin treatment group (See CLINICAL) HUTTOR SO mg/a (n-4439) or situation SO (See CLINICAL PHARMACOLOGY, Clinical Studies) involving 3.8 studies treated with places events in the high-dose atorvastatin group (See CLINICAL) (See CLINICAL PHARMACOLOGY, Clinical Studies) involving 3.8 studies treated with HUTTOR SO mg/a (n-4439) or situation so (See CLINICAL PHARMACOLOGY, Clinical Studies) involving 3.8 studies treated with places events were reported in place in the doverse previse in fordpoints Through Aggressive Lipid

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duced levels more than the addition of basal insulin detemir but was associated with greater risks of hypoglycemia and weight gain," the authors concluded at that time.

METABOLIC DISORDERS

However, "the difference in outcomes from the first to the third year is startling," Dr. Roden remarked in his editorial.

Final results showed that fewer than 45% of all patients achieved the HbA_{1c} target of 6.5% or less. In addition, significantly fewer patients on the biphasic regimen (31.9%) compared to the prandial (44.7%) and basal (43.2%) groups, reached the target.

Furthermore, the basal group gained significantly less weight (3.6 kg) than did the biphasic and prandial groups (5.7 and 6.4 kg, respectively), and the median number of hypoglycemic events per

'It shows that if you use insulin systematically it doesn't really matter which way you start. You can get to the same glucose level, but there are other important differences.'

patient per year was lowest in the basal group (1.7), compared to the biphasic (3.0) and prandial groups (5.5).

"Median glycated hemoglobin levels converged after 1 year and remained stable in all groups, for an overall value at 3 years of 6.9%," wrote the authors (7.1% for biphasic, 6.8% for prandial, and 6.9% for basal, with no significant differences). The final mean reduction from baseline was 1.3% in the biphasic group, 1.4% in the prandial group, and 1.2% in the basal group.

In an interview, Dr. Matthew Riddell commented that the 4-T results confirm the current guidelines from the American Diabetes Association and the European Association for the Study of Diabetes. "It shows that if you use insulin systematically it doesn't really matter which way you start. You can get to the same glucose level, but there are other important differences in treatments. The 4-T gives us a clue that maybe the mealtime insulin treatments shouldn't be the mainstay," said the professor of medicine at Oregon Health and Science University in Portland.

"The overall message of the [final 4-T results] is that you need complex insulin regimens to obtain adequate glycemic control, which is still not reached in a substantial number of subjects," Dr. Roden said in an interview.

The 4-T study was supported by Novo Nordisk A/S and Diabetes UK.

Dr. Holman reported receiving grants and consulting fees from pharmaceutical companies that included Novartis and Novo Nordisk, lecture fees from pharmaceutical companies, and royalties from sale of the Unistik single-use safety lancet. Dr. Roden reported receiving consulting and lecture fees from several drug makers, including Novo Nordisk. Dr. Riddle reported paid lecturing from and advisory board work with several drug companies.