

Certain blood pressure drugs can lower risk of heart-related conditions in patients with diabetes

Elderly patients with diabetes prescribed Micardis® and Diovan® may be at lower risk of hospitalization due to heart-related conditions compared to other similar medications.

What does this mean?

- Patients over the age of 65 years who had diabetes and were treated with the blood pressure medications telmisartan (Micardis®), and valsartan (Diovan®) were less likely to be hospitalized for heart attack, stroke or heart failure than those treated with irbesartan (Avapro®).

Recommendations

- ✓ Be aware that if you are over the age of 65 and have diabetes, some blood pressure medications can improve your cardiovascular health more than others.
- ✓ Consult your physician or health care practitioner about which blood pressure medications are right for you.

How do we know this?

The ODPRN examined healthcare records of patients age 66 years or older residing in Ontario, Canada with diabetes who were treated with medications for high blood pressure known as angiotensin-receptor blockers (ARBs). The research was conducted to compare the risk of heart-related conditions such as heart attack, stroke or heart failure in patients with diabetes treated with Micardis®, Cozaar®, Diovan®, Atacand® and Avapro®. The study found that patients treated with either Micardis® or Diovan® had a 14% to 15% lower risk of hospitalization for heart attack, stroke or heart failure when compared with patients treated with Avapro®. No significant difference was observed in patients using the other blood pressure medications when compared to Avapro®.

Antoniou T, Camacho X, Yao Z, Gomes T, Juurlink DN, Mamdani MM. Comparative effectiveness of angiotensin receptor blockers for preventing macrovascular disease in patient with diabetes: a population-based cohort study. CMAJ: July 2013.

This Research Minute was created by the ODPRN.

The ODPRN is funded by the Ontario Drug Innovation Fund

to respond rapidly and directly to policy-makers' needs for relevant research.

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