



## spotlight on health

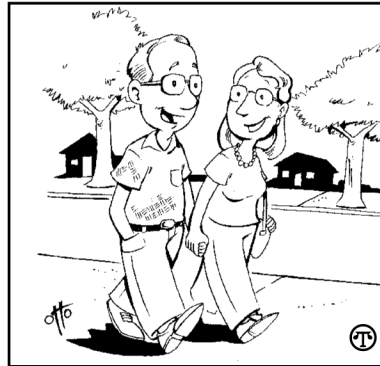
### PLETAL Helps Leg Pain Sufferers Walk Farther Without Pain

(NAPS)—There is good news for people who suffer from debilitating leg pain called intermittent claudication (IC). A recent study of patients with IC found that those taking PLETAL® (cilostazol) Tablets were able to walk nearly twice as far as those patients taking Trental® (pentoxifylline), the only other medication currently available for the condition, or a placebo (sugar pill).

About four million Americans aged 55 and older suffer from intermittent claudication, which occurs when fatty deposits build up in leg arteries, restricting oxygen-rich blood flow to muscles. The result is painful cramps in the calf, buttock or thigh muscles that come on during exercise such as walking, but go away with rest. An estimated 75 percent of patients with intermittent claudication go undiagnosed, in part because they think leg pain is a natural consequence of aging.

A study of nearly 700 seniors published in *The American Journal of Medicine*, found that after 24 weeks, patients taking PLETAL increased their maximal walking distance by an average of 117 yards over baseline—about the length of a football field. In contrast, patients taking Trental showed no improvement over placebo—increasing their walking distance by an average of 70 yards. Maximal walking distance is the distance patients could walk until they felt they could no longer continue.

“To healthy people, the ability to walk the length of a football field may not seem important,” says Jeffrey Borer, M.D., Chief, Division of Cardiovascular Pathophysiology,



New York Presbyterian Hospital—New York Weill Cornell Center. “However, to patients with intermittent claudication, it can mean the difference between being homebound and doing daily activities such as grocery shopping.”

According to Dr. Borer, the study results give patients more reason to discuss their leg pain with their doctors.

PLETAL was generally well tolerated. The most commonly occurring side effects in the active treatment groups were headache (28%), diarrhea (19%), and palpitation (17%) in the patients receiving PLETAL, and pain (16%), pharyngitis (sore throat) (14%), and headache (11%) in patients receiving Trental. There was no significant difference in the incidence of serious side effects between the groups.

PLETAL should not be taken by patients with congestive heart failure of any severity. For full prescribing information for PLETAL, go to [www.PLETAL.com](http://www.PLETAL.com). To learn more about intermittent claudication or for a free brochure about the condition, log on to [www.walkfarther.com](http://www.walkfarther.com) or call toll-free 1-888-755-2266.