

Diabetes & You

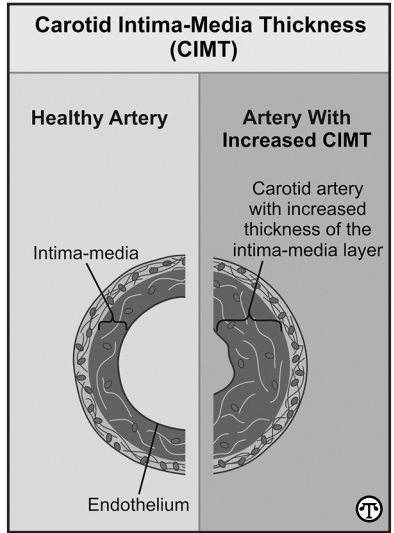
Diabetes Medication Improves Predictor Of Atherosclerosis In Patients With Type 2 Diabetes

(NAPSA)—According to the Centers for Disease Control and Prevention, at least 65 percent of people with type 2 diabetes will die from heart disease or stroke. Recently, The Journal of the American Medical Association published a new study that suggests an oral type 2 diabetes medication may offer benefits in addition to controlling blood sugar for patients with type 2 diabetes. In the study, the medication halted the progression of atherosclerosis, as measured by carotid intima-media thickness (CIMT), or the thickness of the inner lining of a patient's carotid, or neck artery.

Called CHICAGO (Carotid Intima-Media THICKness in Atherosclerosis using PioGlitazOne), the study used ACTOS® (pioglitazone HCl) in patients without a history of cardiovascular disease. Atherosclerosis, a condition that leads to reduced or blocked blood flow, was evaluated by measuring the thickness of the inner lining of a patient's carotid, or neck artery. Patients with substantial artery narrowing are at increased risk for suffering a major stroke.

According to the study's lead scientist, Dr. Michael Davidson, M.D., F.A.C.C., Professor of Medicine and Director of Preventive Cardiology at Rush University Medical Center in Chicago, these results add to the understanding of how ACTOS may provide benefits beyond glycemic control.

"Results of the CHICAGO study provided important information and insight about cardiovascular disease in people with



Carotid Intima-Media Thickness (CIMT), the thickness of the inner lining of a patient's neck artery, is a well-accepted, non-invasive way to assess plaque buildup in the arteries and monitor its progression.

type 2 diabetes using a blood-sugar-lowering medication," said Dr. Davidson. "These data confirm the findings of earlier studies, which suggested that ACTOS may have a significant impact on blood vessel health and slowed the progression of atherosclerosis as measured by CIMT in patients without previous heart disease."

For more information about the link between type 2 diabetes and cardiovascular disease, be sure to speak with your healthcare provider. For complete prescribing information for ACTOS, visit www.actos.com.

Editor's Note: Important Safety Information about ACTOS® (pioglitazone HCl)

ACTOS is used as an adjunct to diet and exercise to lower blood sugar (glucose) in adults with type 2 diabetes. ACTOS is taken once daily either alone or in combination with insulin, sulfonylureas, or metformin.

ACTOS is not for everyone. ACTOS can cause fluid retention that may lead to or worsen heart failure, so tell your doctor if you have a history of these conditions. Talk to your doctor immediately if you experience rapid weight gain, fluid retention, or shortness of breath while taking ACTOS. If you have moderate to severe heart failure, ACTOS is not recommended. Your doctor should perform a blood test to check for liver problems before you start ACTOS and periodically thereafter.

Do not take ACTOS if you have active liver disease. Talk to your doctor immediately if you experience nausea, vomiting, stomach pain, tiredness, loss of appetite, dark urine, or yellowing of the skin. If you are of childbearing age, talk to your doctor before taking ACTOS as it could increase your chance of becoming pregnant. Some people taking ACTOS may experience flu-like symptoms, mild to moderate swelling of legs and ankles, and anemia. When taking ACTOS with insulin or sulfonylureas, you may be at risk for low blood sugar. Patients with diabetes should have regular eye exams. If you experience vision problems, consult your doctor immediately. Very rarely, some patients have experienced visual changes while taking ACTOS.

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