

Renin-angiotensin system blockade improves the prognosis in diabetic patients

The Barbanza Diabetes Study

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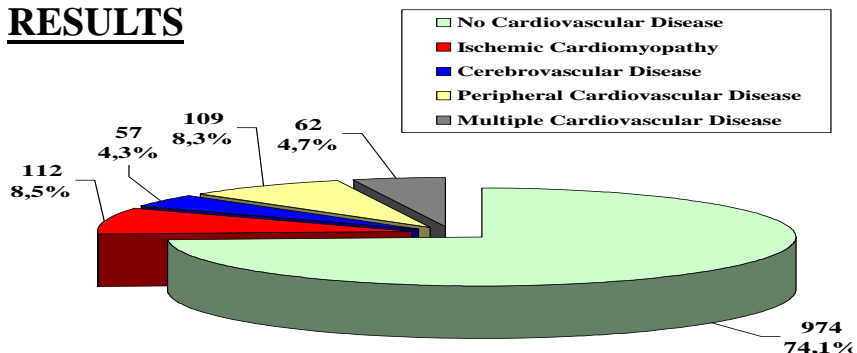
PURPOSE

The renin-angiotensin system (RAS) blockade has shown to reduce the nephropathy risk and improve the prognosis of diabetics. However, we lack of “real world” data about the impact of this pharmacological intervention in diabetic patients not included in clinical trials

AIM

The objective is to know the influence of RAS blockade in an unselected population of diabetics in an outpatient setting.

RESULTS



Age (Mean ±SD)	66 ±11
Female Sex (%)	51.3
Hypertension (%)	64
Dyslipidemia (%)	69.9
Previous Cardiovascular Disease (%)	26
Smoker (%)	13
Obesity (%)	47
Albuminuria (%)	37.3

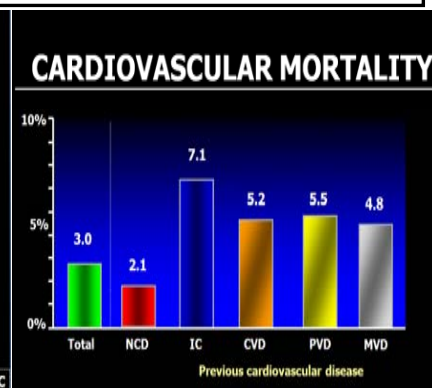
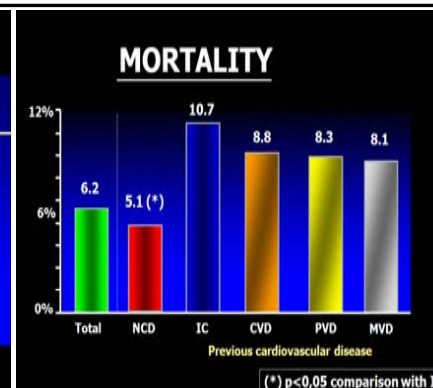
Risk Factor Control							
	Total (1423)	NCD (74%)	IC (9%)	CVD (4%)	PVD (8%)	MVD (5%)	p
AP (<130/80)	14%	13	29	2	15	10	1,5,6
BMI (<25)	12%	12	9	6	13	15	ns
Glucose (<126)	22%	20	28	24	17	31	ns
HbA1c (<7%)	65%	65	66	60	66	68	ns
TCholest (<180)	20%	17	35	16	23	29	1,5
HDLc (>40/50)	61%	63	61	62	48	51	3
LDLc (<100)	15%	13	25	10	18	25	1,4,5
Triglic (<150)	75%	76	77	60	79	65	2,7

1: NCD/IC; 2: NCD/CVD; 3: NCD/PVD; 4: NCD/MVD; 5: IC/CVD; 6: IC/MVD; 7: CVD/PVD

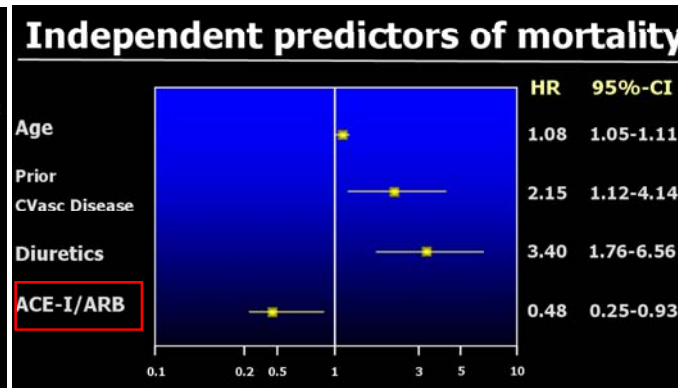
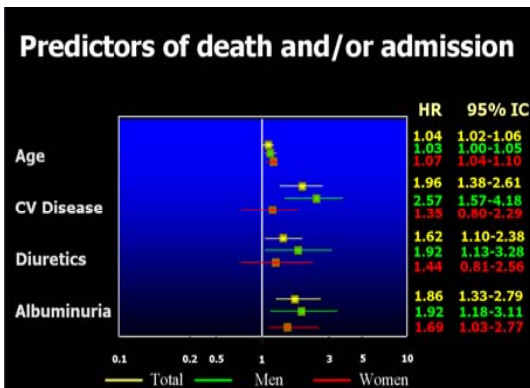
METHODS

Multicenter prospective cohort study involved 1423 consecutive patients with diabetes mellitus who were recruited by 31 primary care physicians. The patients’ characteristics were recorded and they were followed up for 45±10 months

Treatment profile by sex				
	Total (1423)	Men 707 (49.7%)	Women 716 (50.3%)	p
Diuretics (%)	20.9	15.5	26.1	0.000
ACEI/ARB (%)	55.1	49.9	60.2	0.001
Betablocker (%)	6.4	7.2	5.6	0.188
Antiplatelet (%)	20.9	24.5	17.3	0.005
Lipid Lowering (%)	44.9	45.8	44.0	0.618
Nitrates (%)	6.8	7.0	6.6	0.745
Ca ²⁺ Antagon (%)	18	14.9	20.1	0.010



By the end of follow-up, 393 (30%) had been hospitalized, 179 (14%) of whom for cardiovascular disease.



CONCLUSIONS

The RAS blockade diminish the mortality risk and major cardiovascular complications in an unselected population of diabetics in an outpatient setting