



Health Bulletin



New and Powerful Treatment Option Now Available To Help Millions of People with High Blood Pressure

(NAPSA)—High blood pressure is a major public health issue, affecting an estimated 72 million Americans and approximately one billion people globally. High blood pressure can cause serious health consequences. And many patients will require two or more medicines to reach their blood pressure goal.

Now there is a powerful new treatment option available to help patients with high blood pressure.

The U.S. Food and Drug Administration recently approved Exforge® (amlodipine and valsartan) which combines the active ingredients in two of the most prescribed high blood pressure medicines—Diovan® (valsartan) and Norvasc®* (amlodipine)—in a convenient single-tablet form.

“High blood pressure continues to be a major public health issue in the U.S., and many patients will require multiple medications to achieve blood pressure control,” said Bertram Pitt, MD, FACC, and a Professor of Medicine Emeritus at the University of Michigan School of Medicine Division of Cardiology. “This new treatment offers greater

About High Blood Pressure

- High blood pressure affects approximately 72 million adults in the U.S.
- Although anyone is susceptible, some risk factors for high blood pressure include being over 60 years of age, diabetes, smoking, obesity, lack of physical activity, being a woman who is post-menopausal or takes estrogen-based birth control.
- Lifestyle changes including modifications in diet and exercise may be recommended for people with high blood pressure.
- Many patients will require two or more medicines to reach their blood pressure goals.



efficacy and improved convenience with a single tablet compared to its components that will simplify treatment for patients.”

By combining the complementary actions of Diovan and Norvasc, Exforge allows blood vessels to relax so that blood can flow more easily. In clinical trials, Exforge demonstrated superior blood pressure lowering efficacy in patients uncontrolled when taking either component.

Patients with high blood pres-

sure should talk with their health-care professional about lifestyle changes to help reduce their blood pressure and, if needed, about the best treatment options for them.

To Learn More

For more information about Exforge, talk to your doctor or visit www.exforge.com.

Exforge is now available by prescription in U.S. pharmacies in four different strengths, as a once daily oral therapy. Exforge has been approved for use in high blood pressure patients who have not been controlled through the use of either component alone or other drugs in their classes.

Taking EXFORGE during pregnancy can cause injury and even death to your unborn baby. If you get pregnant, stop taking EXFORGE and call your doctor right away. Talk to your doctor about other ways to lower your blood pressure if you plan to become pregnant. See Warnings in complete Prescribing Information by going to www.exforge.com.

* Norvasc is a registered trademark of Pfizer Inc.

Important Safety Information about Exforge

Taking EXFORGE during pregnancy can cause injury and even death to your unborn baby. If you get pregnant, stop taking EXFORGE and call your doctor right away. Talk to your doctor about other ways to lower your blood pressure if you plan to become pregnant. See Warnings in complete Prescribing Information by going to www.exforge.com.

EXFORGE is contraindicated in patients who are hypersensitive to amlodipine or valsartan.

Excessive hypotension was seen in 0.4% of patients treated with EXFORGE. Volume and/or salt-depletion should be corrected in patients before administering EXFORGE or symptomatic hypotension may occur. Caution should be observed when initiating therapy in patients with heart failure or recent myocardial infarction and in patients undergoing surgery or dialysis.

Rarely, increased frequency, duration, and/or severity of angina or acute myocardial infarction have developed in patients treated with calcium channel blockers; particularly patients with severe obstructive coronary artery disease.

In patients with renal artery stenosis or severe renal impairment, care should be exercised with dosing of EXFORGE. In patients with severe HF, decline in renal function and rarely, acute renal failure and/or death has been associated with inhibiting the renin-angiotensin system.

Dosage reduction and/or discontinuation of the diuretic and/or valsartan may be required. Evaluation of patients with heart failure or post-myocardial infarction should always include assessment of renal function.

Amlodipine is not a beta-blocker and therefore gives no protection against the dangers of abrupt beta-blocker withdrawal; any such withdrawal should be by gradual reduction of the dose of beta-blocker.

The most common adverse events that occurred more frequently with EXFORGE than placebo were peripheral edema (5% vs. 3%), nasopharyngitis (4% vs. 2%), upper respiratory tract infection (3% vs. 2%) and dizziness (2% vs. 1%).

Exforge is not indicated for the initial treatment of hypertension. Please see full Prescribing Information available at www.exforge.com.

Important Safety Information About Diovan

DIOVAN can harm an unborn baby and even cause death. If you get pregnant, stop taking DIOVAN. Call your doctor right away. Talk to your doctor about other ways to lower your blood pressure if you plan to become pregnant. See Warnings in complete Prescribing Information by going to www.diovan.com.

DIOVAN is contraindicated in patients who are hypersensitive to any component of this product.

Volume and or salt depletion should be corrected in patients prior to administering DIOVAN or symptomatic hypotension may occur.

Care should be exercised with dosing of DIOVAN in patients with severe renal impairment. As a consequence of inhibiting the renin-angiotensin system, changes in renal function may be observed in susceptible individuals (e.g. patients with renal artery stenosis or severe heart failure).

No significant differences between adverse events, DIOVAN and placebo. AEs more frequent with DIOVAN than placebo: viral infection (3% vs 2%), fatigue (2% vs 1%), abdominal pain (2% vs 1%); the most common AEs: headache and dizziness. An increase in dizziness was observed with the 320 mg (8%) vs 10 mg to 160 mg (2% to 4%).

DIOVAN is indicated for the treatment of hypertension. Please see full Prescribing Information available at www.diovan.com.