



57th Annual Scientific Session
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**COMBINATION OF AMLODIPINE/BENAZAPRIL IS SUPERIOR TO
HYDROCHLOROTHIAZIDE/BENAZAPRIL IN REDUCING CV MORBIDITY
AND MORTALITY**

CHICAGO, IL – ACCOMPLISH (Avoiding Cardiovascular Events Through Combination Therapy in Patients Living with Systolic Hypertension) is the first trial to evaluate cardiovascular outcomes using single pill, fixed-dose combination therapy for the treatment of high-risk hypertensive patients. The trial was terminated early and the interim results presented today at the American College of Cardiology's 57th Annual Scientific Session. Patients with hypertension and high risk for cardiovascular complications experienced 20 percent fewer events (cardiovascular death, heart attacks, strokes, hospitalizations for unstable angina and need for coronary heart procedures) when treated with a combination of an ace inhibitor and calcium channel blocker (aceccb) compared to a combination of an ace inhibitor and hydrochlorothiazide (acehctz).

The ACCOMPLISH investigators demonstrated that the aceccb tablet not only reduced death from heart attacks but also retarded the progression of heart disease by reducing the number of heart attacks, hospitalizations for unstable heart blockages, and even the need for procedures to open clogged arteries to the heart. The strategies used in ACCOMPLISH differ from the current guidelines most clinicians follow. Current guidelines recommend initial treatment with tablets that contain one drug. Importantly, present guidelines recommend diuretics as initial therapy for most hypertensive subjects.

Most people with hypertension do not have adequate control of their blood pressure. Similarly, only 37 percent of the participants in the ACCOMPLISH trial had adequate control prior to entry into the trial. The use of combination tablets as the initial drug treatment more than doubled the number of patients that achieved adequate control.

Moreover, the use of aceccb combination tablet provided superior cardiovascular protection when compared to the diuretic-based therapy.

“The ACCOMPLISH trial demonstrates the superiority of an aceccb pill fixed-dose combination treatment strategy for reducing cardiovascular morbidity and mortality and provides evidence to modify future hypertension guidelines,” said lead investigator of the ACCOMPLISH study Kenneth Jamerson, M.D., Professor, University of Michigan. Dr. Jamerson added, “ACCOMPLISH was both an innovation in hypertension trial design (initial combination rather than monotherapy) and challenged a standard of care in the management of hypertension (diuretic based therapy).”

The Novartis-funded ACCOMPLISH trial achieved exceptional blood pressure control and reduced cardiovascular morbidity and mortality by 20 percent with the use of a combination tablet containing an ace inhibitor/calcium channel blocker. The results provide important new health benefits for the millions at risk of complications from hypertension.

Dr. Jamerson will present this study, “Avoiding Cardiovascular Events Through COMbination Therapy in Patients Living with Systolic Hypertension, the Early Termination of the ACCOMPLISH Trial for Efficacy” on Monday, March 31 at 10:00 a.m. in North Hall B1.

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The American College of Cardiology (www.acc.org) represents the majority of board certified cardiovascular physicians in the United States. Its mission is to advocate for quality cardiovascular care through education, research, promotion, development and application of standards and guidelines- and to influence health care policy. ACC.08 is the largest cardiovascular meeting, bringing together cardiologists and cardiovascular specialists to share the newest discoveries in treatment and prevention, while helping the ACC achieve its mission to address and improve issues in cardiovascular medicine.