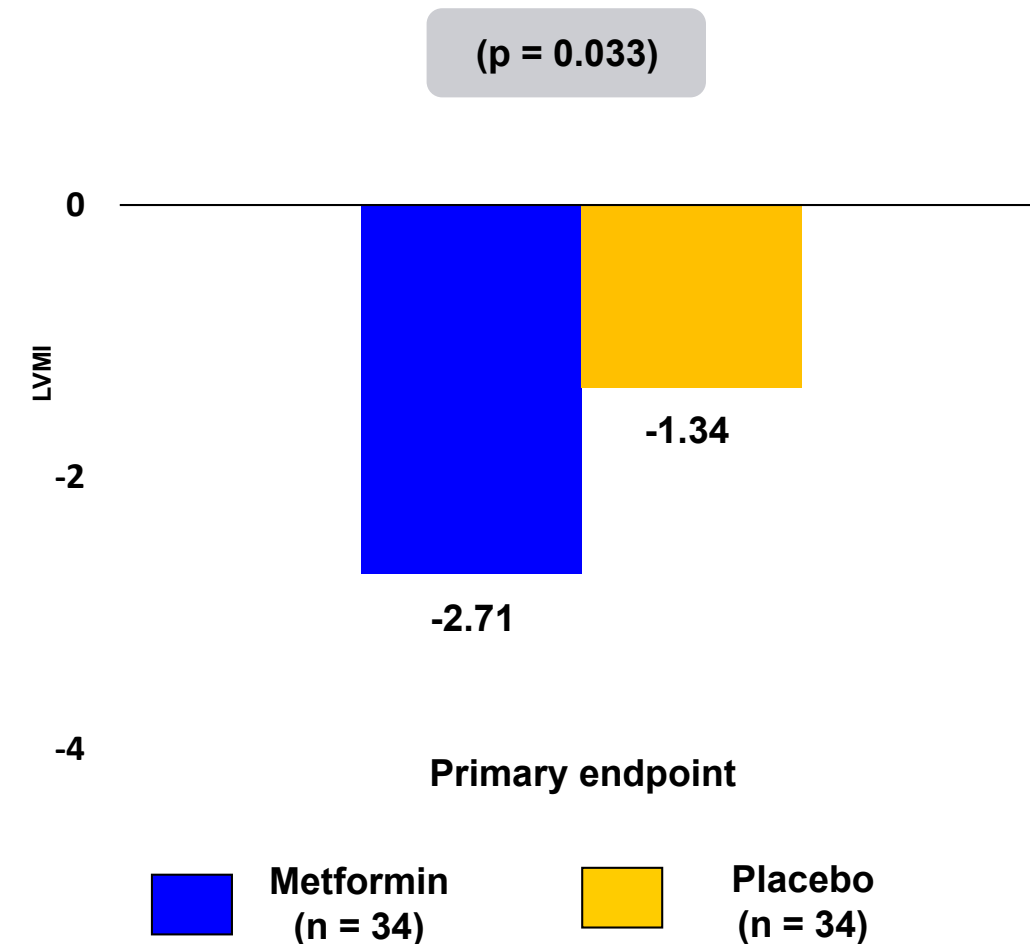


# MET-REMODEL



AMERICAN  
COLLEGE *of*  
CARDIOLOGY

**Trial Description:** Patients who met selection criteria were randomized to metformin XL 1000 mg twice daily vs. placebo for 12 months. Subjects randomized to metformin started at a dose of 500 mg twice daily for 2 weeks.



## RESULTS

- Primary efficacy endpoint: change in LV mass indexed to height (LVMI), was -2.71 g/m in the metformin group vs. -1.34 g/m in the placebo group ( $p = 0.033$ )
- Change in body weight: -3.6 kg in the metformin group vs. -0.01 kg in the placebo group ( $p = 0.001$ )
- Change in systolic blood pressure: -4.8 mm Hg in the metformin group vs. 4.3 mm Hg in the placebo group ( $p = 0.022$ )

## CONCLUSIONS

- Among patients with coronary artery disease/LV hypertrophy/insulin resistance, metformin vs. placebo was effective at regressing LV hypertrophy
- Metformin was also effective at weight loss and reduction in blood pressure

Mohan M, et al. Eur Heart J 2019;40:3409-17