

INDEX

Note: Page numbers in *italics* indicate figures.
Page numbers followed by a "t" indicate tables.
Clinical trials and studies are indexed under the acronym of the name;
cross-references are provided from the full name.

- 4S (Scandinavian Simvastatin Survival Study), 180-181, 185, 202t, 245, 253
- AASK (African American Study of Kidney Disease and Hypertension), 248
- ABCD (Appropriate Blood Pressure Control in Diabetes) trial, 95-97, 128t, 152
- Abdominal obesity, 47-49, 48t, 52
- metabolic and CV risk factors associated with, 27t, 28
 - in metabolic syndrome, 43t
- Acarbose (Precose), 29, 225t, 234-236
- ACCOMPLISH (Avoiding Cardiovascular Events Through Combination Therapy in Patients Living with Systolic Hypertension) trial, 147, 148t
- ACCORD trial, 212, 240, 246
- Accupril. See *Quinapril*.
- Accuretic (quinapril/hydrochlorothiazide), 170t
- ACE inhibitors. See *Angiotensin-converting enzyme inhibitors*.
- Acebutolol (Sectral), 164t
- Aceon. See *Perindopril*.
- Acetohexamide (Dymelor), 224t
- Acid-binding resins, 202t
- Action in Diabetes and Vascular Disease: Preterax and Diamicon Modified Release Control Evaluation. See *ADVANCE*.
- Actoplus Met. See *Pioglitazone/metformin*.
- Actos. See *Pioglitazone*.
- Adipokines, 47, 52
- Adult Treatment Panel III (ATP III) Guidelines, 178
- ADVANCE (Action in Diabetes and Vascular Disease: Preterax and Diamicon Modified Release Control Evaluation), 240
- Advicor (niacin/lovastatin), 195t
- Aerobic exercise. See *Exercise, aerobic*.
- AFCAPS/TexCAPS (Air Force/Texas Coronary Atherosclerosis Prevention Study) trial, 181
- African American Study of Kidney Disease and Hypertension. See *AASK*.
- Age
- cardiovascular disease and, 38, 41, 245
 - diabetes prevalence and, 21, 22, 23, 42
 - fat mass increase with, 49
 - hypertension and, 42
- Air Force/Texas Coronary Atherosclerosis Prevention Study. See *AFCAPS/TexCAPS trial*.
- Albumin-to-creatinine ratio, 44, 48t
- Albuminuria, 40, 40t, 62. See also *Microalbuminuria*.
- Alcohol consumption, moderation of, 140, 141t, 143t, 216t, 254, 259, 260t
- Aldactazide (spironolactone/hydrochlorothiazide), 172t
- Aldoril (methyldopa/hydrochlorothiazide), 172t
- Aldosterone, 44, 52
- actions of, 72, 73
- Aldosterone antagonists, 84
- Aliskiren Observation of Heart Failure Treatment. See *ALOFT*.
- Aliskiren (Tekturna), 163, 166t
- clinical trials, 163-167
- ALLAY (Aliskiren Left Ventricular Assessment of Hypertrophy), 163-167
- ALLHAT (Antihypertensive and Lipid-Lowering Treatment to Prevent Heart Attack Trial), 51, 115-117, 116, 128t, 253
- CHD/CV outcome in, 51-53, 95, 147-148, 149, 150-151
 - double-blind design of, 115
 - effects on glucose metabolism, 77t
 - ERSD and, 149, 150-151
 - new-onset diabetes in, 78t, 80t-81t, 148, 149
 - newer data from, 149, 150-151
 - summary of treatments on, 128t

ALOFT (Aliskiren Observation of Heart Failure Treatment), 163-167

Alpha-glucosidase inhibitors, 29, 225t, 234-235, 255

Altace. See *Ramipril*.

Altacor. See *Lovastatin*.

Amaryl. See *Glimepiride*.

American Diabetes Association (ADA)

aspirin recommendations, 207

blood pressure recommendations, 108, 154

lipid level recommendations, 192, 196, 262t

Amiloride/hydrochlorothiazide (Moduretic), 172t

Amlodipine

cardiovascular events and, 168

clinical trials

ALLHAT, 115-117, 116, 128t, 150-151

ASCOT-BPLA, 117-119, 118, 129t

FACET trial, 82, 95-97, 96t, 129t, 167, 168

IDNT, 123-124, 124

combination therapy, 170t-172t

with aliskiren, 163

with fosinopril, 168

with perindopril, 129t

Amlodipine/atorvastatin (Caduet), 172t

Amlodipine/benazepril (Lotrel), 171t

Amlodipine/olmesartan medoxomil (Azor), 170t

Amlodipine/telmisartan (Twynsta), 170t

Amlodipine/valsartan (Exforge), 170t

Amlodipine/valsartan/hydrochlorothiazide (Exforge HCT), 170t

Amputations, due to peripheral vascular complications, 221

ANBP-2 (Australian National Blood Pressure-2), 78t, 80t

Angiotensin-converting enzyme inhibitors (ACE inhibitors), 149-152, 153t.

See also *specific drugs*.

actions of, 152-154

compared to RAAS inhibition, 83-84

benefit maintenance over longer term, 112-113

cardiovascular risk reduction with, 76-83, 102, 103t, 112, 132t, 147, 149-152, 253, 255

clinical trials

AASK, 248

ABCD trial, 82, 152

ACCOMPLISH, 147, 148t

ALLHAT, 115-117, 116, 149, 150-151

CAPP, 80t, 82, 102-104, 103t, 152

diabetic nephropathy studies, 119-120, 121t

FACET trial, 82, 95-97, 96t, 152, 167

HOPE, 111-112, 111t, 152

HOPE-TOO, 112-113, 113

HOT, 130t

IDNT, 67

meta-analysis of, 82

MICRO-HOPE, 74, 252

PROGRESS, 253

RENAAL study, 67, 122, 123

RESOLV trial, 154

UKPDS study, 82-83, 98, 98t, 131t, 167

in combination therapy

with aliskiren, 163

with ARBs, 67, 120-122, 154, 167

with CCB, 138, 147, 170t-171t, 253

with CCB and diuretic, 170t

with diuretics, 110, 127, 138, 167, 170t-171t, 253

as component of anti-hypertensive treatment, 66, 261t

dosage and physiological effects of, 153t

drugs in this class, 153t

effects

cardioprotective, 152, 253, 255

on diabetes development in hypertensives, 51, 53

Angiotensin-converting enzyme inhibitors (ACE inhibitors), effects (*continued*)

on endothelial function, 59

on glycemic control, 84

on nephropathy, 66, 72, 74, 119-120, 119t, 132t, 149, 154, 248

on new-onset diabetes, 74-76, 78t-81t

on skeletal muscle, 53, 75

on vascular health, 76-84

insulin sensitivity and, 71, 74, 75

microalbuminuria and, 41, 66, 77

new-onset diabetes and, 74-76, 102-104, 148

RAAS and, 71, 72, 73, 74-78, 112

recommendations for, 110, 112, 120-122, 125-126

renal function and, 67, 248

use in diabetics, 72, 110, 112-113, 120-122, 127, 132t, 259, 261t

for diabetic nephropathy, 120, 132t, 248

as preferred therapy for hypertension, 138, 140, 149

role of, overview, 125-126

for stroke prevention, 253

Angiotensin II, 58, 72

actions of, 72, 152

overexpression, diabetic cardiomyopathy and, 255

Angiotensin II receptor blockers (ARBs), 152-155, 156t. See also *specific drugs*.

action mechanisms, 152-154

aliskiren in combination with, 163

cardiovascular risk reduction with, 152-155, 253, 255

clinical trials

IDNT, 120, 248

IRMA, 67, 120, 124-125, 125, 248

LIFE study, 113, 114, 155

ONTARGET, 120, 125, 154

RENAAL study, 120, 154, 248

RESOLV trial, 154

VALUE, 80t, 148, 155

in combination therapy

with ACE inhibitors, 67, 120-122, 154

with CCB, 138

with diuretic, 127, 138, 167

as component of anti-hypertensive treatment, 66, 261t

diabetic nephropathy and, 67, 72, 126, 248

dosage and physiological effects of, 156t

drugs in this class, 156t

effects, 84, 152-154

diabetes reduction in hypertensives, 29, 51, 53

new-onset diabetes and, 76, 78t-79t, 80t, 148

renal function and, 67, 74, 83, 84, 153, 248

renin-angiotensin-aldosterone system (RAAS) and, 71, 72, 73

use in diabetics, 72, 125-126, 127, 132t, 255, 259, 261t

for diabetic nephropathy, 120, 126, 132t, 248

JNC recommendations, 154

for microalbuminuria, 41, 67

as preferred therapy for hypertension, 138, 140

for stroke prevention, 253

Angiotensin II receptors, 72

blockage by ARBs, 154

overexpression of, 255

RAAS and, 71-72

Anglo-Scandinavian Cardiac Outcomes Trial-Blood Pressure-Lowering Arm.

See *ASCOT-BPLA*.

Anglo-Scandinavian Cardiac Outcomes Trial-Lipid-Lowering Arm. See *ASCOT-LLA*.

Antara, 194t

Anticoagulation, 253

Antidiabetic drugs. See *Incretin hormone therapy; Insulin; Oral antidiabetic agents;*

Pharmacological treatment of diabetes.

Antidiabetic therapy, study results with, 241-242

Antihypertensive and Lipid-Lowering Treatment to Prevent Heart Attack Trial.

See *ALLHAT*.

- Antihypertensive drugs. See also *specific drugs*.
 case presentation, 168-173
 combination therapy, 170t-172t
 concerns about, 16-17
 concurrent with lifestyle changes, 146-147
 drugs in this class, 170t-172t
 hyperglycemia risk with, 160
 new-onset diabetes and, 74-76, 78t-81t, 148-168
 recommendations for, 110, 112, 120-126, 132t, 138, 140, 147
 renal function and, 67, 74, 83-84, 261t
 timing of initiation, 146-147
 treatment trials in diabetic patients, 87-135, 128t-131t
 use in diabetics, 41, 51, 67-68
- Antiplatelet therapy, 207-210, 252, 263t
- Antiplatelet Trialists Collaboration, 207
- Appropriate Blood Pressure Control in Diabetes (ABCD trial), 95-97, 128t
 improved CV outcomes on, 82, 96t, 148
- ARBs. See *Angiotensin II receptor blockers*.
- ASCOT (Anglo-Scandinavian Cardiac Outcomes Trial), 185
- ASCOT-BLM, 129t
- ASCOT-BPLA (Anglo-Scandinavian Cardiac Outcomes Trial-Blood Pressure-Lowering Arm), 117-119, 118, 129t
- ASCOT-LLA (Anglo-Scandinavian Cardiac Outcomes Trial-Lipid-Lowering Arm), 185-187, 253
- Aspirin, 68, 109, 173, 207-210, 259, 263t
 clinical trials on, 207, 208-209, 252
 in combination with clopidogrel, 208t, 209
 contraindications for, 207-208, 208t, 263t
 dosage of, 208t, 209, 259, 263t, 264-265
 enteric-coated, 207
 percent of eligible diabetics treated with, 256
 for stroke prevention, 252, 253
 in women, 246, 256
- ASTEROID study (Study to Evaluate the Effect of Rosuvastatin on Intravascular Ultrasound-Derived Coronary Atheroma Burden), 187-188
- Asymptomatic diabetes, 22-27, 28t
- Atacand. See *Candesartan*.
- Atacand HCT (candesartan/hydrochlorothiazide), 171t
- Atenolol (Tenormin), 164t
 clinical trials
 ASCOT-BPLA, 117-119, 118, 129t
 HDFP, 89-90
 LIFE study, 113, 114, 129t
 UKPDS study, 98, 98t, 157
 combination therapy
 with chlorthalidone, 89-90, 94, 130t, 171t
 with thiazide (ASCOT-BLM), 129t
- Atenolol/chlorthalidone (Tenoretic), 171t
- Atheroma burden, ASTEROID study and, 187-188
- Atherosclerosis
 diabetic lipid profile and, 58-59, 177-178
 fibrates and, 190, 191
 management and prevention in diabetics, 179-180, 179t
 proteinuria and, 64
 SANDS study, 126-127
- Atorvastatin (Lipitor), 195t
 cardiovascular end points (on CARDS), 188-189
 clinical trials
 ASCOT-LLA, 185-187
 CARDS, 182t, 187, 188-189, 202t
 combination therapy with, 172t
 dosage of, 195t
 efficacy of, 193, 204t-205t
- Atorvastatin/amlopidine (Caduet), 172t
- ATP III (Adult Treatment Panel III) Guidelines, 178
- Atrial fibrillation, 253
- Australian National Blood Pressure (ANBP-2), 78t, 80t
- Avalide (irbesartan/hydrochlorothiazide), 171t
- Avandamet. See *Rosiglitazone/metformin*.
- Avandaryl. See *Rosiglitazone/glimepiride*.
- Avandia. See *Rosiglitazone*.
- Avapro. See *Irbesartan*.
- AVOID (Aliskiren in the Evaluation of Proteinuria in Diabetes), 163-167
- Avoiding Cardiovascular Events Through Combination Therapy in Patients Living with Systolic Hypertension. See *ACCOMPLISH trial*.
- Azor (amlodipine/olmesartan medoxomil), 170t
- B-type natriuretic peptide, 44
- Baroreceptor sensitivity, 56t, 58
- Benazepril (Lotensin), 153t
 clinical trials, 147, 148t
 combination therapy with, 170t-171t
- Benazepril/amlopidine (Lotrel), 171t
- Benazepril/hydrochlorothiazide (Lotensin HCT), 170t
- Bendroflumethiazide, 117, 171t
- Benicar. See *Olmesartan*.
- Benicar HCT (olmesartan/hydrochlorothiazide), 171t
- β -Blockers, 157-162, 164t-165t. See also *specific drugs*.
 clinical trials
 ASCOT-BPLA, 117
 CAPP, 129t
 diabetic nephropathy studies, 120
 HOT, 130t
 LIFE, 113, 114
 meta-analysis of, 162
 new-onset diabetes and, 78t
 SHEP, 88, 94
 STOP-2, 79t, 80t
 UKPDS study, 74, 83, 98, 98t, 131t, 157
 in combination therapy
 with α_1 - and β -blockers, 164t-165t, 255
 with CCB, 129t
 with diuretics, 74, 102, 110, 171t
 dosage and physiological effects of, 164t-165t
 drugs in this class, 164t-165t
 hyperglycemia risk with, 157-159, 160, 162
 mortality reduction with, 74, 83
 new-onset diabetes and, 95, 159
 safety and benefits of, 94, 99, 157
 side effects with, 99
 use in diabetics, 99, 132t, 259, 261t
 as alternate therapy for hypertension, 138, 140
 for CHF, 255
 to control BP, 261t
 as initial medication, 140
 recommendations for, 162
 renal disease reduction with, 247
- β -Cell dysfunction, 22, 31-32
 insulin therapy for, 235
- Biguanides, 225t, 230-234. See also *Metformin*.
 in combination
 with DPP-IV inhibitor, 226t, 237
 with glinide, 224t
 with sulfonylurea, 225t, 231
 with thiazolidinedione, 226t, 237
- Bile acid sequestrant (colesevelam), 226t, 237
- Biomarkers, for cardiovascular disease, 44
- Bisoprolol (Zebeta), 164t, 171t
- Bisoprolol/hydrochlorothiazide (Ziac), 171t
- Blocadren. See *Timolol*.
- Blood glucose control. See *Glycemic control*.

- Blood pressure. See also *Antihypertensive drugs; Hypertension; Systolic blood pressure in diabetics; Systolic hypertension.*
in cardiometabolic syndrome, 48t
in diabetic patients, 261t
benefits of tight control of, 41, 56, 97-102, 106-110, 117
circadian rhythm of, 56, 56t, 57
dipping and nondipping, 55, 56t, 57, 137
goal levels, 66, 87, 132t, 137, 140, 146, 214t, 246, 259, 261t
percent treated to goal BP, 256, 264, 265
lability of, 56t, 137
lowering, importance of, 87, 109, 132t, 264
lowering, need for multiple medications, 110, 120, 126, 127, 132t, 138, 140, 261t
lowering, reduction of CV risk with, 17, 87, 105, 105t, 108, 108, 109, 132t, 261t
lowering, reduction of diabetic nephropathy with, 66, 119-126, 132t, 248
lowering, reduction of micro- and macrovascular complications with, 17, 41
lowering, safety and benefits of, 94, 109-110
recommendations for, 261t
treating for microalbuminuria, 67-68
- elevated. See *Hypertension.*
home measurements, 137-139
hypertension treatment trials in diabetic patients, 87-135, 128t-132t
levels
aggressive control, safety of, 94, 109-110, 127
definition of hypertension, 138
goal, 17, 64, 66
goal, for diabetics, 66, 87, 108, 110, 132t, 137, 140, 146, 214t, 246, 248, 259, 261t
percent reaching, 256, 264
goal, for nondiabetics, 87, 146
for hypertension, 16, 137
optimal target BP (HOT Study), 106-110, 107, 108, 130t
risk stratification in hypertension, 142t
tight control of, benefits of (UKPDS), 97-102, 106-110, 131t, 167, 239-240
treatment algorithm for diabetics with hypertension, 138
uncertainty about, and consequences for treatment, 126, 256
measuring, 137-139, 261t
in metabolic syndrome, 43t
recommendations, summary, 261t
- Blood pressure cuff, for obese patients, 137
- BMI. See *Body mass index.*
- Body fat, 47-49. See also *Abdominal obesity; Ectopic fat; Obesity.*
- Body mass index (BMI), 143, 143t
overweight, diabetes and, 29, 246
- Body weight. See *Weight.*
- Bradykinin, 72, 73, 75
- Bupropion, 263t
- Byetta. See *Exenatide.*
- Bystolic (Nebivolol), 164t
- C-reactive protein (CRP), 44
- Caduet (amlodipine/atorvastatin), 172t
- Calcium channel blockers (CCBs), 162-163. See also *specific drugs.*
clinical trials
ABCD trial, 95-97, 96t
ACCOMPLISH, 147, 148t
ALLHAT, 115-117
CAPPP, 129t
FACET trial, 82, 95-97, 96t, 167
HOT, 106-110, 107
new-onset diabetes and, 78t-79t, 80t
SYST-EUR, 104-106, 252
combination therapy with, 110, 129t, 138, 147, 163, 170t-171t
MI reduction with, 155
new-onset diabetes and, 148
recommendations for, 132t, 261t
safety and benefits of, 97
- Calcium channel blockers (CCBs) (*continued*)
selective inhibition by glimepiride, 227
use in diabetics, 97, 132t, 138, 259, 261t
- Calories
caloric restriction, recommendations on, 213-217
dietary recommendations for, 143-144, 144t, 179t, 213-217, 216t
- Candesartan (Atacand), 156t
clinical trials
CHARM, 78t, 80t
RESOLV, 154
combination therapy with, 171t
- Candesartan/hydrochlorothiazide (Atacand HCT), 171t
- Candesartan in Heart Failure-Assessment of Reduction in Mortality and Morbidity.
See *CHARM.*
- Capoten. See *Captopril.*
- Capozide (Captopril/hydrochlorothiazide), 170t
- CAPPP (Captopril Prevention Project), 74, 102-104, 103t, 129t
cardiovascular outcomes on, 82
new-onset diabetes and, 78t, 80t
- Captopril (Capoten), 153t
clinical trials
CAPPP, 74, 80t, 82, 102-104, 129t
on diabetic nephropathy, 119-120, 121t
UKPDS study, 82-83, 98, 98t, 157
combination therapy
with diuretic or CCB (CAPPP), 129t
with diuretics, 170t
CV event reduction with, 102, 103t
dosage and physiological effects of, 153t
new-onset diabetes and, 74, 102-104
vs β -blocker/diuretic, 103t
- Captopril/hydrochlorothiazide (Capozide), 170t
- Captopril Prevention Project. See *CAPPP.*
- Carbohydrates
agents that delay absorption of, 234-235
nutrition goals and recommendations for, 179t, 216t, 260t
- Cardio-renal-metabolic interactions, 47-70
- Cardiometabolic syndrome, 47-51, 48t. See also *Metabolic syndrome.*
microalbuminuria in, 62, 63t
relationships of underlying conditions, 52
- Cardiomyopathy, 254-255
- Cardiovascular disease (CVD). See also *Congestive heart failure; Coronary heart disease; Myocardial infarction; Peripheral vascular disease; Stroke.*
age and, 38, 41
diabetes and, 35-39, 64, 264
interactions with cardiometabolic syndrome and renal disease, 47-70
in diabetic patients, 35-39, 36, 259
diabetic men, 36-37, 37
diabetic women, 38-39
mortality from CVD, 35, 64, 259
primary prevention of CVD, summary recommendations, 259-266, 260t-263t
factors contributing to, 37, 39, 41-44, 52
glycemic control and, 15-16, 239-241
heart failure in diabetes, 254-255
mortality, 35, 64, 251, 259
ACE inhibitors and, 76-82, 152
antihypertensive trials, 89, 89t, 132t
biomarkers and, 44
diabetes as independent risk factor for, 37, 41
in diabetic men, 36-37, 37
in diabetic vs nondiabetic women, 245
in diabetic women, 38-39, 245
in diabetics, 35, 36, 259
factors contributing to, 37
leading cause of death in U.S. women, 245
microalbuminuria and, 62, 63, 68

Cardiovascular disease (CVD) (*continued*)
 primary prevention, summary recommendations, 259-266, 260t-263t
 RAAS and, 71-72
 risk factors, 41-44, 64, 256
 age, 38, 41, 245
 biomarkers, 44
 control of, summary, 256, 259-266, 260t-263t
 diabetes as independent risk factor, 37, 41, 264
 in diabetic patients, overview, 35-46
 dyslipidemia in diabetes, 58-59
 hormone replacement therapy, 38
 hyperglycemia, 255
 interaction among, 42
 interventions based on, 15
 metabolic syndrome, 43, 43t
 microalbuminuria, 40, 61-64, 63t, 66
 obesity, 41, 43t
 smoking, 42, 262t-263t
 risk reduction in diabetics. See *Cardiovascular risk reduction in diabetics*.
 risk reduction in hypertensives. See *Cardiovascular risk reduction in hypertensive diabetics*.
 subclinical, 18
 sudden cardiac death, 255-256
 in women, 245-246

Cardiovascular risk reduction in diabetes, 211-244, 256
 antiplatelet therapy and, 207-210, 208t, 263t
 aspirin and, 207-210, 208t
 diet and, 179-180, 179t, 213-217, 216t
 exercise and, 217-220, 220t
 fibrates and, 189-192
 lipid-lowering therapy and, 177-206
 pharmacologic therapy, 222-237, 224t-226t, 228-229
 statins and, 180-189
 study results with antidiabetic therapy, 241-242
 summary of, 256, 259-266, 260t-263t

Cardiovascular risk reduction in hypertensive diabetics, 137-175
 antihypertensives and, 17, 76-82
 clinical trials, 87-135, 128t-132t
 β -blockers and, 83, 113, 114, 157-162
 blood pressure lowering and (UKPDS), 98t-99t, 100-101, 105-106, 105t
 calcium channel blockers and, 162-163
 in clinical trials. See *specific clinical trials*.
 combination therapy and agents, 167-168
 diuretics and, 155-157, 158t
 general approach, 137-140
 glycemic control and, 15-16
 lipid-lowering therapy, 177-206
 recommendations for, 127, 132t
 renin inhibitors and, 193-197
 special populations, 245-249
 renal patients, 247-249
 women, 245-247
 unique factors in, 18

CARDS (Collaborative Atorvastatin Diabetes Study), 182t, 187, 188-189, 202t
 CARE (Cholesterol and Recurrent Events), 180-181, 202t, 245, 253
 Carvedilol (Coreg), 159, 164t
 clinical trials, GEMINI, 159-162, 161t
 physiological effects of, 164t

CCBs. See *Calcium channel blockers*.

Central obesity. See *Abdominal obesity*.

Cerebrovascular disease, in diabetics, 35

CHARM (Candesartan in Heart Failure-Assessment of Reduction in Mortality and Morbidity), 78t, 80t

CHD. See *Coronary heart disease*.

Children with diabetes, lipoprotein levels and screening, 196

Chlorpropamide (Diabinese), 224t

Chlorthalidone (Hygroton, Thalitone), 158t
 clinical trials
 ALLHAT, 115-117, 116, 128t, 150-151
 SHEP, 88-97, 130t
 combination therapy
 with atenolol, 89-90, 130t
 with clonidine, 172t
 physiological effects of, 158t

Cholesterol and Recurrent Events. See *CARE*.

Cholesterol intake, dietary recommendations for, 179t, 260t, 262t

Cholesterol level. See also *Dyslipidemia*; *Metabolic syndrome*.
 diabetes and, 177-178
 frequency of measurement of, 196
 goal levels, 196-197, 216t
 percent of patients reaching, 265

Cholestyramine (Questran, Questran Light, Prevalite), 194t

Chromium, and reduction of sudden cardiac death, 256

Chromium picolinate, 237-239

Chronic kidney disease (CKD), 49, 51, 58. See also *Diabetic nephropathy*; *Renal disease*.
 progression to end-stage renal disease, 52
 relationships of systems/functions with, 51, 52

Cigarette smoking. See *Smoking*.

Circadian rhythm, of blood pressure in diabetes, 56, 56t, 57

Clinical trials and studies. See also *Clinical trials and studies by name*.
 hypertension treatment trials in diabetic patients, 87-135, 128t-131t
 answers and recommendations from, 132t
 clinical uncertainties, and their consequences, 126
 early trials in diabetic patients with hypertension, 87-119
 SANDS study: blood pressure and lipid goals, 126-127
 treatment of diabetic neuropathy, 119-126
 lipid lowering in diabetic subjects, 182t-184t, 189-192
 moderate- and high-dose diuretic therapy on glucose metabolism, 77t
 new-onset diabetes, randomized hypertension treatment trials, 78t-79t

Clinical trials and studies by name. See also *specific studies*.

4S (Scandinavian Simvastatin Survival Study), 180-181, 185, 202t, 253

AASK, 248

ABCD, 95-97, 128t

ACCOMPLISH, 147, 148t

ACCORD, 212, 240, 246

ADVANCE, 240

AFCAPS/TextCAPS trial, 181

ALLAY, 163-167

ALLHAT, 115-117, 128t

ALOFT, 163-167

ANBP-2, 78t, 80t

Antiplatelet Trialists Collaboration, 207

ASCOT-BPLA, 117-119, 129t

ASCOT-LLA, 185-187, 253

ASTEROID, 187-188

AVOID, 163-167

CAPP, 78t, 102-104, 129t

CARDS, 182t, 187, 188-189, 202t

CARE, 180-181, 202t, 245, 253

CHARM, 78t, 80t

Collaborative Study Group, 247

DAIS, 190, 191, 200, 202t

DCCT, 211, 239

DIGAMI, 254

DPP, 212-213

DREAM, 53, 233-234

Effect of an Angiotensin-Converting Enzyme Inhibitor on Diabetic Nephropathy, 119-120, 119t

ETDRS, 208

EWPHE, 77t

Clinical trials and studies by name

FACET, 95-97, 129t
FIELD, 182t-183t, 191-192
Framingham Heart Study, 38, 44, 251, 254
HAPPHY, 77t
HDFP, 77t, 87-95
HERS, 247
HHS, 189-190, 200, 202t
Honolulu Heart Program, 251
HOPE, 51, 78t, 111-112
HOPE-TOO, 112-113, 113
HOT, 106-110, 107, 130t, 208
HPS, 181-185, 183t, 186, 202t, 253
IDNT, 67, 120, 122-124, 124, 248
INSIGHT, 78t, 80t
INVEST, 78t, 80t
IRAS, 31, 178
IRMA 2, 67, 124-125, 125, 248
JUPITER, 197
LIFE, 113, 114, 129t
LIPID trial, 181
Lipids Research Clinics Follow-up Study, 245
MDRD, 108, 248
MICRO-HOPE, 74, 75, 252
MIDAS, 129t
MRC/BHF HPS, 253
MRFIT, 36-37, 37
NORDIL, 80t
Nurses' Health Study, 246
ONTARGET, 67, 120-122, 125
PEPI, 246
PROACTIVE, 233
PROGRESS, 253
RECORD, 233
RENAAL, 67, 120, 122, 123, 248
RESOLV, 154
SANDS, 126-127
SCOPE, 79t, 80t
SHEP, 77t, 87-95, 130t, 252
STENO, 41
STOP-2, 79t, 80t
SYST-EUR, 104-106, 130t, 252
TOMHS, 77t
UKPDS, 97-102, 241-242
University Group Diabetes Project, 227
VA-HIT, 183t-184t, 190, 200, 202t
VADT, 240-241
VALUE, 79t, 80t, 96-97, 148
Veterans Administration, 66
Clonidine/chlorthalidone (Clorpres), 172t
Clopidogrel (Plavix), 208t, 209
Clorpres (clonidine/chlorthalidone), 172t
Clotting disorders in diabetes and, 60-61, 60t, 61t
Coagulation abnormalities, in diabetes and hypertension, 60-61, 60t
Colesevelam (WelChol), 194t, 226t, 237
Colestid. See *Colestipol*.
Colestipol (Colestid), 194t
Collaborative Atorvastatin Diabetes Study. See *CARDS*.
Collaborative Study Group, 247
Combination therapy. See *specific drugs or classes of drugs*.
Complications of diabetes. See *Diabetes mellitus, complications of*.
Congestive heart failure (CHF), in diabetes, 255
Coreg. See *Carvedilol*.
Corgard. See *Nadolol*.
Coronary heart disease (CHD)
aspirin benefit for, 109

Coronary heart disease (CHD) (*continued*)

diabetes and, 94, 254
family history of, 262t
mortality from, 245, 246
outcomes in ALLHAT, 51-53, 149, 150-151
Corzide (nadolol/bendroflumethiazide), 171t
Cozaar. See *Losartan*.
Creatinine level, 140
with ACE inhibitor, 247-248
with β -blockers and diuretics, 247
with fenofibrate, 192
with statin/fibrate combination, 193
Crestor. See *Rosuvastatin*.
CVD. See *Cardiovascular disease*.
Cytokines, 47

D-dimer, 44
DAIS (Diabetes Atherosclerosis Intervention Study), 190, 191, 200, 202t
DASH diet, 143t, 146
DCCT (Diabetes Control and Complications Trial), 211, 239
Dementia, 93, 93t
Depression, 93, 93t
DiaBeta. See *Glyburide*.
Diabetes Atherosclerosis Intervention Study. See *DAIS*.
Diabetes Control and Complications Trial. See *DCCT*.
Diabetes mellitus, 21-35. See also *Diabetes mellitus type 1; Diabetes mellitus type 2; Diabetic patients; Insulin resistance*.
asymptomatic, 22-27, 28t
 β -cell dysfunction in, 22, 31-32
cardiovascular disease in, 35-39. See also *Cardiovascular disease (CVD)*.
cardiovascular risk factors in, 15, 35-46
control of, summary, 256, 259-266, 260t-263t
diabetes as independent risk factor for CVD, 37, 41, 264
cardiovascular risk reduction in. See *Cardiovascular risk reduction in diabetes*.
causes of, 22-23
in children, 196
coagulation abnormalities in, 60-61, 60t
complications of, 39-41, 221-222
costs of, 211
definition of, 21
development of, 22-29
diagnostic criteria for, 29-30, 30t, 228
gender and, 36-39
genetic component of, 27-28
hypertension and, 51-55, 65
multifaceted approach to, 16, 109, 173, 265
new-onset. See *New-onset diabetes*.
new paradigm for, 264
pathogenesis of, 31-32
pharmacological treatment of, 222-237, 224t-226t, 228-229
preclinical, 22-27
prevalence of, 17-18, 21-22
by age group, 21, 22, 23
by race/ethnicity, 21, 24
prognosis/life span and, 25, 264
RAAS in, 71-72, 84
smoking and, 141t, 262t-263t
symptoms of, 23, 30t
target organs and, 251-257
testing criteria, 28, 28t
treatment of. See also *specific treatments*.
lifestyle modifications, 212-220
pharmacologic therapy, 222-237, 224t-226t, 228-229
treatment algorithm, 228-229
undiagnosed, 29-30

- Diabetes mellitus (*continued*)
 untreated, life span and, 21, 25
 in women, 245-246
- Diabetes Mellitus Insulin-Glucose Infusion in Acute Myocardial Infarction.
 See *DIGAMI trial*.
- Diabetes mellitus type 1
 β-cell dysfunction in, 22
 cardiovascular risk reduction recommendation, summary, 263t
 hypertension and microalbuminuria in, 61-62
 lipoprotein patterns in, 177
 ophthalmological evaluation recommendations, 39
 prognosis for, 19
- Diabetes mellitus type 2
 cardiometabolic syndrome and, 51
 cardiovascular events, risk in, 36
 cardiovascular risk reduction recommendations, 261t-263t
 cause of, 23
 heart failure and, 254
 hypertension treatment recommendations for, 125-126, 132t
 lipoprotein pattern in, 177
 obesity and, 29
 ophthalmological evaluation recommendations, 39
 pathogenesis of, 31-32
 prevention of, 212-220
 prognosis for, 19, 265
 treatment algorithm for, 228-229
 undiagnosed, in stroke patients, 251-252
 in young patients, 28-29
- Diabetes Reduction Assessment With Ramipril and Rosiglitazone Medication.
 See *DREAM trial*.
- Diabetic cardiomyopathy, 254-255
- Diabetic nephropathy, 16, 40-41, 58. See also *Microalbuminuria*; *Renal disease*.
 ACE inhibitors/ARBs and, 66, 72, 74, 83, 119, 132t, 247-248
 albumin abnormalities in, 40, 40t
 β-blockers and, 247
 clinical trials and treatments, 119-126
 glucose and BP control, rigorous, 66
 hypertension and, 62, 65, 247
 lipid and lipoprotein levels and, 177-178
 mortality from, 40
 prevalence of, 40, 58
 renal disease progression and, 65-68, 247
- Diabetic neuropathy, 40, 218
- Diabetic patients. See also *Diabetes mellitus*.
 aspirin use in, 207-210, 259
 blood pressure and. See also *Blood pressure*.
 circadian rhythm of, 56, 56t, 57
 goal levels, 132t, 214t, 246, 259, 261t
 cardiometabolic syndrome, 47-51, 48t, 52
 cardiovascular disease in, 35-39, 36, 58. See also *Cardiovascular disease (CVD)*.
 in men, 36-37, 37
 in women, 38-39
 cardiovascular event reduction. See *Cardiovascular risk reduction in diabetes*.
 cardiovascular events and, 15, 35-39
 cardiovascular risk factors in, 35-46, 92, 256. See also *Cardiovascular risk reduction*.
 control of, summary, 246, 259-266, 260t-263t
 dietary recommendations for, 213-217, 216t
 dyslipidemia in, 58-59, 177-178, 179t. See also *Dyslipidemia*.
 lipid lowering clinical trials in, 182t-184t, 189-192
 endothelial dysfunction in, 59, 60t
 exercise for, 217-220, 220t
 glycemic and lipid recommendations for, 214t-215t
 glycemic control, tight, 15-16
 heart failure in, 254-255
 hypertension in. See *Hypertension*
- Diabetic patients (*continued*)
 hypertension treatment trials in, 87-135
 lipoprotein abnormalities in, 50t
 platelet abnormalities in, 61, 61t
 stroke prevention in, 252-253
 vascular health in, 76-84
 women, treatment considerations, 245-247
- Diabetic retinopathy, 39-40, 220-221
 development before diabetes diagnosis, 19, 29, 39
 hypertension and, 53, 221
 benefits of control of, 99, 99t, 100-101
 treatment of, 39-40, 221
 “Diabetogenic” lipid profile, 58
- Diabinese. See *Chlorpropamide*.
- Diagnosis of diabetes, 29-30, 30t, 228
- Diamicon, 240
- Diastolic blood pressure
 in clinical trials, 88-89, 106-107, 107, 110
 goal levels, 261t
 in hypertension, 88
 safety of aggressive control of, 110
- Diet, 213-217, 216t, 222, 260t
 caloric recommendations, 143-144, 144t, 216t
 DASH, 143t, 146
 for dyslipidemia in diabetics, 179-180, 179t, 192, 262t
 fad diets, avoiding, 217
 for hypertension control, 141t
 lipid-lowering, 260t
 low-carbohydrate/high-protein, 145
 low sodium, 143t, 145-146
 for prevention and treatment of diabetes, 213-217
 for prevention of CVD in diabetics, 179-180, 179t, 260t
 recommendations, 216t
 vegetarian, 141t
 for weight reduction, 143-145, 213-217
- Dietary Approaches to Stop Hypertension (DASH), 143t, 146
- Dietary fat, 179t, 213, 216t, 260t
- Dietary fiber, 216t, 260t, 262t
- DIGAMI trial (Diabetes Mellitus Insulin-Glucose Infusion in Acute Myocardial Infarction) trial, 254
- Dihydropyridine calcium channel blockers, use in diabetics, 107
- Diltiazem, 102
- Diovan. See *Valsartan*.
- Diovan HCT (valsartan/hydrochlorothiazide), 171t
- Dipeptidyl peptidase-IV inhibitors. See *DPP-IV inhibitors*.
- Dipping, of diurnal blood pressure, 56, 57
- Diupres. See *Reserpine/chlorthalidone*.
- Diuretics, 155-157, 158t. See also *specific drugs*.
 clinical trials, 77t, 78t, 119-120
 ALLHAT trial, 115-117, 116, 149, 150-151
 HOT, 130t
 SHEP, 94-95, 155
 STOP-2, 79t, 80t
 UKPDS study, 74
 in combination therapy
 with β-blockers, 102, 110, 171t
 with ARB and CCB, 170t
 with ARB or ACE inhibitor, 110, 138, 167, 170t-171t, 253
 with β-blockers, 74, 102, 110, 171t
 with captopril, 129t
 concerns about, 94-95
 CV risk reduction with, 74, 149, 150-151, 155-157, 252-253
 drugs in this class, 158t
 glucose metabolism and, 77t
 new-onset diabetes and, 76, 95

- Diuretics (*continued*)
 physiological effects of, 158t
 recommendations for, 110, 261t
 to reduce proteinuria, 67, 68
 safety and benefits of, 94-95
 use in diabetics, 94, 110, 132t, 140, 259, 261t
- Diovan HCT (valsartan/hydrochlorothiazide), 171t, 171t
- DPP (Diabetes Prevention Program), 212-213
- DPP-IV inhibitors, 225t, 237
- DPP-IV inhibitor/biguanide combination, 226t, 237
- DREAM (Diabetes Reduction Assessment With Ramipril and Rosiglitazone Medication) trial, 233-234
 beneficial effects of RAAS inhibition, 53
- Duetact. See *Pioglitazone/glimepiride*.
- Dyazide (triamterene/hydrochlorothiazide), 172t
- Dymelor. See *Acetohexamide*.
- Dyslipidemia, 58-59. See also *Lipid-lowering therapy*.
 as cardiovascular risk factor, 41
 diabetes and, 58-59, 259
 dietary recommendations, 192-193, 262t
 goals levels, 59, 196-197, 198t-199t, 214t-215t, 254, 259, 262t
 lipoprotein pattern, 177
 treatment, 192-196
 treatment goals, 59, 196-197
 treatment strategies, 59
- diet recommendations for, 260t, 262t
- lipid-lowering therapy for, 177-206
 actions of pharmacologic agents, 202t
 agents for, 200, 201t-205t
 clinical trials, 182t-184t, 189-192
 fibrates, 189-192, 193, 194t
 importance of, 264
 new-onset diabetes and, 197
 statins, 180-189, 193, 195t, 253-254
 treatment goals, 59, 196-197, 198t-199t, 262t
- order of priorities for treatment of, 201t
- recommendations for, summary, 262t
- risk factors for, 262t
- stroke and, 253-254
 testing for, 262t
- Early Treatment Diabetic Retinopathy Study (ETDRS), 208
- Ectopic fat, 49
- Effect of an Angiotensin-Converting Enzyme Inhibitor on Diabetic Nephropathy, 119-120, 119t
- Elderly
 gradual reduction of BP desired in, 261t
 SCOPE trial in, 79t, 80t
 SHEP trial in, 77t, 87-95, 90-92, 91
 SYST-EUR trial in, 104-106
- Enalapril (Vasotec), 153t
 clinical trials
 ABCD trial, 128t
 FACET trial, 82, 95-97, 96t
 RESOLV trial, 154
 SYST-EUR, 130t
 combination therapy with, 170t-171t
 physiological effects of, 153t
- Enalapril/felodipine (Lexxel), 171t
- Enalapril/hydrochlorothiazide (Vaseretic), 170t
- End-stage renal disease (ESRD), 16, 40, 52, 65-68
 ACE inhibitors and, 149, 150-151
 ALLHAT outcomes, 149, 150-151
 ARBs and, 122, 123, 154
 diuretics and, 149, 150-151
 prevention of, 65-66
- Endothelial dysfunction, in diabetes, 59, 60t, 63, 64
- Endothelin, 58, 60t, 76
- Enduron. See *Methyclothiazide*.
- Eprosartan (Teveten), 156t
 combination therapy with, 171t
- Eprosartan/hydrochlorothiazide (Teveten HCT), 171t
- ESRD. See *End-stage renal disease*.
- Essential hypertension, 139-140
- Estradiol, 38
- ETDRS (Early Treatment Diabetic Retinopathy Study), 208
- Ethnicity, diabetes prevalence and, 21, 24
- EUCLID study, 75
- EURODIAB Controlled Trial of Lisinopril in Insulin-Dependent Diabetes Mellitus study (EUCLID study), 75
- European Working Party on High Blood Pressure in the Elderly. See *EWPHE*.
- EWPHE study, 77t
- Exenatide (Byetta), 236
- Exendin-4, 236
- Exercise, 217-220, 259, 260t-261t
 aerobic, 217-218
 benefits of, 50, 64, 140, 143t, 260t-262t
 caveats and precautions for, 218, 219t
 endurance, reduced central body fat, 49
 guidelines, 220t, 260t-262t
 hypoglycemia induced by, 219, 220t
 insulin use and, 220t
 timing of, 219-220
 for weight loss, 213-217
- Exforge (amlodipine/valsartan), 170t
- Exforge HCT (amlodipine/valsartan/hydrochlorothiazide), 170t
- Eye disease, hypertension and, 16
- Eye exams, importance of, 39, 220-221
- Ezetimibe (Zetia), 194t
- Ezetimibe/Simvastatin (Vytorin), 195t
- FACET (Fosinopril vs Amlodipine Cardiovascular Event Trial), 82, 95-97, 96t, 129t, 167
 improved cardiovascular outcomes on, 82, 148
- Fasting blood glucose
 level for diabetes diagnosis, 88
 change in, 88
- Fasting glucose level, 21, 29, 30t, 43t
- Fasting glycemia, in cardiometabolic syndrome, 48t
- Fat intake, dietary recommendations for, 179t, 213, 216t, 260t
- Fatty acid metabolism, 47-49
- Felodipine
 clinical trials, 107-110, 107, 130t
 combination therapy with, 107
- Felodipine/enalapril (Lexxel), 171t
- Fenofibrates
 clinical trials, 189
 DAIS, 190, 191, 202t
 FIELD study, 182t-183t, 191-192
 HDL and, 197
 preparations, 194t
- Fenofibrate Intervention and Event Lowering in Diabetes. See *FIELD study*.
- Fiber intake, recommendations for, 216t, 260t, 262t
- Fibrates, 189-192, 196
 actions of, 202t
 clinical trials of, 189-192, 200
 combinations with statins, 193, 262t
 preparations, 194t
 See also *specific agents*.
- Fibrinogen, 44
- Fibrinolytic abnormalities, 60-61, 60t
- Fibrosis, 52, 72

FIELD (Fenofibrate Intervention and Event Lowering in Diabetes) study, 182t-183t, 191-192
Fish oil, 141t, 195t
Fluvastatin (Lescol, Lescol XL), 193
 dosage of, 195t
 efficacy of, 204t-205t
Foot, peripheral vascular complications and, 221-222, 223t
Foot care, 222
 for exercise, 218-219
Foot lesions, in diabetics, 221-222
Fortamet. See *Metformin*.
Fosinopril (Monopril), 153t, 167
 cardiovascular events and, 82, 168
 clinical trials, 82, 95-97, 96t, 129t, 167, 168
 combination therapy, 168, 170t
Fosinopril/hydrochlorothiazide (Monopril HCT), 170t
Fosinopril vs Amlodipine Cardiovascular Event Trial. See *FACET*.
4S. See *Scandinavian Simvastatin Survival Study*.
Framingham Heart Study, 38, 44, 251, 254
Free fatty acids (FFAs), 47-49
Furosemide, 98

Gemfibrozil (Lopid), 194t
 clinical trials
 HHS, 189-190, 202t
 VA-HIT, 183t-184t, 190, 202t
GEMINI (Glycemic Effects in Diabetic Mellitus: Carvedilol-Metoprolol Comparison in Hypertensives), 159-162, 161t
Gender differences, in diabetes mellitus, 36-39
Genetics
 diabetes and, 27-28
 hypertension and, 50-51, 62
Glimepiride (Amaryl), 224t, 227
 in combination therapy
 pioglitazone/glimepiride (Duetact), 226t
 rosiglitazone/glimepiride (Avandaryl), 226t
Glinides, 224t
Glipizide (Glucotrol, Glucotrol XL), 224t, 227
Glipizide/metformin (Metaglip), 225t, 231
Glomerular damage in diabetes, 62
Glomerular filtration rate (GFR), 40, 41, 52
Glucagonlike peptide-1 (GLP-1), 236
Glucophage. See *Metformin*.
Glucose control. See *Glycemic control*.
Glucose metabolism
 diuretic therapy and, 77t
 microproteinuria and diabetes and, 64-65
Glucotrol. See *Glipizide*.
Glucovance. See *Glyburide/metformin*.
Glumetza. See *Metformin*.
Glyburide (DiaBeta, Micronase, Glynase PresTab), 224t
Glyburide/metformin (Glucovance), 225t, 231
Glycated hemoglobin assays, 212, 240
Glycation, 212
Glycemic control, 263-264. See also *specific agents and clinical trials*.
 benefits for microalbuminuria, 41, 66
 cardiovascular risk reduction with, 15-16, 211-212, 239-241, 247, 259, 260t, 263t
 goal levels for diabetics, 214t-215t, 263t
 percent of patients reaching, 256, 265
 importance of, relative to control of other factors, 87, 264
 microvascular complications of diabetes and, 211
 as part of multifaceted approach, 16, 109, 173
 recommendations for diabetics, 214t-215t, 263t
 renal disease reduction with, 247
Glycemic Effects in Diabetic Mellitus: Carvedilol-Metoprolol Comparison in Hypertensives. See also *GEMINI*.

Glynase PresTab. See *Glyburide*.
Glyset. See *Miglitol*.

HAPPHY (Heart Attack Primary Prevention in Hypertension), 77t
HCTZ. See *Hydrochlorothiazide*.
HDFP (Hypertension Detection and Follow-up Program), 77t, 87-95
 results in diabetic patients, 89t
HDL. See *High-density lipoprotein*.
Heart and Estrogen/Progestin Replacement Study. See *HERS*.
Heart Attack Primary Prevention in Hypertension. See *HAPPHY*.
Heart failure, 150-151, 254-255
Heart Outcomes Prevention Evaluation and Microalbuminuria, Cardiovascular, and Renal Outcomes. See *MICRO-HOPE*.
Heart Outcomes Prevention Evaluation. See *HOPE*, *HOPE-TOO*.
Heart Protection Study. See *HPS*.
Helsinki Heart Study. See *HHS*.
Hepatitis C virus (HCV) infection, diabetes and, 30
HERS (Heart and Estrogen/Progestin Replacement Study), 247
HHS (Helsinki Heart Study), 189-190, 200, 202t
High-density lipoprotein (HDL)
 diabetes and, 177
 goal levels, 59, 192, 196, 214t, 262t, 264
 order of priorities for treatment of dyslipidemia, 201t
fibrates and, 196, 197
hypertension and, 50, 50t
 in metabolic syndromes, 43t, 48t
 pharmacologic treatment of, 192, 202t, 204t-205t
 in women after menopause, 245
HMG-CoA reductase inhibitors. See also *Statins*.
 actions of, 202t
 clinical trials, 180-189
 efficacy of, 204t-205t
 lipid levels and, 179-180
 preparations, 195t
Homocysteine, 44
Honolulu Heart Program, 251
HOPE (Heart Outcomes Prevention Evaluation), 51, 111-112, 111t, 208.
 See also *MICRO-HOPE*.
 cardiovascular events on, 76-82, 111t
 new-onset diabetes and, 74, 78t
HOPE-TOO (Heart Outcomes Prevention Evaluation TOO), 112-113, 113t
Hormone replacement therapy (HRT), 38, 246-247
HOT (Hypertension Optimal Treatment), 106-110, 107, 108, 130t, 208
HPS (Heart Protection Study), 181-185, 183t, 186, 202t, 253
HRT (hormone replacement therapy), 246-247
Hydralazine, 88, 120
Hydrochlorothiazide (Hydrodiuril, Microzide), 158t
 clinical trials
 ACCOMPLISH, 147, 148t
 MIDAS, 129t
 SYST-EUR, 104-106, 130t
 combination therapy with, 102, 164, 170t-172t
Hydrodiuril. See *Hydrochlorothiazide*.
Hydropres (reserpine/thiazide), 172t
Hygroton. See *Chlorthalidone*.
Hyperglycemia
 antihypertensive drugs and risk of, 157-159
 cardiovascular risk and, 41, 211, 254
 control, multifaceted approach for, 16, 173
 in diagnosis of diabetes, 30t
 diets and, 213
 subtle (preclinical), damage from, 23-27
 vascular damage/dysfunction and, 21, 25, 59, 60t
Hyperinsulinemia, 48t, 53-55
Hyperkalemia, 119t, 153t, 167

Hyperlipidemia, 18, 141, 201t. See also *Dyslipidemia*.

Hypertension, 51-55. See also *Antihypertensive drugs*; *Blood pressure*; *Systolic blood pressure in diabetics*; *Systolic hypertension*.

- age and, 42
- blood pressure
 - in definition of, 138
 - goal levels, 64, 66, 110, 132t, 137, 138, 140, 261t
 - in cardiometabolic syndrome, 52
 - case presentation, 168-173
 - control of
 - benefits of, 99, 99t, 100-101, 131t
 - myths and misconceptions about, 16-17
 - safety of aggressive blood pressure lowering, 94, 109-110
 - summary of treatments, 261t
 - defined, 16
 - diabetes and, 51-55, 65, 76
 - cardiomyopathy and, 255
 - cardiovascular risk and, 16, 35, 37, 37, 41, 53, 55, 64, 92
 - cardiovascular risk reduction, 137-175, 261t. See also *Cardiovascular risk reduction in hypertensive diabetics*.
 - ACE inhibitors and, 149-152
 - ARBs and, 152-155
 - β-blockers, 157-162, 164t-165t
 - to close to non-diabetic levels, with therapy, 92-93
 - combination therapy and agents for, 167-168, 170t-172t
 - diuretics, 155-157
 - general approach, 137-140
 - specific agents and studies, 17, 90-92, 91t, 92, 99t, 100-101, 108, 109, 132t, 261t
 - circadian rhythm of BP in, 56, 56t, 57
 - clinical trials for, 87-135, 128t-131t
 - coagulation abnormalities, 60-61, 60t
 - combination therapy and agents for, 167-168, 170t-172t
 - hemodynamic characteristics, 56t
 - lifestyle modifications, 138, 141-146, 141t, 261t
 - microalbuminuria and CVD in, 41, 61-64
 - renal disease and, 53, 58
 - renin inhibitors and, 163-167
 - sodium intake, reduction in, 140, 141t, 145-146, 179t, 261t
 - stroke risk and, 252
 - treatment recommendations, 104, 125-126, 132t, 261t
 - uncertainties in treatment decisions, and their consequences, 126, 256
 - vascular health, 74-84
 - weight reduction, 143-145, 143t
- drugs for. See *Antihypertensive drugs*.
- endothelial dysfunction in, 59, 60t
- essential, 139-140
- genetics and, 50-51, 62
- insulin resistance and, 49-50, 51, 53
- isolated, 53
- lipoprotein abnormalities in, 50-51, 50t
- management of. See also *Antihypertensive drugs*.
 - adverse effects of, 93
 - aggressive control recommendation, 64, 140, 261t, 265
 - combination medications, 170t-172t
 - early, benefits of, 39, 41, 58, 65
 - goal BP levels, 64, 66, 110, 132t, 137, 140
 - multiple medications, need for, 110, 120, 126, 127, 132t, 138, 140, 261t
 - nonpharmacological treatment, 141-146, 141t, 143t
 - optimal BP levels (HOT trial), 106-110, 107, 108
 - pharmacologic therapy, 138, 146-148
 - recommendations for, 104, 108, 125-126, 127, 132t, 138, 261t
 - summary, 127, 132t, 138, 261t
- metabolic abnormalities associated with, 50-51, 50t
- myths and misconceptions about, 16-17
- obesity/lifestyle and, 42
- orthostatic, 53, 58

Hypertension (*continued*)

- prehypertensive state, 139
- primary, 139-140
- RAAS and, 71
- renal disease development/progression and, 58, 61-62, 247
- risk stratification, 142t
- supine, 53
- treatment algorithm, 138
- treatment trials in diabetic patients, 87-135, 128t-131t
 - answers and recommendations from, 132t
 - BP control: tight vs less-tight, 130t-131t
 - clinical uncertainties, and their consequences, 126
 - comparative trials, 128t-129t
 - early trials in diabetic patients with hypertension, 87-119
 - isolated systolic hypertension trials, 130t
 - new-onset diabetes data from, 78t-81t
 - SANDS study: blood pressure and lipid goals, 126-127
 - summary, 127, 132t
 - treatment of diabetic neuropathy, 119-126
- Hypertension Detection and Follow-up Program. See *HDFP*.
- Hypertension Optimal Treatment. See *HOT*.
- Hypertensive cardiomyopathy, 255
- Hypertriglyceridemia, in diabetes, 177
- Hypoglycemia
 - caused by alpha-glucosidase inhibitors combined with sulfonylureas, 234
 - caused by first-generation sulfonylureas, 227, 234
 - in diabetic patients receiving ACE inhibitor and oral hypoglycemic agents, 75
 - exercise-induced, 219, 220t
- Hypoglycemic drugs. See *Oral antidiabetic agents*.
- Hypokalemia, 167
- Hypomagnesemia, 167
- Hypotension, postural, 18
- Hyzaar (losartan/hydrochlorothiazide), 171t

IDNT (Irbesartan Diabetic Nephropathy Trial), 67, 120, 122-124, 124, 126, 154, 248

Impaired glucose tolerance (IGT)

- functions abnormality as precursor to diabetes, 27
- prevalence of, 27
- risk factors for progression to diabetes, 27, 27t

Incretin hormone therapy, 236-237

Indapamide (Lozol), 158t

- physiological effects of, 158t

Inderal LA. See *Propranolol LA*.

Inderide LA (propranolol XR/hydrochlorothiazide), 171t

INSIGHT (International Nifedipine Gastrointestinal Therapeutic System Study

- Intervention as a Goal for Hypertension Therapy), 78t, 80t

Insulin

- agents that enhance secretion of, 222-227
- deficiency, absolute, 22
- guidelines for use of during exercise, 220t
- as therapy for diabetes, 235-236

Insulin-clamp technique, for glucose metabolism, 64-65

Insulin resistance, 31, 263-264

- abdominal obesity and, 47, 48t
- aging and, 42
- cardiometabolic syndrome and, 52
- as cardiovascular disease risk factor, 41
- hypertension and, 49-50, 51
- microalbuminuria and, 62, 64-65
- new-onset diabetes and, 55
- risk factors for, 41
- skeletal muscle amount/function and, 42, 47, 49-50, 53

Insulin Resistance Atherosclerosis Study. See *IRAS*.

Insulin sensitivity

- ACE inhibitors and, 71, 74, 75
- RAAS inhibition and, 55, 71

Insulin therapy, 235-236
 Interactions, cardio-renal-metabolic, 47-70
 International Nifedipine Gastrointestinal Therapeutic System Study Intervention as a Goal for Hypertension Therapy. See *INSIGHT*.
 International Verapamil SR/Trandolapril Study. See *INVEST*.
 INVEST (International Verapamil SR/Trandolapril Study), 78t, 80t
 IRAS (Insulin Resistance Atherosclerosis Study), 31, 178
 Irbesartan (Avapro), 156t
 clinical trials
 IDNT, 67, 120, 122-124, 124, 126
 IRMA, 67, 124-125, 125, 154
 combination therapy with, 171t
 physiological effects of, 156t
 Irbesartan Diabetic Nephropathy Trial. See *IDNT*
 Irbesartan/hydrochlorothiazide (Avalide), 171t
 Irbesartan Microalbuminuria Type 2 Diabetes Mellitus in Hypertension Patients Trial. See *IRMA 2*.
 IRMA 2 (Irbesartan Microalbuminuria Type 2 Diabetes Mellitus in Hypertension Patients Trial), 67, 120, 124-125, 125, 248
 Isolated systolic hypertension (ISH), 53
 SHEP trial, 77t, 87-95, 130t
 SYST-EUR trial, 104-106, 130t, 252
 Isradipine, in MIDAS study, 129t
 IVUS (intravascular ultrasound), 187

Janumet. See *Sitagliptin/metformin*.
 Januvia. See *Sitagliptin*.
 JNC 7 (Seventh Joint National Committee on Prevention, Detection, Evaluation, and Treatment of High Blood Pressure)
 on ARBs, 154
 prehypertensive definition, 139
 recommendations, 104, 108, 140
 recommended BP levels, 146
 Joint National Committee. See *JNC 7*.
 JUPITER trial, 197

Kidney. See also *Diabetic nephropathy; End-stage renal disease; Microalbuminuria; Renal disease*.
 cardiometabolic syndrome effects on, 52, 58
 microalbuminuria and progression of renal disease, 65-68

Labetalol (Normodyne, Trandate), 164t
 Lactic acidosis, 231
 Laser photocoagulation, 221
 LDL. See *Low-density lipoprotein*.
 Lescol. See *Fluvastatin*.
 Levatol (Penbutolol), 164t
 Lexxel (Felodipine/enalapril), 171t
 LIFE (Losartan Intervention for End-point Reduction in Hypertension), 113, 114, 129t, 155
 new-onset diabetes and, 78t, 80t
 Lifestyle modifications, 212-220, 228
 for cardiovascular disease prevention, 15-16, 259, 260t
 for diabetes, 212-220, 259
 concurrent with pharmacotherapy, 222, 228
 diet, 213-217, 216t
 early treatment with, 17
 exercise, 217-220, 219t
 for diabetes prevention, 212-220
 effectiveness of, 29
 for hypertension control, 138, 141-146, 141t, 261t
 medication concurrent with, 146-147
 weight reduction, 141, 141t
 for stroke prevention, 254
 LIPID (Long-Term Intervention With Pravastatin in Ischaemic Disease) trial, 181

Lipid-lowering therapy, 177-206. See also *Dyslipidemia; specific agents and classes of agents*.
 clinical trials, 182t-184t, 189-192
 fibrates, 189-192
 statins, 180-189, 185
 dietary recommendations for, 179-180, 179t
 drugs, 200, 201t-205t
 clinical trials of, 182t-184t, 189-192
 combination therapy, 262t
 efficacy of, 204t-205t
 fibrates, 189-192, 194t
 new-onset diabetes and, 197
 preparations, 194t-195t
 SANDS study, 126-127
 statins, 67, 179-189, 195t
 goal recommendations for diabetics, 214t-215t, 262t
 niacin, 194t-195t
 order of priority for treatment in, 201t
 risk stratification and, 198t-199t
 stroke prevention with, 253-254
 treatment goals, 59, 196-197, 262t
 Lipid profile, "diabetogenic," 58
 Lipids. See also *Dyslipidemia; Lipid-lowering therapy*.
 in diabetes, 58-59, 141
 "diabetogenic" lipid profile, 58
 recommendations for, 262t
 Lipids levels, abnormal. See *Dyslipidemia*.
 Lipids Research Clinics Follow-up Study, 245
 Lipitor. See *Atorvastatin*.
 Lipolysis, inhibition of by insulin, 177-178
 Lipoprotein (a), 50t, 60, 60t
 in women after menopause, 245
 Lipoprotein abnormalities. See also *Dyslipidemia*.
 in diabetics, 58-59, 177-178
 in hypertensive diabetics, 50-51, 50t
 Lipoprotein lipase, 177-178
 Lipoprotein screening, for diabetics, 178
 Lisinopril (Prinivil, Zestril), 153t
 aliskiren in combination with, 163
 clinical trials
 ALLHAT, 115-117, 116, 128t
 EUCLID study, 75
 combination therapy with, 170t
 glycemic control with, 75
 physiological effects of, 153t
 Lisinopril/hydrochlorothiazide (Prinzide, Zestoretic), 170t
 Lispro insulin, 235
 Liver function, monitoring, 232
 Lofibra, 194t
 Long-Term Intervention With Pravastatin in Ischaemic Disease. See *LIPID trial*.
 Lopid. See *Gemfibrozil*.
 Lopressor HCT (metoprolol/hydrochlorothiazide), 171t
 Lopressor. See *Metoprolol*.
 Losartan (Cozaar), 153t
 clinical trials
 LIFE study, 113, 114, 129t, 155
 RENAAL study, 122, 123, 154
 combination therapy with, 153t, 171t
 physiological effects of, 153t
 Losartan/hydrochlorothiazide (Hyzaar), 171t
 Losartan Intervention for End-point Reduction in Hypertension. See *LIFE*.
 Lotensin. See *Benazepril*.
 Lotensin HCT (Benazepril/hydrochlorothiazide), 170t
 Lotrel (amlodipine/benazepril), 171t
 Lovastatin (Altacor, Mevacor)
 clinical trials, AFCAPS/TexCAPS trial, 181

- Lovastatin (Altacor, Mevacor) (*continued*)
 dosage of, 195t
 efficacy of, 193, 204t-205t
- Lovaza, 195t
- Low-density lipoprotein (LDL)
 diabetes and, 177
 desirable level for diabetics, 178, 192
 frequency of measurement of, 196
 goal levels, 59, 192-193, 196-197, 198t-199t, 214t, 259, 262t, 264
 percent of patients reaching, 256, 264, 265
 order of priorities for treatment of dyslipidemia, 201t
 pharmacologic treatment of dyslipidemia, 202t, 204t-205t
 risk categories and, 198t-199t
 VLDL, 177
 in women, goal level, 246
- Lozol. See *Indapamide*.
- Macrovascular complications of diabetes, 15, 264
- Macular edema, 221
- Magnesium levels, 256
- Mavik. See *Trandolapril*.
- Maxzide (triamterene/hydrochlorothiazide), 172t
- MDRD (Modified Dietary Protein in Renal Disease) trial, 108, 248
- Medical Research Council/British Heart Foundation (MRC/BHF) Heart Protection Study.
 See *HPS*.
- Medical Research Council (MRC), 77t
- Meglitinide class, 227-228
- Men
 abdominal obesity definition in, 48t
 cardiovascular disease in diabetic men, 36-37, 37
- Menopause
 CVD risk and, 38, 245
 fat accumulation after, 49
 hormone replacement therapy, in diabetic women, 246-247
 lipid levels after, 245
- Mesenteric fat, 47
- Metabolic syndrome, 43, 43t, 263. See also *Cardiometabolic syndrome*.
 microalbuminuria and, 62, 63t
 renal disease and, 52
- Metaglip. See *Glipizide/metformin*.
- Metformin (Glucophage, Fortamet, Glumetza), 29, 225t, 230-234
 action mechanism, 230
 adverse reactions/contraindications, 231
 in treatment algorithm, 228-229
 in UKPDS, 241-242
- Metformin combination agents, 231
 glipizide/metformin (Metaglip), 225t, 231
 glyburide/metformin (Glucovance), 225t, 231
 pioglitazone/metformin (Actoplus Met), 226t, 231
 repaglinide/metformin (Prandimet), 224t
 rosiglitazone/metformin (Avandamet), 226t, 231
 sitagliptin/metformin (Janumet), 226t, 231, 237
- Methylothiazide (Enduron), 158t
- Methyldopa/hydrochlorothiazide (Aldoril), 172t
- Methyldopa, in UKPDS, 98
- Metolazone (Mykrox, Zaroxolyn), 158t
- Metoprolol (Lopressor), 164t
 combination therapy with, 171t
 GEMINI, 159-162, 161t
- Metoprolol XR (Toprol-XL), 164t
- Metoprolol/hydrochlorothiazide (Lopressor HCT), 171t
- Mevacor. See *Lovastatin*.
- Micardis. See *Telmisartan*.
- Micardis HCT (telmisartan/hydrochlorothiazide), 171t
- MICRO-HOPE (Heart Outcomes Prevention Evaluation and Microalbuminuria, Cardiovascular, and Renal Outcomes), 74, 75, 252
- Microalbuminuria, 40-41, 40t, 61-64
 ACE inhibitors and, 66, 67, 248
 ARBs and, 154, 248
 in cardiometabolic syndrome, 48t, 63t
 cardiovascular morbidity and mortality and, 62-64, 63, 66, 68
 definition of, 40, 40t, 62
 in diabetes and hypertension, 61-64
 factors associated with, 62
 glucose metabolism and, 41, 64-65
 in hypertensive diabetics, 140
 insulin resistance and, 62, 64-65
 measurement of, 66, 69t
 RAAS inhibition and, 259
 renal disease progression and, 65-68
 significance of, 68, 69t
 treatment of, 41, 66-68, 69t
- Micronase. See *Glyburide*.
- Microproteinuria, 64-65. See also *Microalbuminuria*.
- Microvascular disease in diabetes, 25, 39-41, 264. See also *Diabetic nephropathy*;
Diabetic neuropathy; *Diabetic retinopathy*.
 glycemic control and, 15, 211
- Microzide. See *Hydrochlorothiazide*.
- MIDAS, 129t
- Miglitol (Glyset), 225t, 234-236
- Mineral supplements, 237-239
- Minerals, dietary recommendations for, 216t, 256
- Minizide (prazosin/polythiazide), 172t
- Minority populations, diabetes prevalence among, 21, 22, 24, 27-28
- Modified Dietary Protein in Renal Disease (MDRD) trial. See *MDRD*.
- Moduretic (amiloride/hydrochlorothiazide), 172t
- Moexipril (Univase), 153t
 combination therapy with, 170t
- Moexipril/hydrochlorothiazide (Unirectic), 170t
- Monopril. See *Fosinopril*.
- Monopril HCT (Fosinopril/hydrochlorothiazide), 170t
- Mortality
 from cardiovascular disease, in diabetics, 35, 36, 245-246, 259
 from myocardial infarction, 245-246, 254
 from stroke, 245-246, 251
- MRC/BHF Heart Protection Study, 253
- MRFIT (Multiple Risk Factor Intervention Trial), 36-37
- Multifaceted approach, to diabetes, 16, 109, 173, 265
- "Multimarker" approach, 44
- Multiple Risk Factor Intervention Trial. See *MRFIT*.
- Mykrox. See *Metolazone*.
- Myocardial infarction (MI). See also *Stroke*.
 ACE inhibitors and, 82, 103t
 ARBs and, 155
 aspirin and, 207
 in diabetics, 25, 36, 254
 reduction in clinical trials, 90-92, 91, 96-97, 102, 103t, 111, 111t, 112, 181
 diuretics and, 154
 glycemic control, reduction with, 240
 prevention of, 254
 rosiglitazone and, 233
 "silent," 18, 246
 in women, 38, 207, 245-246
- n-3 Fatty acids, 195t
- N-terminal proatrial natriuretic peptide, 44
- Nadolol (Corgard), 164t
 combination therapy with, 171t
- Nadolol/bendroflumethiazide (Corzide), 171t
- Nateglinide (Starlix), 224t, 230
- National Cholesterol Education Program (NCEP)/Adult Treatment Panel III (ATP III)
 Guidelines, 178, 196-197

- National Kidney Foundation, recommendations on BP, 108, 146
- Native Americans, SANDS Study of blood pressure and lipid goals, 126-127
- Natriuretic peptide, 44
- NCEP. See *National Cholesterol Education Program (NCEP)/Adult Treatment Panel III (ATP III) Guidelines*.
- Nebivolol (Bystolic), 159, 164t
- Nephropathy. See *Diabetic nephropathy*
- Nephrotic syndrome, 178, 248
- Neuropathy. See *Diabetic neuropathy*.
- New-onset diabetes (NOD)
- ACE inhibitors and, 74-76, 102-104
 - antihypertensive medications and, 148-168
 - β -blocker use and, 76, 95, 169, 197
 - clinical trials
 - hypertension treatment trials, 78t-81t
 - JUPITER trial, 197
 - by medications, 80t-81t
 - diuretics and, 76, 95
 - insulin resistance and development of, 55
 - lifestyle modifications and, 212-213
 - RAAS inhibition and, 76, 95
- Niacin, 194t
- combination therapy with, 195t, 262t
- Niacin/Lovastatin (Advicor), 195t
- Niacin/Simvastatin (Simcor), 195t
- Niacor, 194t
- Niaspan, 194t
- Nicotine replacement, for smoking cessation, 263t
- Nicotinic acid, 194t, 202t
- Nifedipine
- in INSIGHT, 78t, 80t
 - in UKPDS, 98
- Nisoldipine, ABCD trial, 95-97, 96t, 128t
- Nitrates, 252
- Nitrendipine, in SYST-EUR, 104-106, 130t, 252
- Nitric oxide (NO), 58, 59, 60t
- ACE inhibitors and, 76
 - RAAS and, 72
- NOD. See *New-onset diabetes*.
- Nondipping, of blood pressure, 56, 56t, 57, 62, 137
- NORDIL (Nordic Diltiazem), 80t
- Norepinephrine, 58
- Normodyne (Labetalol), 164t
- Nurses' Health Study, 246
- Nutrition. See *Diet*.
- Obesity, 47-49
- abdominal
 - in cardiometabolic syndrome, 48t, 52
 - diabetes and, 42, 52, 141, 217
 - endurance exercise and, 49
 - hypertension and, 42, 141
 - insulin resistance and, 47, 48t
 - metabolic and CV risk factors and, 27t, 28, 41
 - in metabolic syndrome, 43t, 52
 - aging and, 42
 - body mass index, 29
 - diabetes and, 22, 26, 246
 - insulin resistance and, 31, 42, 47, 48t
 - prevalence of, 17, 18
 - weight reduction recommendations, 213-217, 260t
 - in women, 48t, 246
- OGTT. See *Oral glucose tolerance test*
- Olmesartan (Benicar), 153t
- combination therapy with, 171t
- Olmesartan/hydrochlorothiazide (Benicar HCT), 171t
- Omental fat, 47
- Ongoing Telmisartan Alone or in Combination With Ramipril Global Endpoint Trial (ONTARGET), 67, 120-122, 125, 154
- ONTARGET (Ongoing Telmisartan Alone or in Combination With Ramipril Global Endpoint Trial), 67, 120-122, 125, 154
- Ophthalmologist, evaluation by, 39, 220-221
- Oral antidiabetic agents
- alpha-glucosidase inhibitors, 225t
 - biguanides, 225t, 230-234
 - bile acid sequestrant, 226t, 237
 - combination agents
 - DPP-IV inhibitor/biguanide, 226t
 - glinide/biguanide, 224t
 - sulfonylurea/biguanide, 225t
 - thiazolidinedione/biguanide, 226t
 - thiazolidinedione/sulfonylurea, 226t
 - dosage recommendations for, 224t-226t
 - DPP-IV inhibitors, 225t, 237
 - glinides, 224t, 227-228
 - metformin, 225t, 230-234
 - nateglinide, 224t, 230
 - repaglinide, 224t, 227-230
 - sulfonylureas, 222-227, 224t
 - thiazolidinediones, 225t, 232-234
 - in treatment algorithm, 228-229
- Oral glucose tolerance test (OGTT), 48t
- Orinase. See *Tolbutamide*.
- Oslo study, 77t
- Oxidative stress, 59, 63
- PAI-1 (plasminogen-activator inhibitor type 1), 44, 52, 60, 60t
- Pancreas, β -cell dysfunction, 22, 31-32
- Penbutolol (Levitol), 164t
- PEPI (Postmenopausal Estrogen/Progestin Interventions) trial, 246
- Perindopril (Aceon), 153t
- clinical trials, ASCOT-BPLA, 117-119, 118, 129t
- Peripheral neuropathy, exercise and, 218
- Peripheral vascular complications, prevention of, 221-222
- Pharmacological treatment of diabetes, 222-237. See also *Insulin*;
- Oral antidiabetic agents*.
 - agents for, 224t-226t
 - agents that alter insulin action, 230-234
 - agents that delay absorption of carbohydrates, 234-235
 - agents that enhance insulin secretion, 222-227
 - concurrent with diet and exercise, 222
 - incretin hormone therapy, 236-237
 - insulin, 235-236
 - study results with, 241-242
 - treatment algorithm, 228-229
- Photocoagulation, 221
- Physical activity. See *Exercise*.
- Physical inactivity, as cardiovascular risk factor, 41, 42
- Pindolol, physiological effects of, 164t
- Pioglitazone (Actos), 225t, 232-234
- Pioglitazone/glimepiride (Duetact), 226t
- Pioglitazone/metformin (Actoplus Met), 226t, 231
- Plasma glucose concentration, 29, 30t
- Plasminogen-activator inhibitor type 1 (PAI-1), 44
- Platelets, 61, 61t
- antiplatelet therapy, 207-210, 263t
- Plavix. See *Clopidogrel*.
- Polythiazide/prazosin (Minizide), 172t
- Postmenopausal Estrogen/Progestin Interventions (PEPI) trial, 246
- Postmenopausal Estrogen/Progestin Interventions. See *PEPI trial*.
- Postprandial glucose load, 29
- Postural hypotension, 18

- Potassium levels, 167, 256
 monitoring, 261t
- Prandimet, 224t
- Prandin. See *Repaglinide*.
- Pravachol. See *Pravastatin*.
- Pravastatin (Pravachol), 195t
 clinical trials
 CARE, 180-181, 202t, 245
 LIPID trial, 181
 efficacy of, 193, 204t-205t
- Prazosin, 98
- Prazosin/polythiazide (Minizide), 172t
- Precoese. See *Acarbose*.
- Prehypertensive state, 139
- Preterax, 240
- Prevalite. See *Cholestyramine*.
- Primary hypertension, 139-140
- Prinivil. See *Lisinopril*.
- Prinziden (Lisinopril/hydrochlorothiazide), 170t
- PROACTIVE trial, 233
- Procoagulant state, 60
- PROGRESS study, 253
- Propranolol LA (Inderal LA), 164t
- Propranolol XR/hydrochlorothiazide (Inderide LA), 171t
- Protein
 excretion, normal rate for, 62
 nutrition goals and recommendations for, 216t
- Proteinuria, 62, 64, 66. See also *Microalbuminuria*.
 RAAS inhibition and, 259
 treatment of, 66-68
- Pulse pressure, 110
- Questran. See *Cholestyramine*.
- Quinapril (Accupril), 153t
 combination therapy with, 170t
- Quinapril/hydrochlorothiazide (Accuretic), 170t
- RAAS. See *Renin-angiotensin-aldosterone system*.
- Race, diabetes prevalence and, 21, 24
- Ramipril (Altace), 75, 153t
 clinical trials
 DREAM trial, 233-234
 HOPE, 76-82, 111-112, 111t
 HOPE-TOO, 112-113, 113
 MICRO-HOPE study, 74, 75
 ONTARGET, 67, 120-122
 in combination therapy, 67, 163
 reduction of cardiovascular events, 76-82, 111-112, 111t
- Randomized Evaluation of Strategies for Left Ventricular Dysfunction trial. See *RESOLV*.
- RECORD trial, 233
- Reduction of Endpoints in NIDDM With an Angiotensin II Antagonist, Losartan.
 See *RENAAL*.
- RENAAL (Reduction of Endpoints in NIDDM With an Angiotensin II Antagonist, Losartan), 67, 120, 122, 123, 154
 reduction in ERSD with, 154
 slowing of renal disease on, 248
- Renal disease, 52, 65-68, 247-249. See also *Diabetic nephropathy*; *End-stage renal disease*; *Microalbuminuria*.
 ACE inhibitors and ARBs in treatment of, 66, 67, 83, 119, 132t, 154, 248
 agents contraindicated or cautioned in, 231, 235
 albumin-to-creatinine ratio, 44, 48t
 cardiometabolic syndrome, relationships with, 51, 52, 58
 cardiovascular risk reduction in renal patients, 99t, 247-249
 chronic kidney disease, 51, 52
 hypertension and, 53, 58, 61-62, 247
- Renal disease (*continued*)
 microalbuminuria and progression of, 65-68
 progression to end-stage, 65-66
 subclinical, 18
- Renal function, antihypertensives and, 67, 74, 83-84, 261t
- Renal parenchymal disease, 140
- Renin, 44, 72, 152
 inhibitors
 CV risk reduction and, 163-167
 direct (aliskiren), 163, 166t
 feedback inhibition by angiotensin II, 152
 site of action of, 72, 73
 use in diabetics
- Renin-angiotensin-aldosterone system (RAAS), 71-86, 73
 ACE inhibition and, 74-84
 inhibition of, 53, 55, 72, 120
 β -blockers and, 157
 compared with ACE inhibitors, 83-84
 compared with CCB-regimen, 124, 148
 importance in diabetes management, 84, 104, 120, 149, 259
 new-onset diabetes and, 76, 95
 recommendations for, 104
 reduced CV risk with, 64, 84, 112, 255
 strategies for, 72, 73
 oxidative stress and, 59
- Renin inhibitors, 163-167, 166t
- Repaglinide (Prandin), 224t, 227-230
 combination agent with metformin (Prandimet), 224t
- Research trials. See *Clinical trials and studies*.
- Reserpine/chlorthalidone (Diupres), 88, 130t, 172t
- Reserpine/thiazide (Hydropres), 172t
- Resins, acid-binding, 202t
- RESOLV (Randomized Evaluation of Strategies for Left Ventricular Dysfunction) trial, 154
- Retinal detachment, 221
- Retinopathy. See *Diabetic retinopathy*.
- Revascularization procedures, 222
- Reye's syndrome, 207, 208t, 263t, 265
- Risk factors, 41-44. See also *specific conditions*.
 biomarkers, 44
 for cardiovascular disease in diabetic patients, 35-46
 diabetes as an independent risk factor, 37, 41
 interaction among, 42
 metabolic syndrome, 43, 43t
- Risk stratification
 of hypertension, 142t
 for LDL and lipid-lowering therapy goals, 198t-199t
- Rosiglitazone (Avandia), 29, 225t, 232-234
 clinical trials, 233-234
- Rosiglitazone/glimepiride (Avandaryl), 226t
- Rosiglitazone/metformin (Avandamet), 226t, 231
- Rosuvastatin (Crestor), 195t
 clinical trials
 ASTEROID study, 187-188
 JUPITER trial, 197
 efficacy of, 193, 204t-205t
 new-onset diabetes and, 197
- Salt intake. See *Sodium intake*.
- Salt retention, 71
- SANDS (Stop Atherosclerosis in Native Diabetics Study) Study, 126-127
- Saturated fat intake, 179t, 192, 213, 216t, 260t, 262t
- Scandinavian Simvastatin Survival Study (4S), 180-181, 185, 202t, 245, 253
- SCOPE (Study on Cognition and Prognosis in the Elderly), 79t, 80t
- Sectral (Acebutolol), 164t
- Sedentary lifestyle, 41, 42

- Seventh Joint National Committee. See *JNC 7*.
- Sexual dysfunction, 18
- with antihypertensive treatment, 93, 93t
- SHEP (Systolic Hypertension in the Elderly Program), 77t, 87-95, 130t
- adverse effects of therapy, 93, 93t
 - new-onset diabetes and, 149
 - reduction in CV events and mortality, 90-92, 90, 91t, 158, 252
 - safety and benefits of blood pressure lowering, 94, 110
- Simvastatin (Zocor), 195t
- clinical trials
 - 4S study, 180-181, 185, 202t
 - HPS, 181-185, 183t, 186, 202t
 - in combination therapy
 - with ezetimibe (Vytorin), 195t
 - with niacin (Simcor), 195t
 - efficacy of, 193, 204t-205t
- Sitagliptin (Januvia), 225t, 237, 238
- Sitagliptin/metformin (Janumet), 226t, 231
- Skeletal muscle
- ACE inhibitors and, 75
 - aerobic exercise and, 50
 - bradykinin and, 75
 - insulin resistance and, 42, 47, 49-50, 53
 - vasodilators and, 53, 59, 75
- Smoking, 262t-263t
- cessation, 141t, 259, 262t, 264
 - importance for peripheral vascular lesions, 222
 - nicotine replacement therapy, 263t
 - for stroke prevention, 254
 - physician assessment and questions about, 262t-263t
 - as risk factor, 37, 41, 42, 262t
- Socioeconomic factors, diabetes and, 27-28
- Sodium intake
- DASH, 143t, 146
 - dietary recommendations for, 143t, 145-146, 179t, 216t, 260t
 - foods to avoid, 146t
 - reduction of, 140, 141t, 145-146, 179t, 254, 260t-261t
- Special populations, 245-249
- renal patients, 247-249
 - women, 245-247
- Spirolonolactone/hydrochlorothiazide (Aldactazide), 172t
- Starlix. See *Nateglinide*.
- Statins, 180-189
- actions of, 202t
 - clinical trials of, 126-127, 180-189, 185
 - 4S, 180-181, 185, 202t
 - ASCOT-LLA, 185-187, 253
 - ASTEROID, 187-188
 - CARDS, 182t, 187, 188-189, 202t
 - CARE, 180-181, 202t, 245, 253
 - HPS, 181-185, 186, 202t
 - LIPID, 181
 - meta-analysis of, 188-189
 - in combination
 - with colesvelam, 237
 - with fibrates, 193, 262t
 - with niacin, 262t
 - efficacy, 204t-205t
 - for dyslipidemia, 179-180, 193, 204t-205t, 253-254
 - for proteinuria, 67
 - for reducing CHD, 200
 - new-onset diabetes and, 197
 - preparations, 195t
 - See also *specific drugs*.
- STENO clinical trials, 41
- STOP-2 (Swedish Trial in Older Patients With Hypertension), 79t, 80t
- Stop Atherosclerosis in Native Diabetics Study. See *SANDS*.
- Stroke, 251-254
- ACE inhibitors and ARBs and, 252-253
 - atrial fibrillation and anticoagulation, 253
 - in diabetic patients, 251-254
 - reduction in ALLHAT, 150-151
 - reduction in ASCOT-LLA, 187, 253
 - reduction in HOPE, 111, 111t
 - reduction in LIFE study, 113, 114
 - reduction in SHEP, 90-92, 91
 - reduction in SYST-EUR, 105, 105t
 - reduction in UKPDS, 100-101, 252
 - worldwide incidence of stroke, 251
 - dyslipidemia and, 253-254
 - mortality from, 251
 - in women, 245-246
 - prevention in diabetic patients, 252-254
 - risk
 - in diabetic patients, 35, 36, 251, 254
 - hypertension and, 35, 252-253
 - thrombotic, 251, 253
 - undiagnosed diabetes and, 251-252
- Study on Cognition and Prognosis in the Elderly. See *SCOPE*.
- Study to Evaluate the Effect of Rosuvastatin on Intravascular Ultrasound-Derived Coronary Atheroma Burden. See *ASTEROID*.
- Sudden cardiac death, 255-256
- Sulfonylureas, 222-227, 224t
- action mechanism, 227
 - hypoglycemia and, 227
 - preparations, 224t
 - side effects and cautions, 227
 - in treatment algorithm, 228-229
 - in UKPDS, 241-242
- Sulfonylurea/biguamide combinations, 225t, 231
- Sulfonylurea/metformin combinations, 225t
- Sulfonylurea/thiazolidinedione combinations, 226t
- Swedish Trial in Older Patients With Hypertension. See *STOP-2*.
- Sweeteners, 216t
- Symptoms of diabetes, 23, 30t
- Syndrome X. See *Metabolic syndrome*.
- SYST-EUR (Systolic Hypertension Trial in Europe), 104-106, 105t, 130t, 252
- Systolic blood pressure in diabetics. See also *Hypertension*.
- cardiovascular risk and, 35, 37, 37, 253
 - circadian rhythm of, 55, 57
 - elevated. See also *Systolic hypertension*.
 - as indicator of CV risk, 106
 - renal disease and, 65, 247
 - and risk of complications, 55
 - goal levels, 261t
 - in HOT study, 106-107, 107
- Systolic hypertension. See also *Hypertension*.
- cardiovascular risk and, 53, 55
 - complications of diabetes and, 53, 55
 - in elderly (SHEP trial), 77t, 87-95, 130t
 - progression of renal disease and, 53
- Systolic Hypertension in the Elderly Program. See *SHEP*.
- Systolic Hypertension Trial in Europe. See *SYST-EUR*.
- Target organs and diabetes, 251-257
- heart failure, 254-255
 - stroke, 251-254
 - sudden cardiac death, 255-256
- Tarka (trandolapril/verapamil XR), 171t
- Tekturma. See *Atiskiren*.

- Telmisartan (Micardis), 153t
 clinical trials, 67, 120-122
 combination therapy with, 170t-171t
 physiological effects of, 153t
- Telmisartan/amlodipine (Twynsta), 170t
- Telmisartan/hydrochlorothiazide (Micardis HCT), 171t
- Tenoretic (atenolol/chlorthalidone), 171t
- Tenormin. See *Atenolol*.
- Testing criteria for, 28t
- Testing for diabetes, criteria for, 28, 28t
- Teveten. See *Eprosartan*.
- Teveten HCT (Eprosartan/hydrochlorothiazide), 171t
- Thalitone. See *Chlorthalidone*.
- Thiazide diuretics
 aliskiren in combination with, 163
 cardiovascular risk reduction with, 155-157, 158t
 clinical trials, 94, 129t
 concerns about, 94-95
 to reduce proteinuria, 67
 safety and benefits of, 94-95
- Thiazolidinediones, 29, 225t, 232-234
 side effects and cautions, 232-233
 in treatment algorithm, 228-229
- Thiazolidinedione/biguanide combinations, 226t, 231
- Thiazolidinedione/metformin combinations, 226t, 231
- Thiazolidinedione/sulfonylurea combinations, 226t
- Thrombosis, diabetes and, 59, 60, 251
- Thrombotic strokes, 251, 253
- Ticlid (ticlopidine), 209
- Ticlopidine (Ticlid), 209
- Timolide (timolol/hydrochlorothiazide), 171t
- Timolol/hydrochlorothiazide (Timolide), 171t
- Tobacco use. See *Smoking*.
- Tolazamide (Tolinase), 222-227, 224t
- Tolbutamide (Orinase), 222-227, 224t
- Tolinase. See *Tolazamide*.
- TOMHS (Treatment of Mild Hypertension Study), 77t
- Toprol-XL (Metoprolol XR), 164t
- Trandate (Labetalol), 164t
- Trandolapril (Mavik), 153t
 clinical trials, 78t, 80t
 combination therapy with, 171t
- Trandolapril/verapamil XR (Tarka), 171t
- Trans unsaturated fatty acids, 260t
- Treatment algorithm
 for pharmacologic treatment of diabetes, 228-229
 for treatment of hypertension, 138
- Treatment of Mild Hypertension Study. See *TOMHS*.
- Trials. See *Clinical trials and studies*.
- Triamterene/hydrochlorothiazide (Dyazide, Maxzide), 172t
- Tricor, 194t
- Triglide, 194t
- Triglycerides
 in cardiometabolic syndrome, 48t
 in diabetics, 58, 177
 goal levels, 59, 196, 214t, 262t, 264
 order of priorities for treatment of dyslipidemia, 201t
 hypertension and, 50
 metabolic syndrome and, 43t
 pharmacologic treatment of dyslipidemia, 202t, 204t-205t
 in women after menopause, 245
- Trilipix, 194t
- Twynsta (telmisartan/amlodipine), 170t
- UKPDS (United Kingdom Prospective Diabetes Study), 97-102
 β -cell function in, 32, 157
 CVD risk and outcomes on, 35, 74, 82-83, 167, 235, 239, 252
 epidemiology, 25
 final results of, 98t-99t, 99-102, 100-101
 glycemic control in, 83, 102, 211-212
 number of patients in, 97
 overall results from, 241-242
 purposes of, 97
 tight control of BP, benefits of, 97-102, 98t-99t, 100-101, 239-240, 252
 Unirectic (moexipril/hydrochlorothiazide), 170t
- United Kingdom Prospective Diabetes Study. See also *UKPDS*.
- Univasc. See *Moexipril*.
- University Group Diabetes Project, 227
- Urinary albumin-to-creatinine ratio, 44, 48t
- VA-HIT (Veterans Affairs High-Density Lipoprotein Cholesterol Intervention Trial), 183t-184t, 190, 200, 202t
- VADT (Veterans Affairs Diabetes Trial), 240-241
- Valsartan (Diovan), 153t, 154
 clinical trials, 51, 79t, 80t
 combination therapy with, 171t
- Valsartan/hydrochlorothiazide (Diovan HCT), 171t
- Valsartan Antihypertensive Long-term Use Evaluation. See *VALUE*.
- VALUE (Valsartan Antihypertensive Long-term Use Evaluation), 51, 96-97
 new-onset diabetes and, 79t, 80t, 148
- Vascular endothelium, in diabetes, 59, 60t
- Vascular reactivity, enhanced, 56t, 58
- Vascular resistance, 56t, 58, 120
- Vaseretic (Enalapril/hydrochlorothiazide), 170t
- Vasodilators, 53, 59, 75. See also *ACE inhibitors*.
- Vasodilatory response
 to insulin, 51
 to vasoagonists, 58
- Vasomotor tone, 72
- Vasorelaxing action on insulin, 71
- Vasotec. See *Enalapril*.
- Verapamil, 78t, 80t, 171t
- Verapamil XR/trandolapril (Tarka), 171t
- Very low density lipoprotein (VLDL), 47, 50, 50t, 177
- Veterans Administration trial, 66, 77t
- Veterans Affairs Diabetes Trial. See *VADT*.
- Veterans Affairs High-Density Lipoprotein Cholesterol Intervention Trial. See *VA-HIT*.
- Visceral obesity. See *Abdominal obesity*.
- Vitamins and minerals, dietary recommendations for, 216t
- VLDL. See *Very low density lipoprotein*.
- Vytorin. See *Ezetimibe/Simvastatin*.
- Warfarin, 253
- Weight. See also *Obesity*; *Weight reduction*.
 gain
 as diabetes predictor in women, 246
 as side effect of medications, 232, 241
 ideal weight, 143, 144t
 recommendations, 260t
- Weight reduction, 143-145, 213-217, 259, 260t
 calculating calories for, 144t
 for control of hypertension in diabetics, 140, 143t
 for stroke prevention, 254
- WelChol. See *Colesevelam*.
- Women, 245-247. See also *Menopause*.
 abdominal obesity definition in, 48t
 aspirin treatment for, 246, 256
 cardiovascular disease in diabetic women, 38-39, 245-247
 diabetes in, 245-246

Women (*continued*)

- hormone replacement therapy and, 246-247
- lipid levels in, 245, 246
- metabolic syndrome in, 43t
- obesity in, 48t, 246
- stroke, mortality from, 245-246

Zaroxolyn. See *Metolazone*.

Zebeta. See *Bisoprolol*.

Zestoretic (Lisinopril/hydrochlorothiazide), 170t

Zestril. See *Lisinopril*.

Zetia. See *Ezetimibe*.

Ziac (bisoprolol/hydrochlorothiazide), 171t

Zocor. See *Simvastatin*.