

# NOVETATS EN EL TRACTAMENT DE LA INSUFICIÈNCIA CARDÍACA

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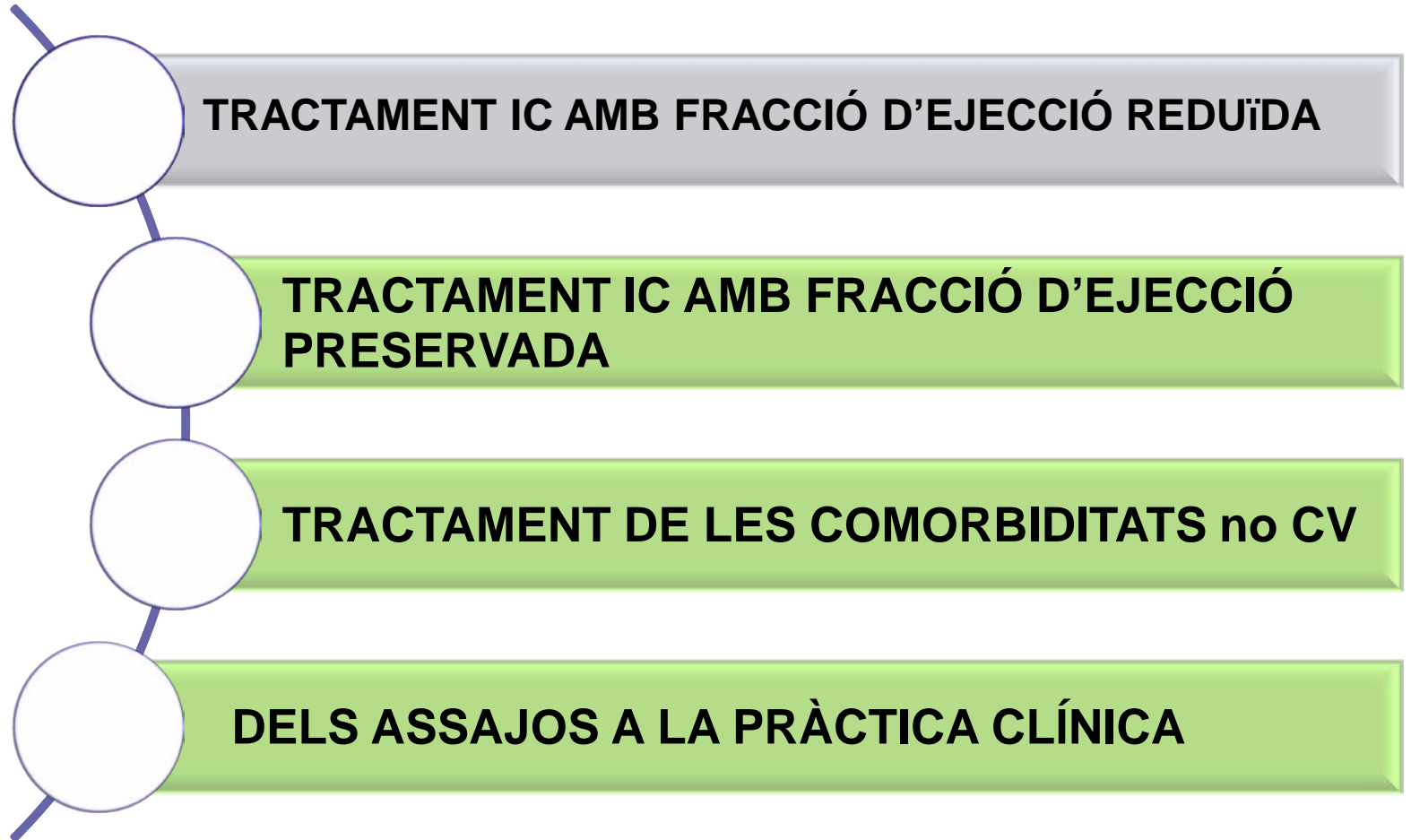
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Grp de malalties del cor de la CAMFiC



# Classificació 2016 de IC en funció de FEVE

## Guies Insuficiència Cardíaca ESC 2012:

- IC amb FE preservada (ICFEp): FEVE $\geq$ 45%
- IC amb FE reduïda (ICFEr): FEVE $<$ 45%



**Table 3.1** Definition of heart failure with preserved (HFpEF), mid-range (HFmrEF) and reduced ejection fraction (HFrEF)

Type of HF	HFrEF	HFmrEF	HFpEF
<b>CRITERIA</b>	<b>1</b>	Symptoms $\pm$ Signs <sup>a</sup>	Symptoms $\pm$ Signs <sup>a</sup>
	<b>2</b>	LVEF $<$ 40%	LVEF 40–49%
	<b>3</b>	–	1. Elevated levels of natriuretic peptides <sup>b</sup> ; 2. At least one additional criterion: a. relevant structural heart disease (LVH and/or LAE), b. diastolic dysfunction (for details see Section 4.3.2).
			1. Elevated levels of natriuretic peptides <sup>b</sup> ; 2. At least one additional criterion: a. relevant structural heart disease (LVH and/or LAE), b. diastolic dysfunction (for details see Section 4.3.2).

BNP = B-type natriuretic peptide; HF = heart failure; HFmrEF = heart failure with mid-range ejection fraction; HFpEF = heart failure with preserved ejection fraction; HFrEF = heart failure with reduced ejection fraction; LAE = left atrial enlargement; LVEF = left ventricular ejection fraction; LVH = left ventricular hypertrophy; NT-proBNP = N-terminal pro-B type natriuretic peptide.

<sup>a</sup>Signs may not be present in the early stages of HF (especially in HFpEF) and in patients treated with diuretics.

<sup>b</sup>BNP $>$ 35 pg/ml and/or NT-proBNP $>$ 125 pg/mL.

# Tractament de la ICFEr crònica

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**ESC GUIDELINES**

**2016 ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure**

The Task Force for the diagnosis and treatment of acute and chronic heart failure of the European Society of Cardiology (ESC)

Developed with the special contribution of the Heart Failure Association (HFA) of the ESC

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ESC entities having participated in the development of this document:

Associations: Acute Cardiovascular Care Association (ACCA), European Association for Cardiovascular Prevention and Rehabilitation (EACPR), European Association of Cardiovascular Imaging (EACVI), European Heart Rhythm Association (EHRA), Heart Failure Association (HFA).

Councils: Council on Cardiovascular Nursing and Allied Professions, Council for Cardiology Practice, Council on Cardiovascular Primary Care, Council on Hypertension.

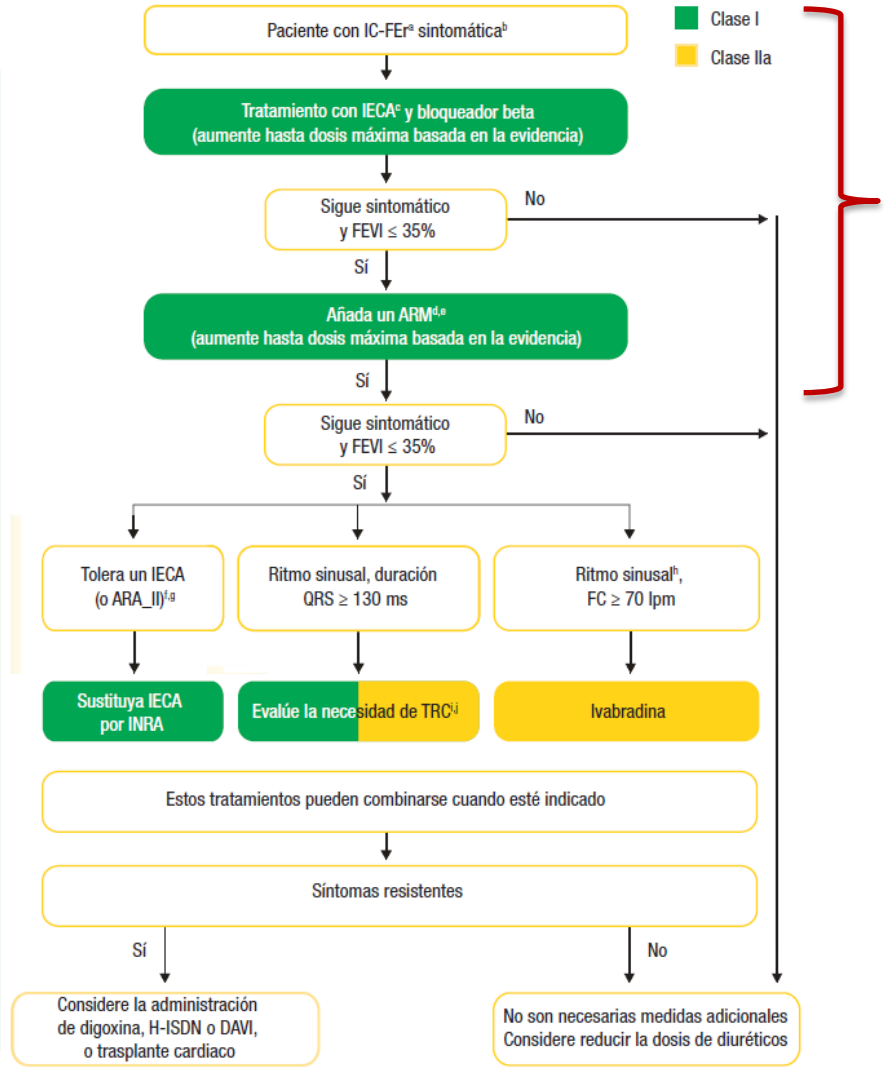
Working Groups: Cardiovascular Pharmacotherapy, Cardiovascular Surgery, Myocardial and Pericardial Diseases, Myocardial Function, Pulmonary Circulation and Right Ventricular Function, Valvular Heart Disease.

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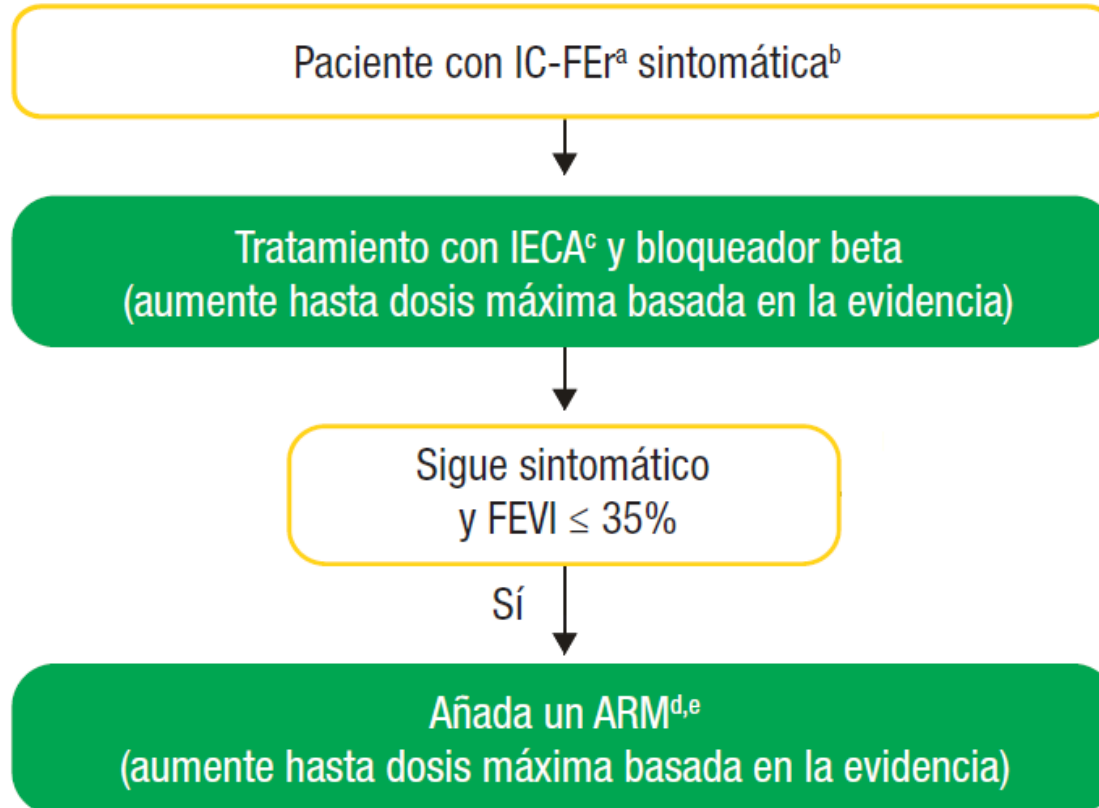
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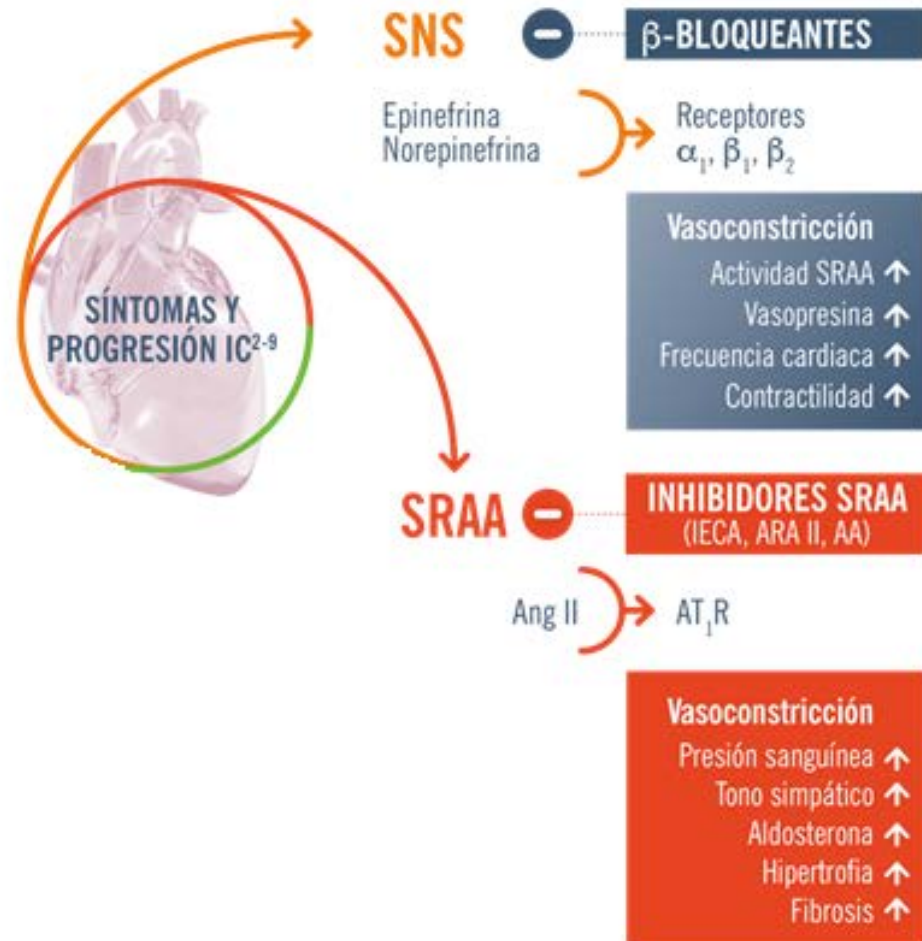
Diuréticos para aliviar los síntomas y signos de congestión  
 Si la FEM ≤ 35% a pesar de TMO o en caso de historia de TV/PV, implante un DAI



# Tractament de la IC-FeR crònica



# Tractament de la ICFEr crònica



# Tractament de la ICFEr crònica



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AA: antialdosterònics; Ang: angiotensina II; ARA II: antagonistes de los receptors de la angiotensina II;  $AT_1R$ : angiotensina II tipo 1; IC: insuficiencia cardiaca; IECA: inhibidores de la enzima convertora de la angiotensina; SNS: sistema nervioso simpàtico; SRAA: sistema renina-angiotensina-aldosterona.



## Eplerenone in Patients with Systolic Heart Failure and Mild Symptoms

Faiez Zannad, M.D., Ph.D., John J.V. McMurray, M.D., Henry Krum, M.B., Ph.D., Dirk J. van Veldhuisen, M.D., Ph.D., Karl Swedberg, M.D., Ph.D., Harry Shi, M.S., John Vincent, M.B., Ph.D., Stuart J. Pocock, Ph.D., and Bertram Pitt, M.D., for the EMPHASIS-HF Study Group\*

- Eplerenone vs placebo
- 2737 patients
- NYHA II
- FEVE ≤ 35%
- Mort de causa cardiovascular vs ingrès per IC

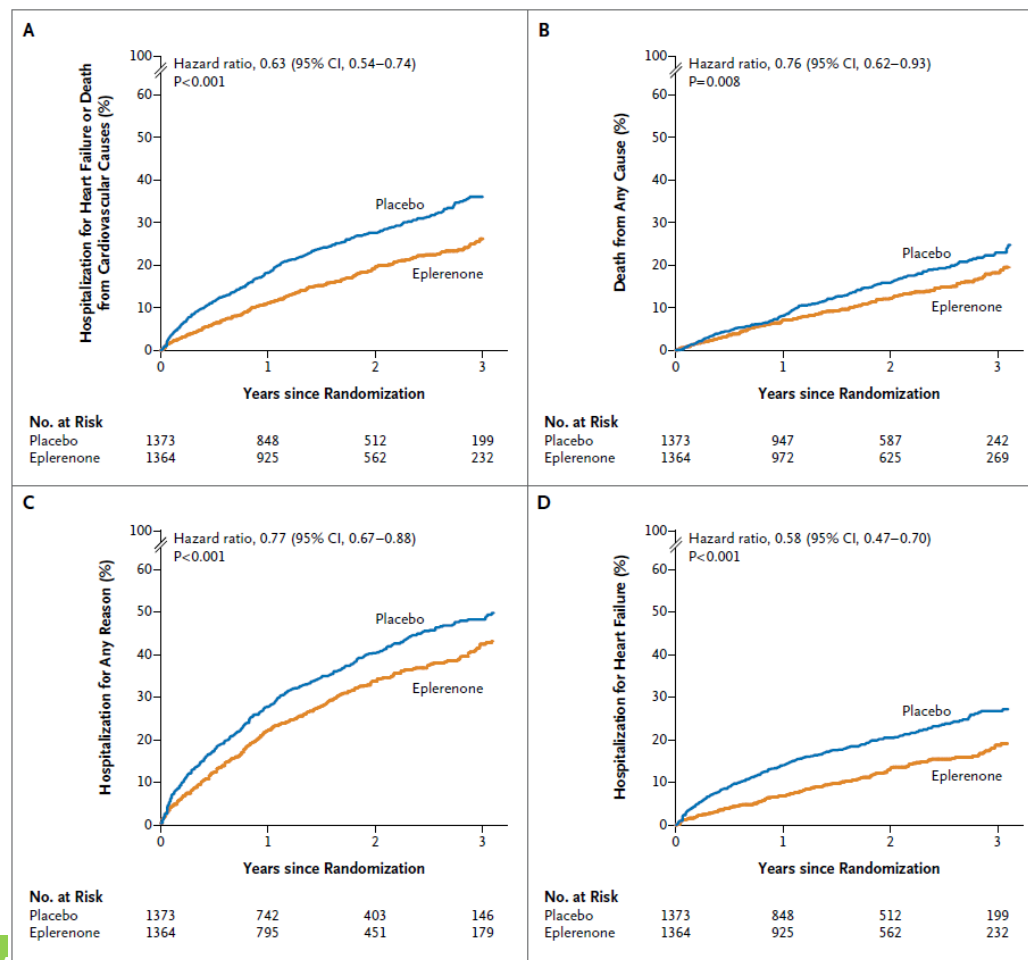
Characteristic	Eplerenone (N= 1364)	Placebo (N= 1373)
Hemoglobin — g/dl	13.8±1.6	13.8±1.6
Serum creatinine — mg/dl	1.14±0.30	1.16±0.31
Estimated GFR — ml/min/1.73 m <sup>2</sup> of body-surface area	71.2±21.9	70.4±21.7
Estimated GFR rate <60 ml/min/1.73 m <sup>2</sup> — no. (%)	439 (32.2)	473 (34.5)
Serum potassium — mmol/liter	4.3±0.4	4.3±0.4
Device therapy — no. (%)		
Implantable cardioverter–defibrillator	178 (13.0)	184 (13.4)
Cardiac-resynchronization therapy	38 (2.8)	22 (1.6)
Implantable cardioverter–defibrillator with cardiac resynchronization	74 (5.4)	99 (7.2)
Medication at randomization visit — no. (%)		
Diuretic	1150 (84.3)	1176 (85.7)
ACE inhibitor	1068 (78.3)	1055 (76.8)
ARB	261 (19.1)	266 (19.4)
ACE inhibitor, ARB, or both	1282 (94.0)	1275 (92.9)
Beta-blocker	1181 (86.6)	1193 (86.9)
Digitalis glycosides	363 (26.6)	377 (27.5)
Antiarrhythmic drug	196 (14.4)	192 (14.0)
Antithrombotic drug (antiplatelet or oral anticoagulant)	1205 (88.3)	1214 (88.4)
Lipid-lowering agent	857 (62.8)	856 (62.3)



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- Eplerenone vs placebo
- 2737 patients
- NYHA II
- FEVE ≤ 35%
- Mort de causa cardiovascular vs ingrés per IC



# Tractament de la ICFEr crònica

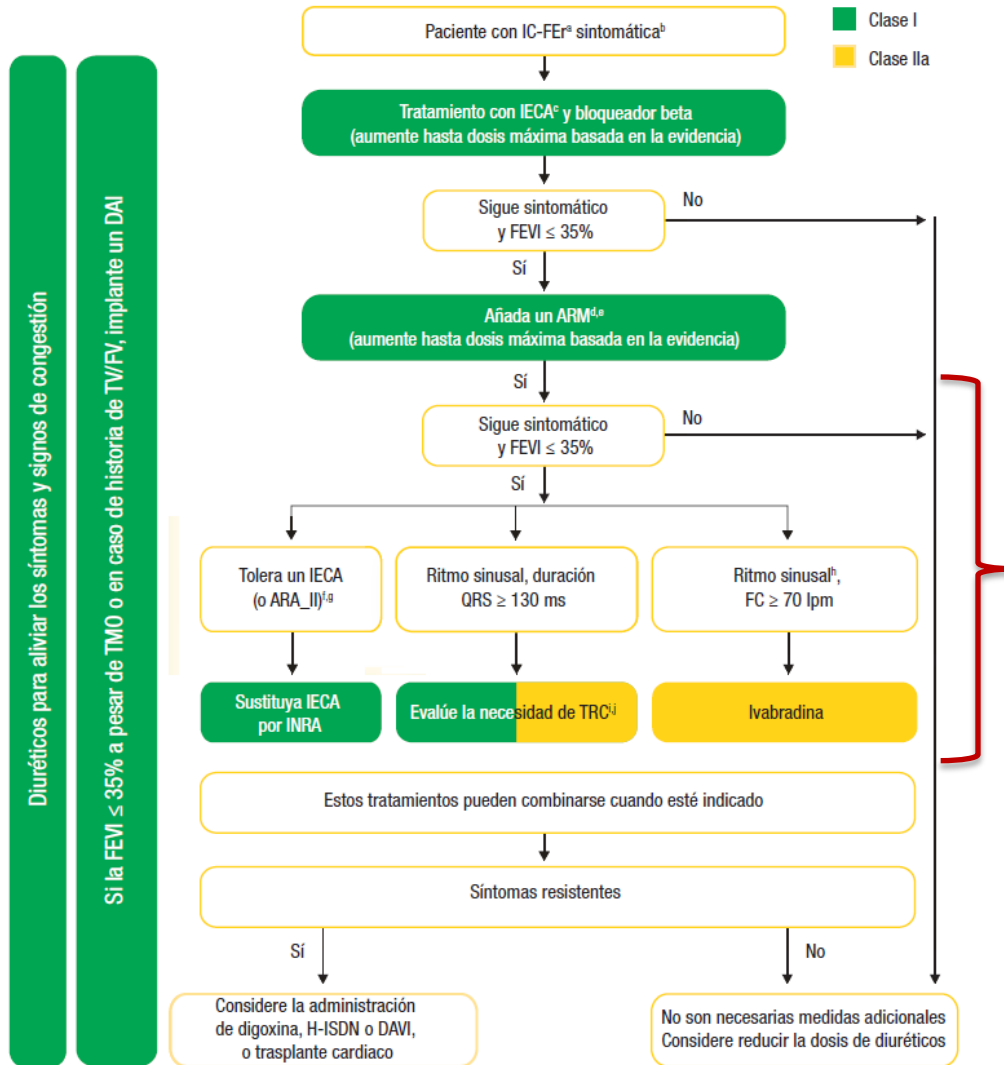
Dosis de fàrmacs modificadors de la enfermedad, basadas en la evidencia recabada en estudios clínicos aleatorizados clave sobre insuficiencia cardiaca y fracción de eyección reducida (o tras infarto de miocardio)

	Dosis inicial (mg)	Dosis objetivo (mg)
<i>IECA</i>		
Captopril <sup>a</sup>	6,25/8 h	50/8 h
Enalapril	2,5/12 h	20/12 h
Lisinopril <sup>b</sup>	2,5-5,0/24 h	20-35/24 h
Ramipril	2,5/24 h	10/24 h
Trandolapril <sup>a</sup>	0,5/24 h	4/24 h
<i>Bloqueadores beta</i>		
Bisoprolol	1,25/24 h	10/24 h
Carvedilol	3,125/12 h	25/12 h <sup>d</sup>
Succinato de metoprolol (CR/XL)	12,5-25/24 h	200/24 h
Nebivolol <sup>c</sup>	1,25/24 h	10/24 h
<i>ARA-II</i>		
Candesartán	4-8/24 h	32/24 h
Valsartán	40/12 h	160/12 h
Losartan <sup>b,c</sup>	50/24 h	150/24 h
<i>ARM</i>		
Eplerenona	25/24 h	50/24 h
Espironolactona	25/24 h	50/24 h

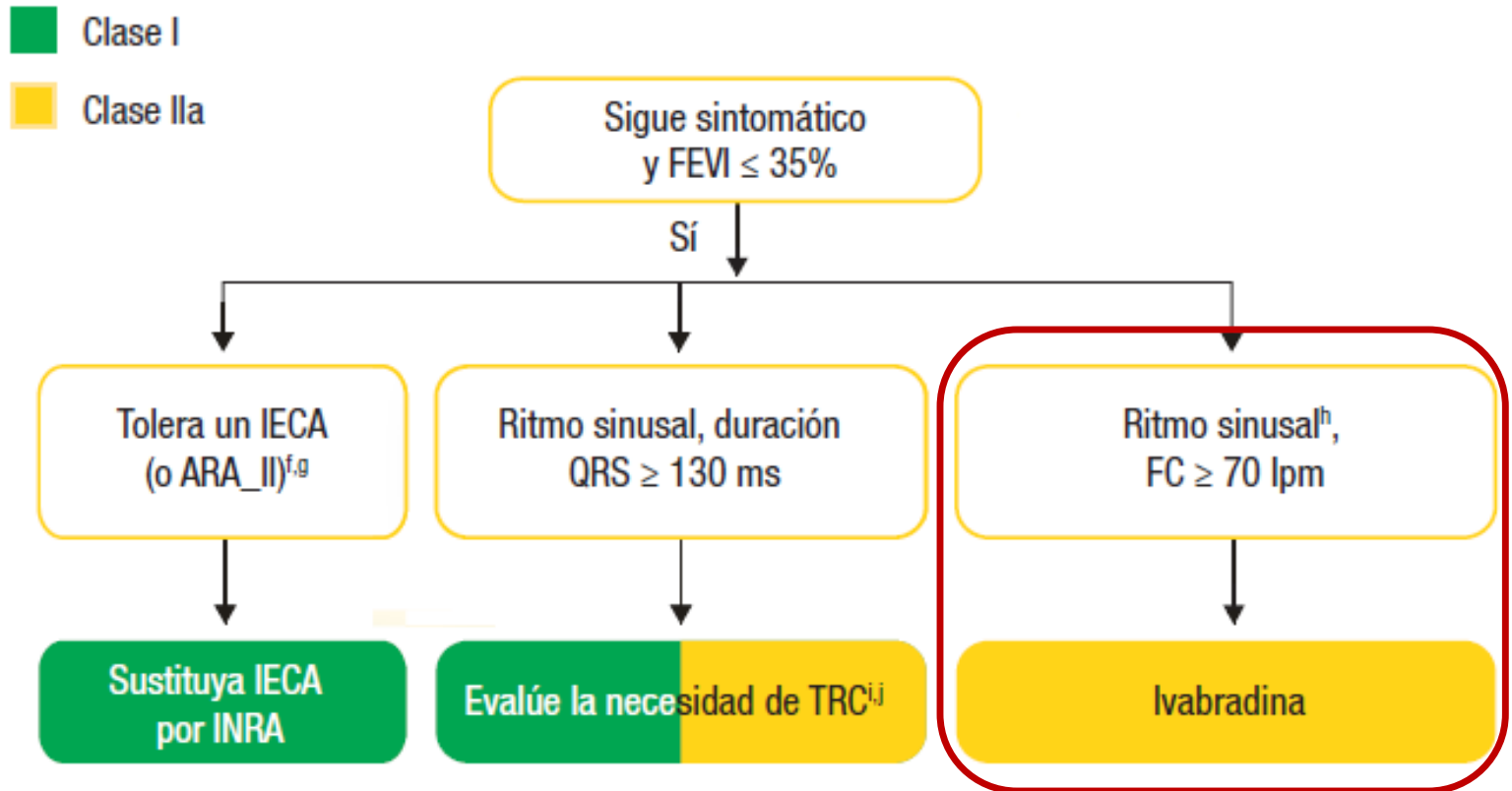
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# Tractament de la ICFEr crònica



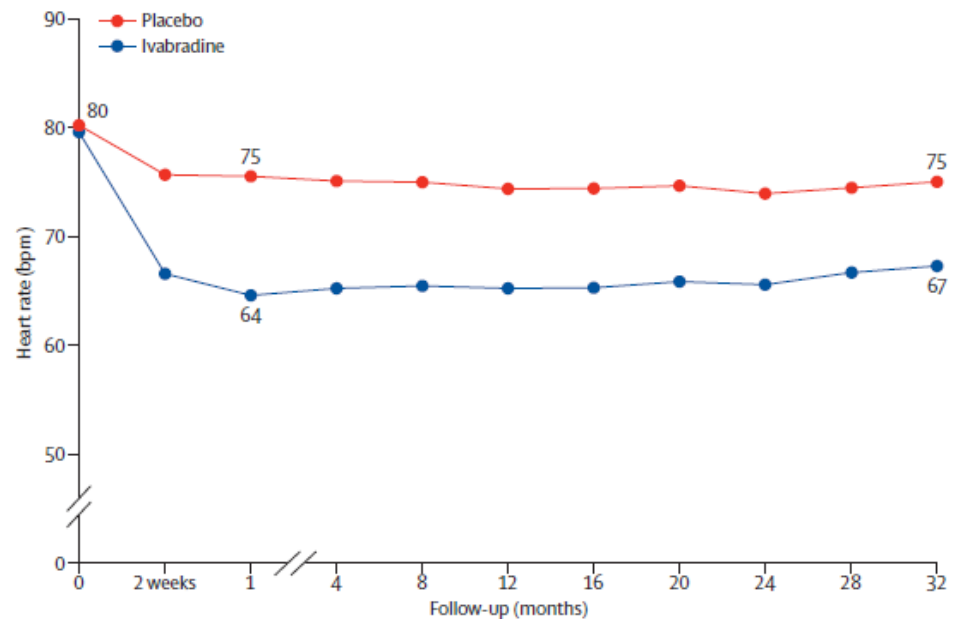
# Tractament de la ICFEr crònica



# Ivabradine and outcomes in chronic heart failure (SHIFT): a randomised placebo-controlled study

Karl Swedberg, Michel Komajda, Michael Böhm, Jeffrey S Borer, Ian Ford, Ariane Dubost-Brama, Guy Lerebours, Luigi Tavazzi, on behalf of the SHIFT Investigators\*

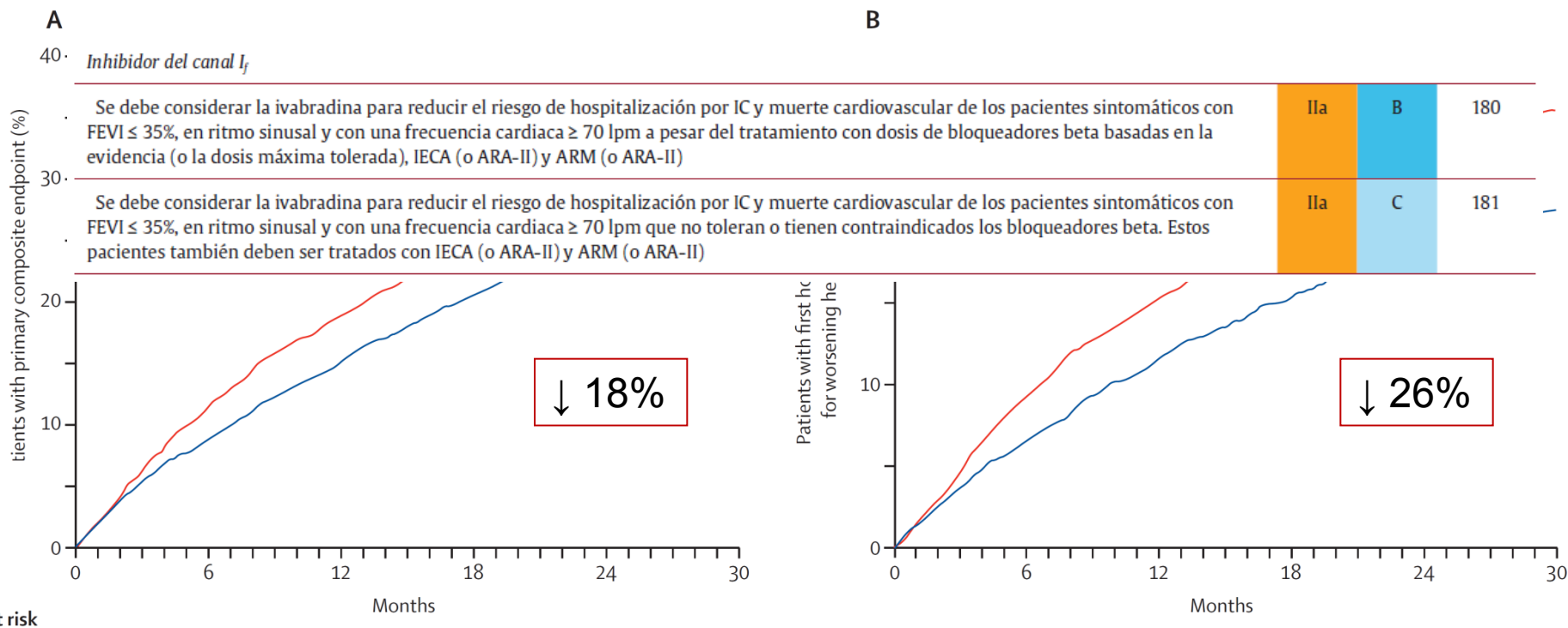
- 6500 patients
- FE < 35%
- Classe II-III
- Tractament optimitzat de IC (90%BB, 84% IECAs, 60%MRA)
- Ritme sinusal
- FC > 75 bpm
- *Endpoint* primari: Mort CV o ingrés per IC



Lancet 2012; 376: 875-85

## Mort CV o ingrés IC

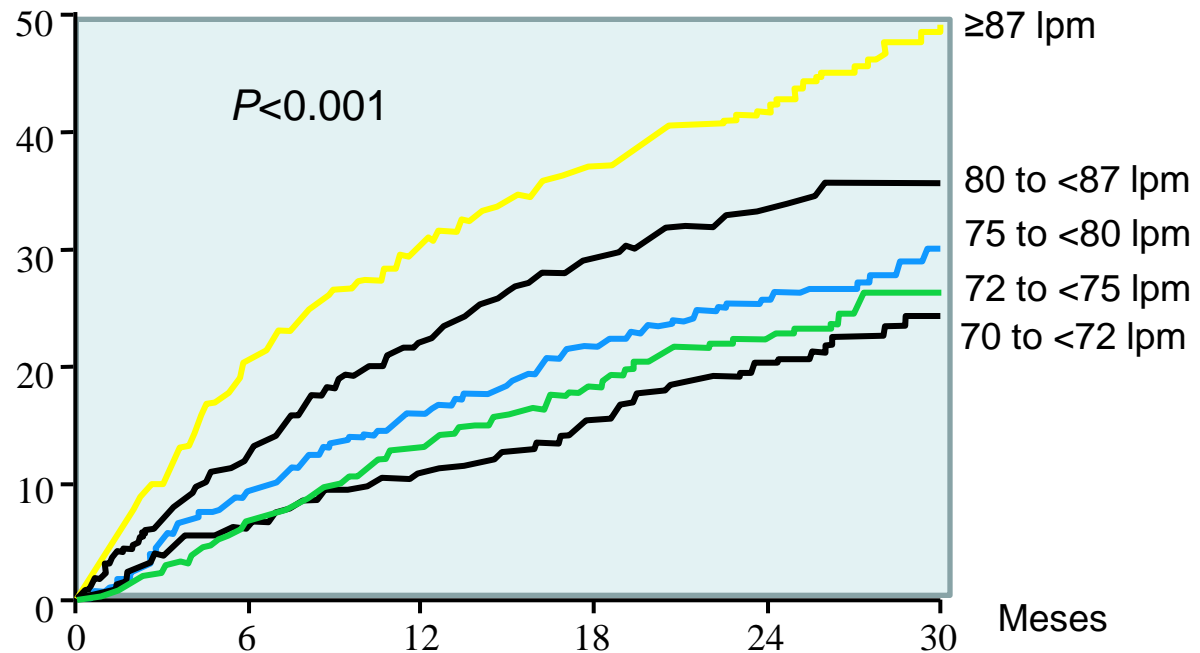
## Ingrés IC



Lancet 2012; 376: 875-85

## SHIFT grup placebo (n=3264)

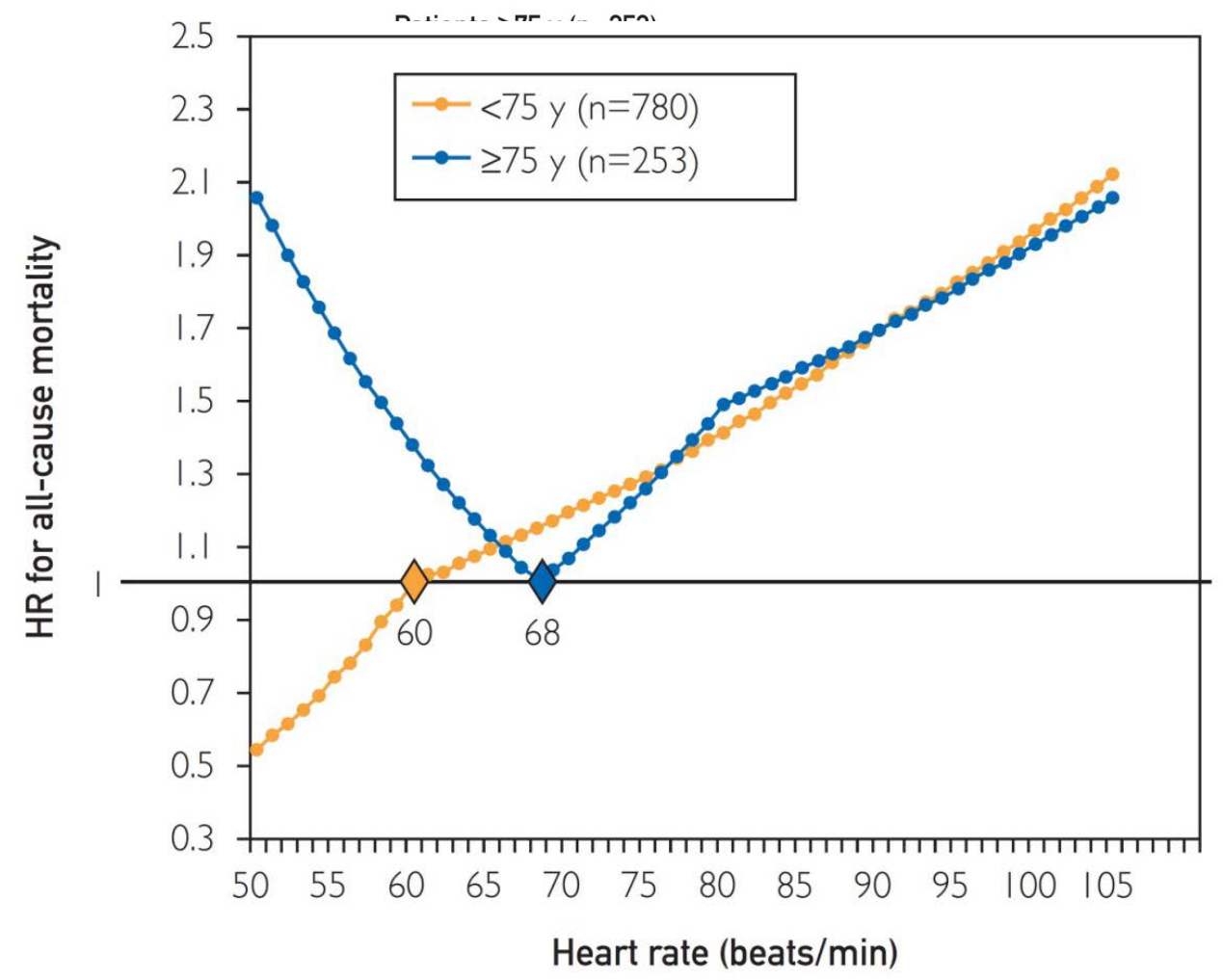
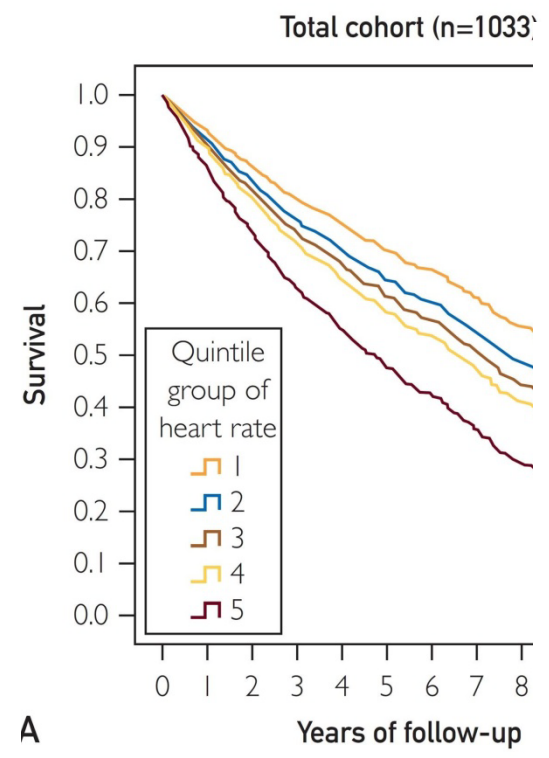
Pacients que van presentar mort CV o hospitalització per IC (%)



Augment del risc en 3% per 1 bpm  $\uparrow$ , 16% per 5 bpm  $\uparrow$



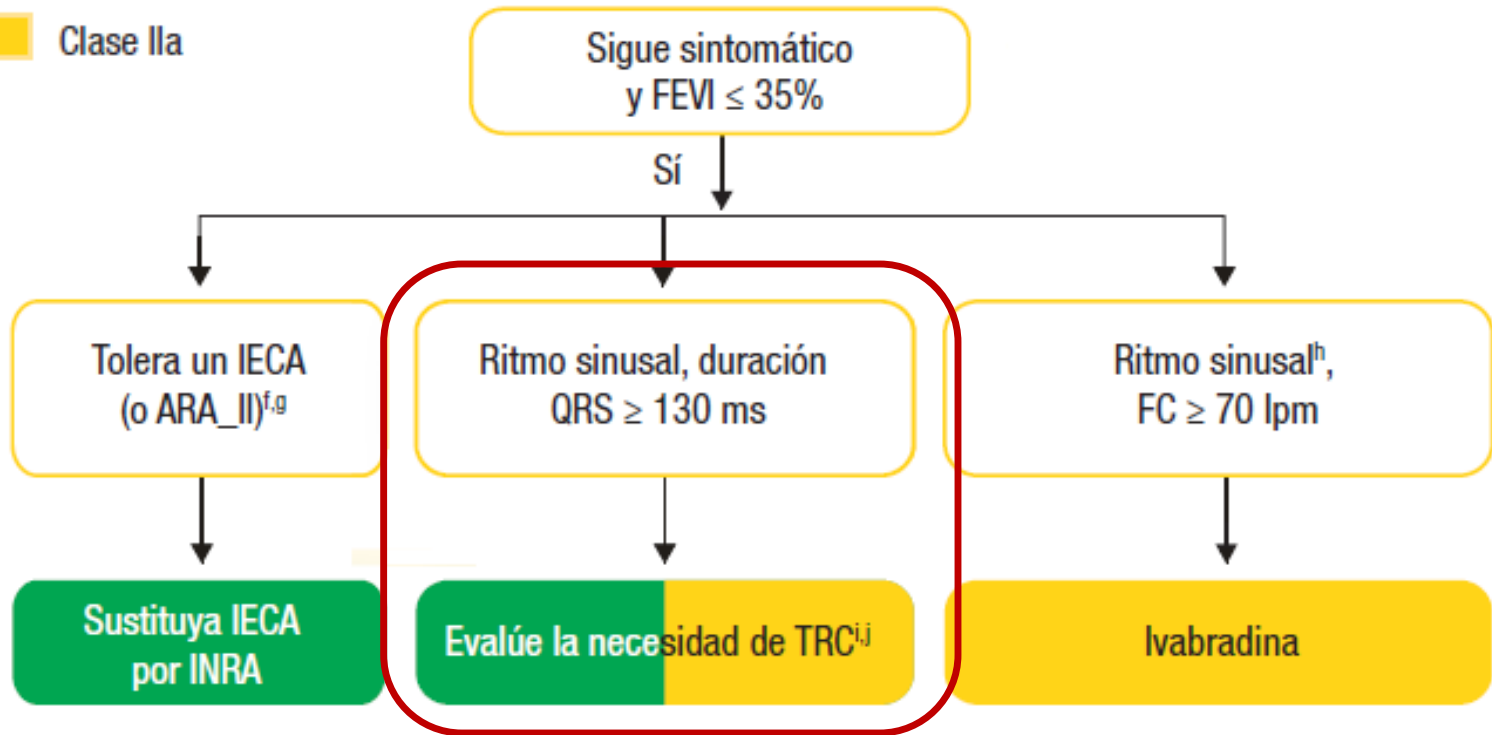
# Aging and Heart Rate in Heart Failure: Clinical Implications for Long-term Mortality



# Tractament de la ICFEr crònica

■ Classe I

■ Classe IIa



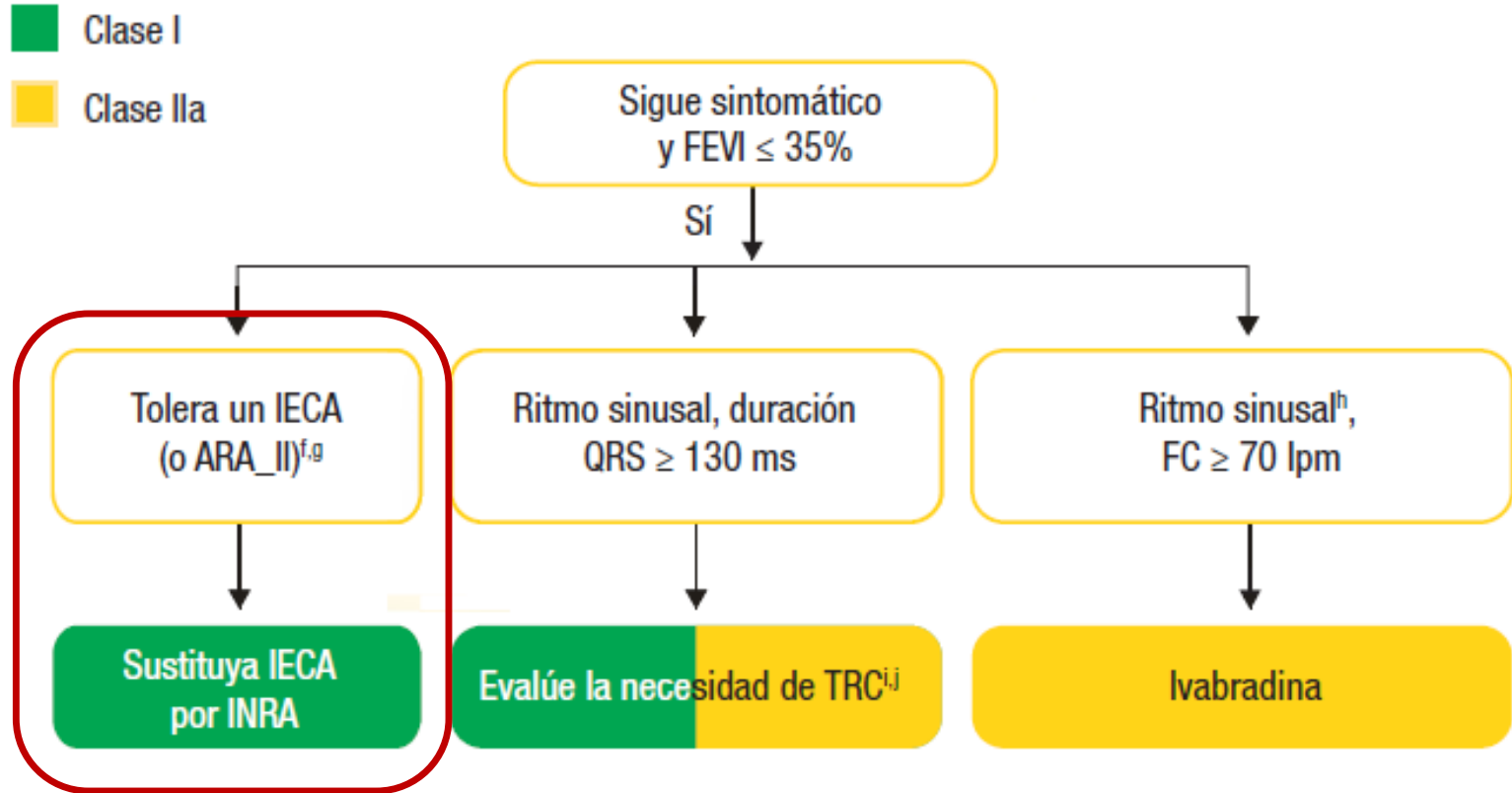
## Novetats:

- Màxima recomanació per a bloqueig branca esquerra i QRS  $\geq$  150 msec
- QRS  $<$  130 msec no té indicació.

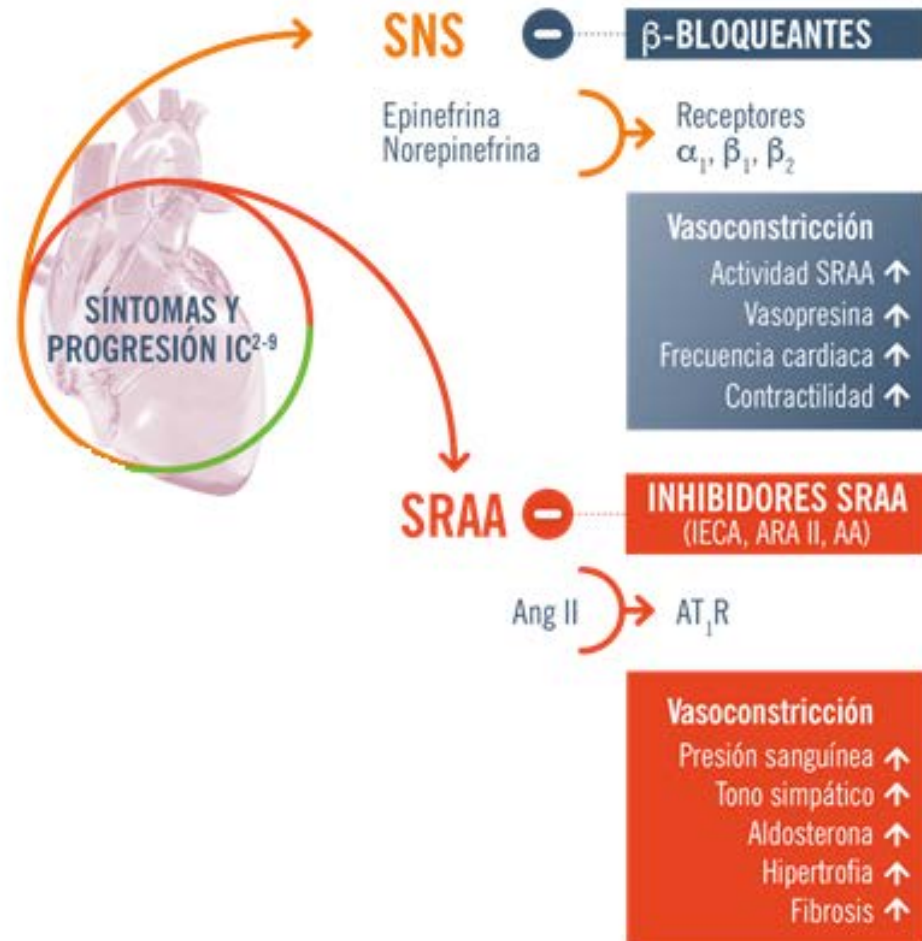
## Recomendaciones sobre la terapia de resincronización cardiaca para pacientes con insuficiencia cardiaca

Recomendaciones	Clase <sup>a</sup>	Nivel <sup>b</sup>	Ref <sup>c</sup>
Se recomienda la TRC para pacientes sintomáticos con IC, en ritmo sinusal con QRS $\geq$ 150 ms y morfología QRS de BRI, con FEVI $\leq$ 35% a pesar de recibir TMO, a efectos de mejorar los síntomas y reducir la morbilidad	I	A	261-272
Se debe considerar la TRC para pacientes sintomáticos con IC, en ritmo sinusal con QRS $\geq$ 150 ms y morfología QRS sin BRI, con FEVI $\leq$ 35% a pesar de recibir TMO, a efectos de mejorar los síntomas y reducir la morbilidad	IIa	B	261-272
Se recomienda la TRC para pacientes sintomáticos con IC en ritmo sinusal con QRS de 130-149 ms y morfología QRS de BRI, con FEVI $\leq$ 35% a pesar de recibir TMO, a efectos de mejorar los síntomas y reducir la morbilidad	I	B	266, 273
Se puede considerar la TRC para pacientes con IC sintomáticos, en ritmo sinusal con QRS de 130-149 ms y morfología del QRS sin BRI, con FEVI $\leq$ 35% a pesar de recibir TMO, a efectos de mejorar los síntomas y reducir la morbilidad	IIb	B	266, 273
Se recomienda la TRC, en lugar de marcapasos del VD, para pacientes con IC-FEr, independientemente de la clase funcional de la NYHA, que tienen una indicación para marcapasos ventricular y BAV de alto grado, a efectos de reducir la mortalidad. Esto incluye a los pacientes con FA (véase la sección 10.1)	I	A	274-277
Se debe considerar la TRC para pacientes con FEVI $\leq$ 35% y NYHA III-IV <sup>d</sup> pese al TMO, a efectos de mejorar los síntomas y reducir la morbilidad si el paciente está en FA y tiene una duración del QRS $\geq$ 130 ms, siempre que se disponga de captura biventricular o se espera que el paciente vuelva a ritmo sinusal	IIa	B	275, 278-281
Se puede considerar la TRC para los pacientes con IC-FEr que tienen un marcapasos convencional o un DAI y después sufren un empeoramiento de la IC pese al TMO y tienen un porcentaje alto de estimulación del VD. Esto no es aplicable a los pacientes con IC estable	IIb	B	282
La TRC está contraindicada para los pacientes con QRS $<$ 130 ms	III	A	266, 283-285

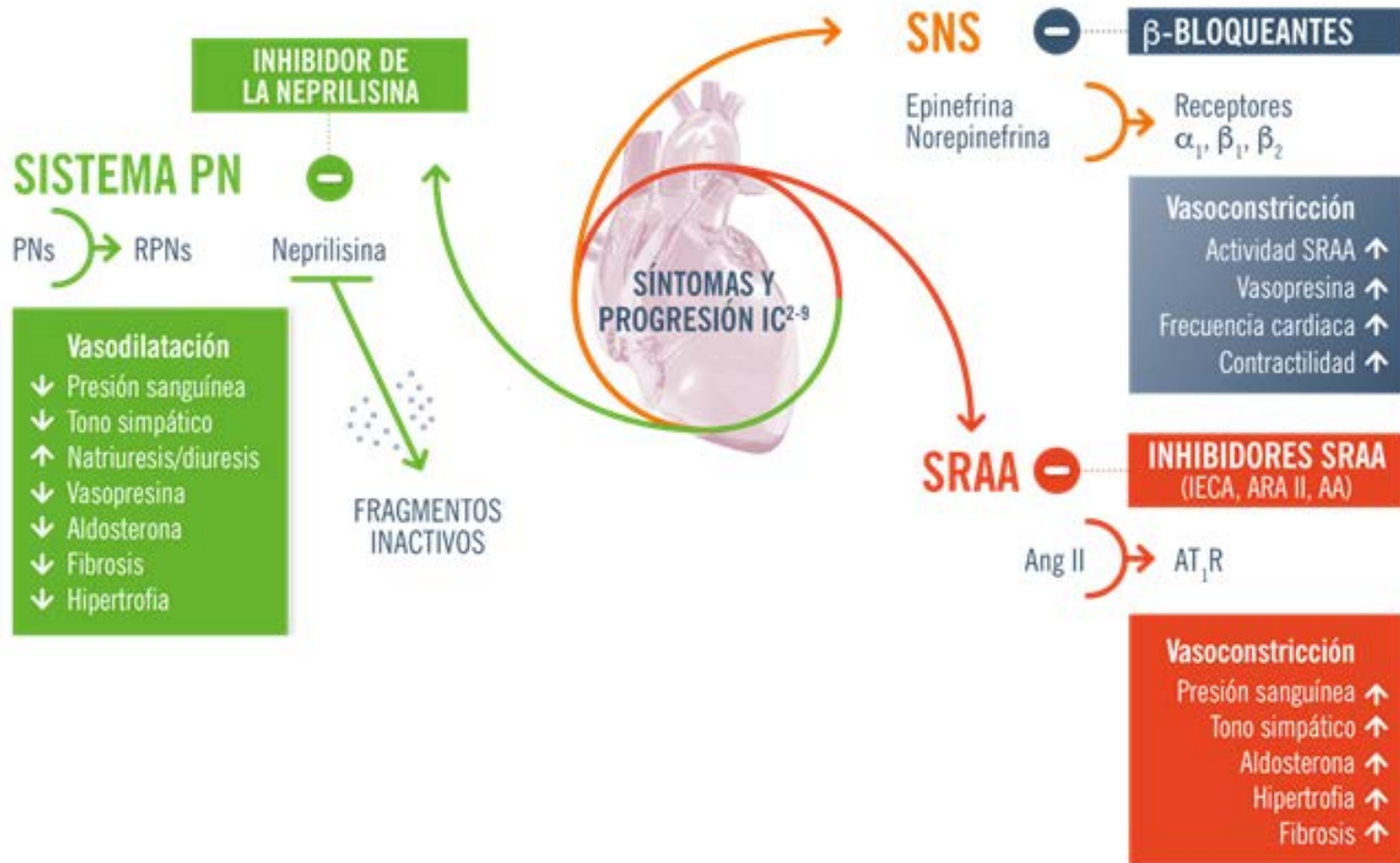
# Tractament de la ICFEr crònica



# Tractament de la ICFEr crònica

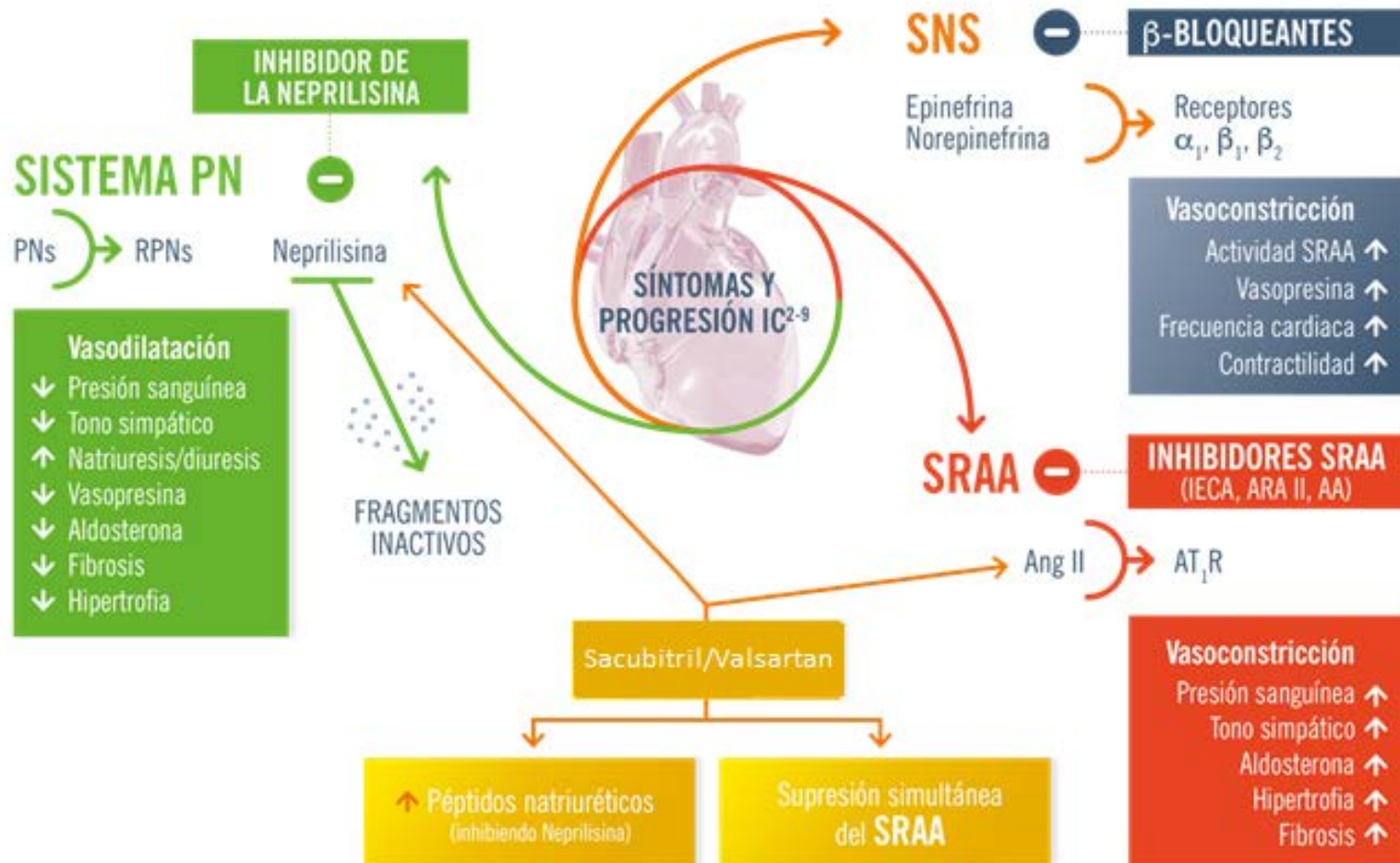


# Tractament de la ICFEr crònica





# Tractament de la ICFeR crònica





## Angiotensin–Neprilysin Inhibition versus Enalapril in Heart Failure

John J.V. McMurray, M.D., Milton Packer, M.D., Akshay S. Desai, M.D., M.P.H., Jianjian Gong, Ph.D., Martin P. Lefkowitz, M.D., Adel R. Rizkala, Pharm.D., Jean L. Rouleau, M.D., Victor C. Shi, M.D., Scott D. Solomon, M.D., Karl Swedberg, M.D., Ph.D., and Michael R. Zile, M.D., for the PARADIGM-HF Investigators and Committees\*

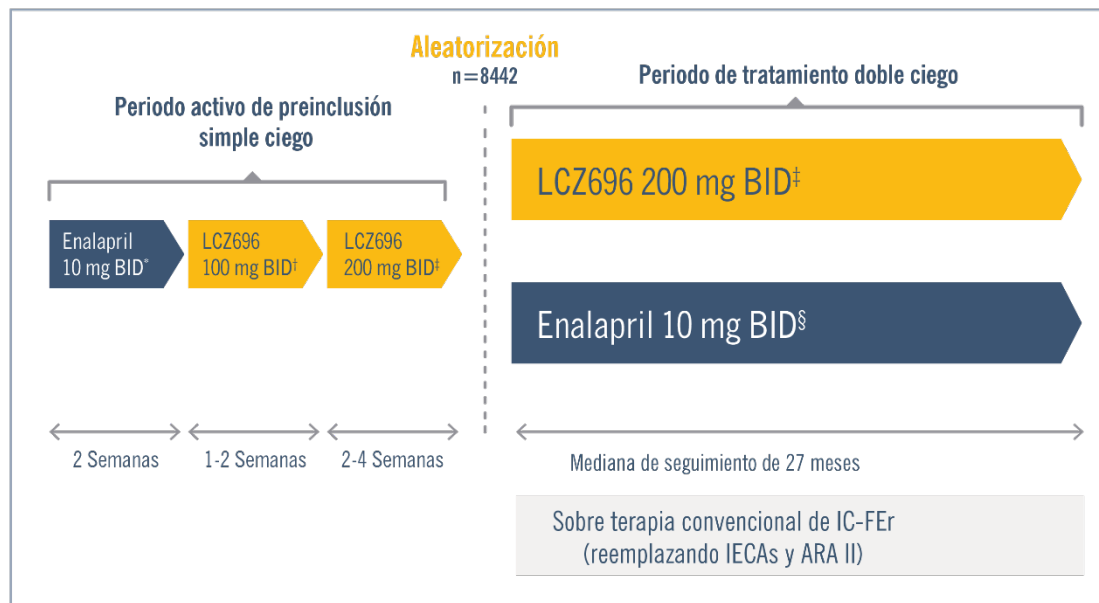
**8442 PACIENTES**



**47 PAÍSES**



**1043 CENTROS**



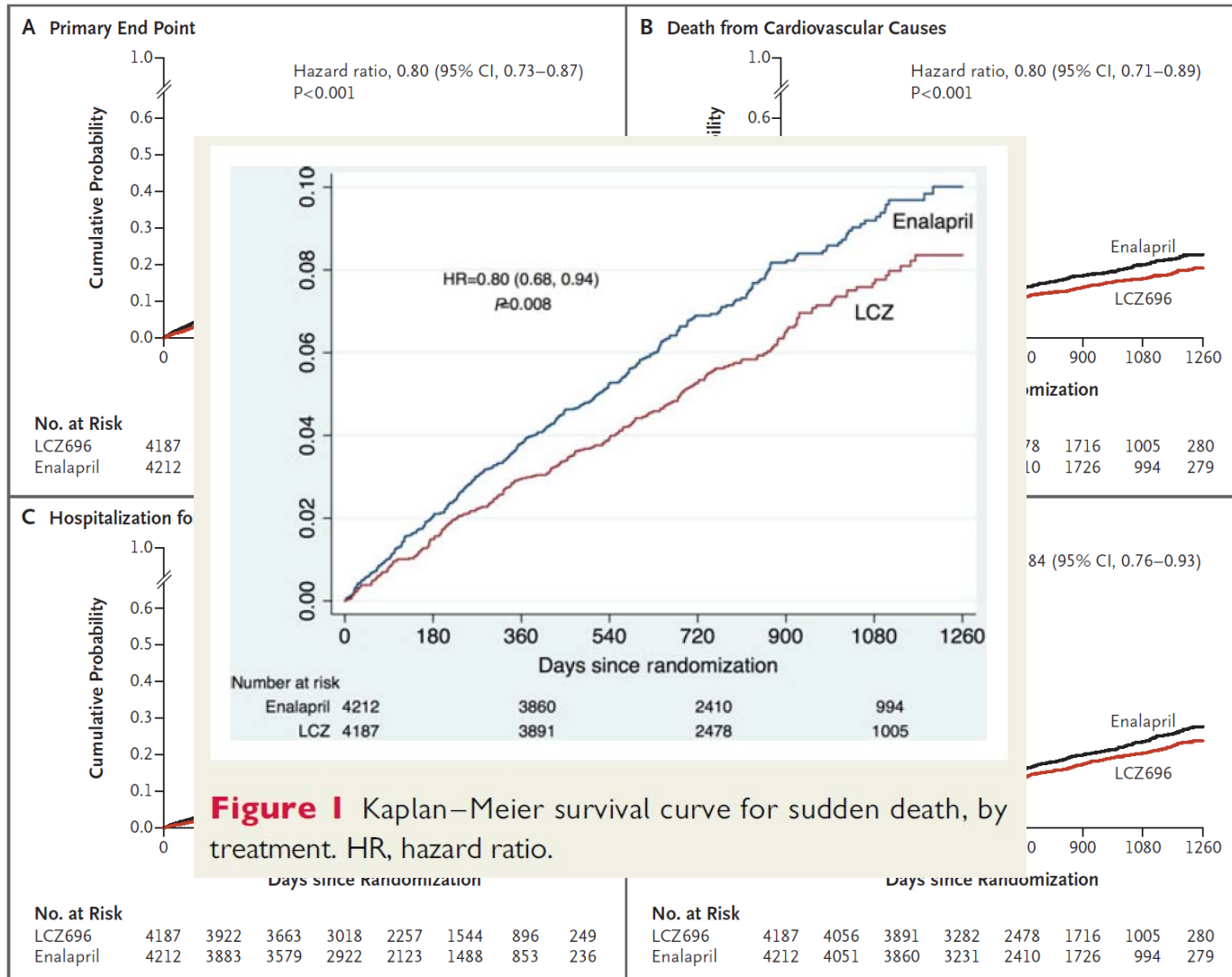
\* Enalapril 5 mg BID (10 mg DDT) durante 1-2 semanas seguido de enalapril 10 mg BID (20 mg DDT) como preinclusión inicial opcional para aquellos pacientes que son tratados con ARA II o con una dosis baja de IECA; †200 mg DDT; ‡400 mg DDT; §20 mg DDT.

## CRITERIS PRINCIPALS D'INCLUSIÓ

- IC crònica NYHA II–IV amb FEVE  $\leq 35\%$
- BNP (o NT-proBNP):
  - $\geq 150$  (o  $\geq 600$  pg/mL), o
  - $\geq 100$  (o  $\geq 400$  pg/mL) i una hospitalització per IC en últims 12 mesos
- $\geq 4$  setmanes de tractament amb dosis estable de IECA o ARA II, i un b-bloquejant

## CRITERIS PRINCIPALS DE EXCLUSIÓ

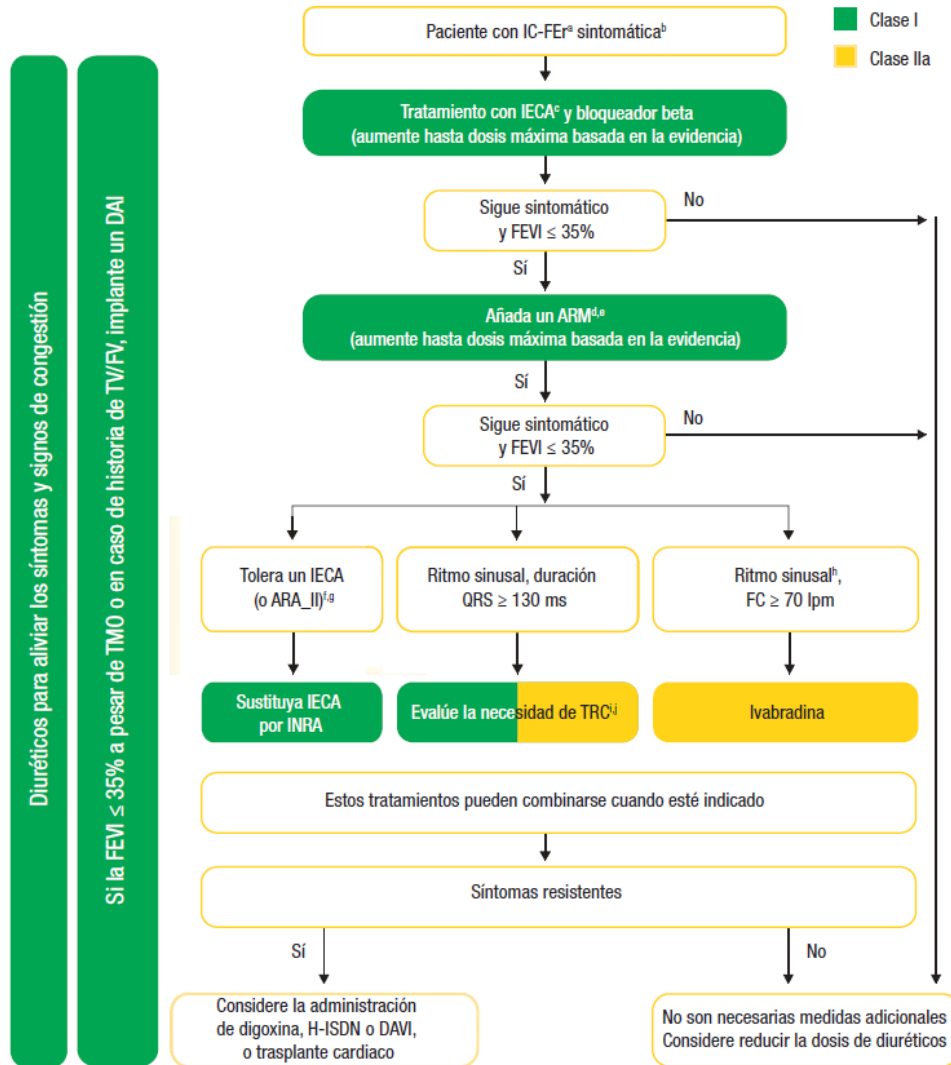
- Història de angioedema
- TFGe  $< 30$  mL/min/1,73 m<sup>2</sup> en la selecció o aleatorització.
- Potassi  $> 5,2$  mmol/L en la selecció (o  $> 5,4$  mmol/L en la aleatorització)
- Hipotensió simptomàtica, PAS  $< 100$  mmHg en la selecció
- IC aguda descompensada
- Síndrome coronari agut, infart, AIT, cirurgia cardíaca, carotídea o altra CV major, ICP, o angioplastia carotídea en els 3 mesos previs a la selecció
- Història de malaltia pulmonar severa



# PARADIGM-HF

Event	LCZ696 (N=4187)	Enalapril (N=4212)	P Value
	no. (%)		
Hypotension			
Symptomatic	588 (14.0)	388 (9.2)	<0.001
Symptomatic with systolic blood pressure <90 mm Hg	112 (2.7)	59 (1.4)	<0.001
Elevated serum creatinine			
≥2.5 mg/dl	139 (3.3)	188 (4.5)	0.007
≥3.0 mg/dl	63 (1.5)	83 (2.0)	0.10
Elevated serum potassium			
>5.5 mmol/liter	674 (16.1)	727 (17.3)	0.15
>6.0 mmol/liter	181 (4.3)	236 (5.6)	0.007
Cough	474 (11.3)	601 (14.3)	<0.001
Angioedema†			
No treatment or use of antihistamines only	10 (0.2)	5 (0.1)	0.19
Use of catecholamines or glucocorticoids without hospitalization	6 (0.1)	4 (0.1)	0.52
Hospitalization without airway compromise	3 (0.1)	1 (<0.1)	0.31
Airway compromise	0	0	—

# Tractament de la ICFEr crònica



# Tractament de la ICFEr crònica

Sustituya IECA  
por INRA

Evalúe la necesidad de TRC<sup>ij</sup>

Ivabradina

Estos tratamientos pueden combinarse cuando esté indicado

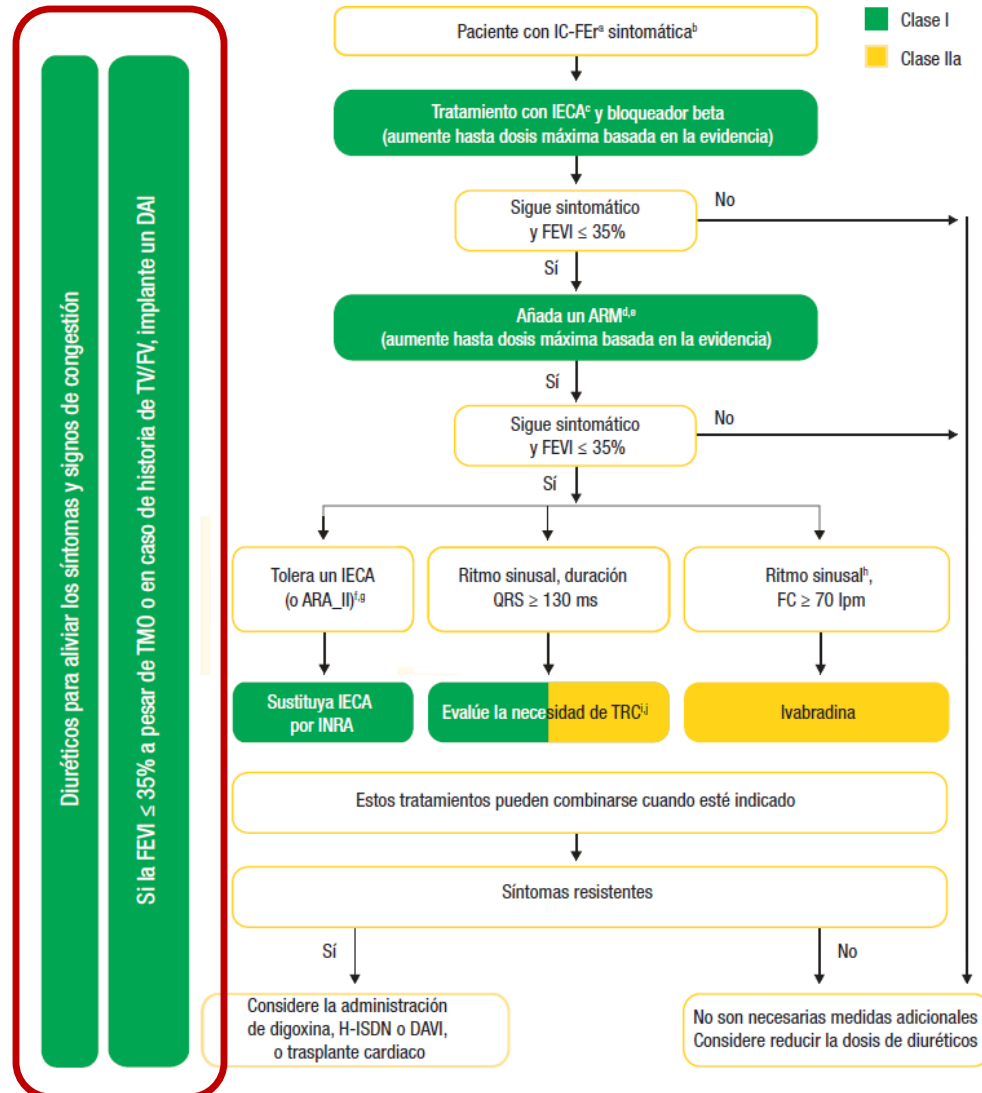


Síntomas resistentes

Sí

Considere la administración  
de digoxina, H-ISDN o DAVI,  
o trasplante cardiaco

# Tractament de la ICFEr crònica





# Tractament de les comorbiditats en IC

- FA
- Ferro
- DM2

# Tractament comorbiditats en IC: FA

## Qué NO hem de fer:

- No hem de tractar amb NACO's pacients amb vàlvules mecàniques o estenosi mitral moderada o severa.
- No hem de controlar la freqüència amb verapamil o diltiazem en pacients amb disfunció ventricular.
- No hem de controlar el ritme amb antiarrítmics de classe I en pacients amb disfunció ventricular.

# Tractament comorbiditats en IC: Ferro

ORIGINAL ARTICLE

## Ferric Carboxymaltose in Patients with Heart Failure and Iron Deficiency

Stefan D. Anker, M.D., Ph.D., Josep Comin Colet, M.D., Gerasimos Filippatos, M.D., Ronnie Willenheimer, M.D., Kenneth Dickstein, M.D., Ph.D., Helmut Drexler, M.D.,\* Thomas F. Lüscher, M.D., Boris Bart, M.D., Waldemar Banasiak, M.D., Ph.D., Joanna Niegowska, M.D., Bridget-Anne Kirwan, Ph.D., Claudio Mori, M.D., Barbara von Eisenhart Rothe, M.D., Stuart J. Pocock, Ph.D., Philip A. Poole-Wilson, M.D.,\* and Piotr Ponikowski, M.D., Ph.D., for the FAIR-HF Trial Investigators†

## Beneficial effects of long-term intravenous iron therapy with ferric carboxymaltose in patients with symptomatic heart failure and iron deficiency†

Piotr Ponikowski<sup>1,2\*</sup>, Dirk J. van Veldhuisen<sup>3</sup>, Josep Comin-Colet<sup>4</sup>, Georg Ertl<sup>5,6</sup>, Michel Komajda<sup>7</sup>, Viacheslav Mareev<sup>8</sup>, Theresa McDonagh<sup>9</sup>, Alexander Parkhomenko<sup>10</sup>, Luigi Tavazzi<sup>11</sup>, Victoria Levesque<sup>12</sup>, Claudio Mori<sup>12</sup>, Bernard Roubert<sup>12</sup>, Gerasimos Filippatos<sup>13</sup>, Frank Ruschitzka<sup>14</sup>, and Stefan D. Anker<sup>15</sup>, for the CONFIRM-HF Investigators

- El dèficit de ferro (amb o sense anèmia) en ICFe s'associa a pitjor pronòstic.
- El tractament amb ferro ev (i no oral) millora capacitat funcional, qualitat de vida i re-hospitalitzacions.

ORIGINAL ARTICLE

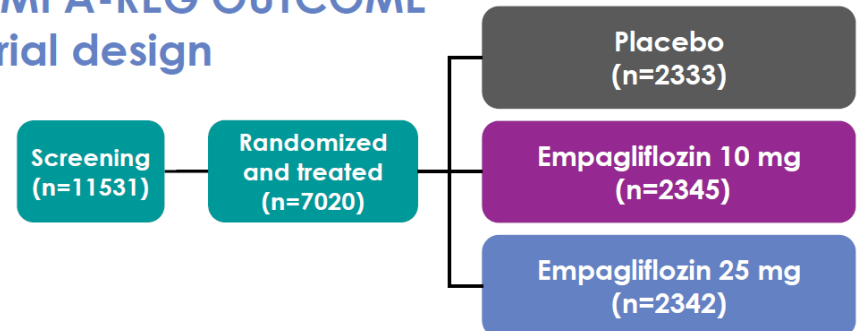
## Empagliflozin, Cardiovascular Outcomes, and Mortality in Type 2 Diabetes

Bernard Zinman, M.D., Christoph Wanner, M.D., John M. Lachin, Sc.D.,  
David Fitchett, M.D., Erich Bluhmki, Ph.D., Stefan Hantel, Ph.D.,  
Michaela Mattheus, Dipl. Biomath., Theresa Devins, Dr.P.H.,  
Odd Erik Johansen, M.D., Ph.D., Hans J. Woerle, M.D., Uli C. Broedl, M.D.,  
and Silvio E. Inzucchi, M.D., for the EMPA-REG OUTCOME Investigators

# Estudi EMPA-REG Outcome

- **Key inclusion criteria**
  - Adults ( $\geq 18$  years of age) with type 2 diabetes
  - BMI  $\leq 45$  kg/m<sup>2</sup>
  - HbA1c  $\geq 7\%$  and  $\leq 10\%^*$
  - Established cardiovascular disease
    - Prior myocardial infarction, coronary artery disease, stroke, unstable angina or occlusive peripheral arterial disease
- **Key exclusion criteria**
  - eGFR  $< 30$  ml/min/1.73 m<sup>2</sup> (MDRD)

## EMPA-REG OUTCOME® Trial design

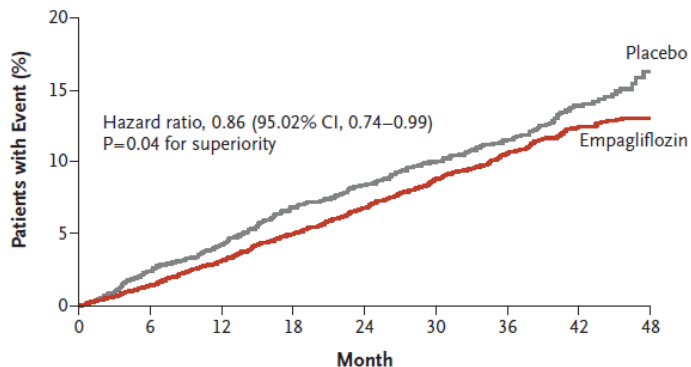


# Estudi EMPA-REG Outcome

- Primary outcome
  - **3-point MACE:** time to first occurrence of CV death, non-fatal MI or non-fatal stroke
- Key secondary outcome
  - **4-point MACE:** time to first occurrence of CV death, non-fatal MI, non-fatal stroke or hospitalisation for unstable angina
- Other prespecified secondary outcomes
  - CV death
  - Non-fatal MI
  - Non-fatal stroke
  - Hospitalisation for heart failure
  - All-cause mortality

# Estudi EMPA-REG Outcome

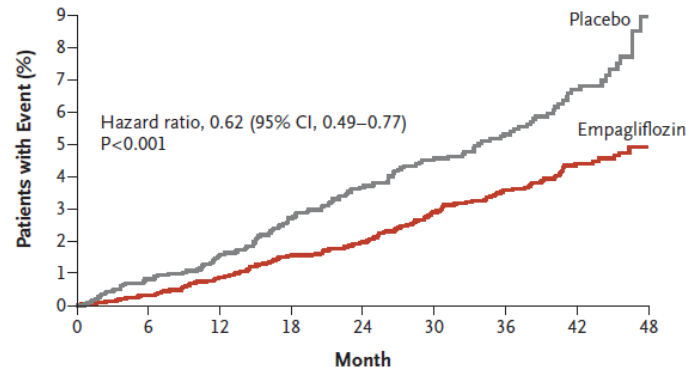
**A Primary Outcome**



**No. at Risk**

Empagliflozin	4687	4580	4455	4328	3851	2821	2359	1534	370
Placebo	2333	2256	2194	2112	1875	1380	1161	741	166

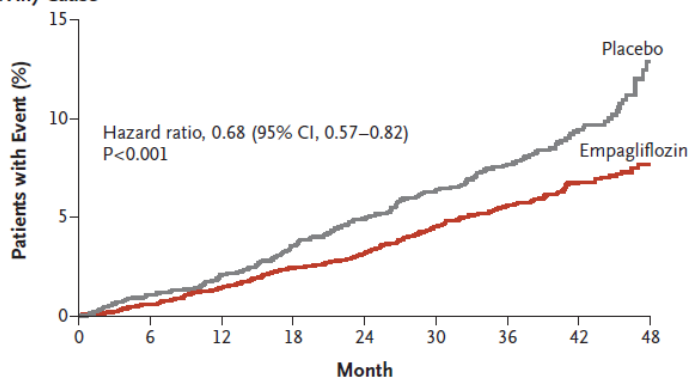
**B Death from Cardiovascular Causes**



**No. at Risk**

Empagliflozin	4687	4651	4608	4556	4128	3079	2617	1722	414
Placebo	2333	2303	2280	2243	2012	1503	1281	825	177

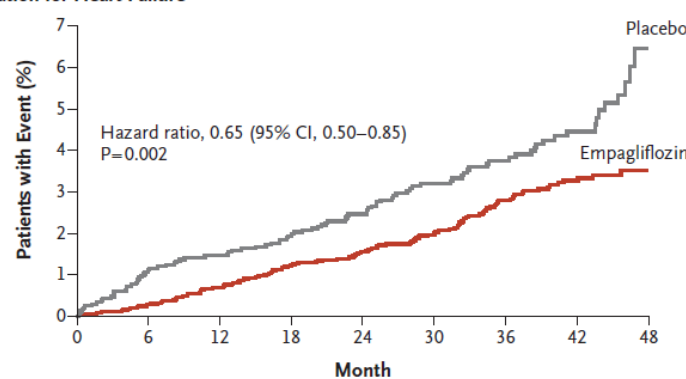
**C Death from Any Cause**



**No. at Risk**

Empagliflozin	4687	4651	4608	4556	4128	3079	2617	1722	414
Placebo	2333	2303	2280	2243	2012	1503	1281	825	177

**D Hospitalization for Heart Failure**



**No. at Risk**

Empagliflozin	4687	4614	4523	4427	3988	2950	2487	1634	395
Placebo	2333	2271	2226	2173	1932	1424	1202	775	168



# Estudi EMPA-REG Outcome

	Placebo (n=2333)	Empagliflozin 10 mg (n=2345)	Empagliflozin 25 mg (n=2342)
Any CV risk factor*, n (%)	2307 (98.9)	2333 (99.5)	2324 (99.2)
Coronary artery disease	1763 (75.6)	1782 (76.0)	1763 (75.3)
History of myocardial infarction	1083 (46.4)	1107 (47.2)	1083 (46.2)
Coronary artery bypass graft	563 (24.1)	594 (25.3)	581 (24.8)
History of stroke <sup>†</sup>	553 (23.7)	535 (22.8)	549 (23.4)
Peripheral artery disease	479 (20.5)	465 (19.8)	517 (22.1)
Heart failure <sup>‡</sup>	244 (10.5)	240 (10.2)	222 (9.5)

Data are from patients treated with  $\geq 1$  dose of study drug

\*Established CV disease

<sup>†</sup>Placebo, n=2332; <sup>‡</sup>Based on narrow standardised MedDRA query 'cardiac failure'

CV, cardiovascular; CVD, cardiovascular disease; MedDRA, Medical Dictionary for Regulatory Activities

Zinman B *et al.* *N Engl J Med* 2015;373:2117

ORIGINAL ARTICLE

## Canagliflozin and Cardiovascular and Renal Events in Type 2 Diabetes

Bruce Neal, M.B., Ch.B., Ph.D., Vlado Perkovic, M.B., B.S., Ph.D.,  
Kenneth W. Mahaffey, M.D., Dick de Zeeuw, M.D., Ph.D., Greg Fulcher, M.D.,  
Ngozi Erondu, M.D., Ph.D., Wayne Shaw, D.S.L., Gordon Law, Ph.D.,  
Mehul Desai, M.D., and David R. Matthews, D.Phil., B.M., B.Ch.,  
for the CANVAS Program Collaborative Group\*

## Patients with type 2 diabetes

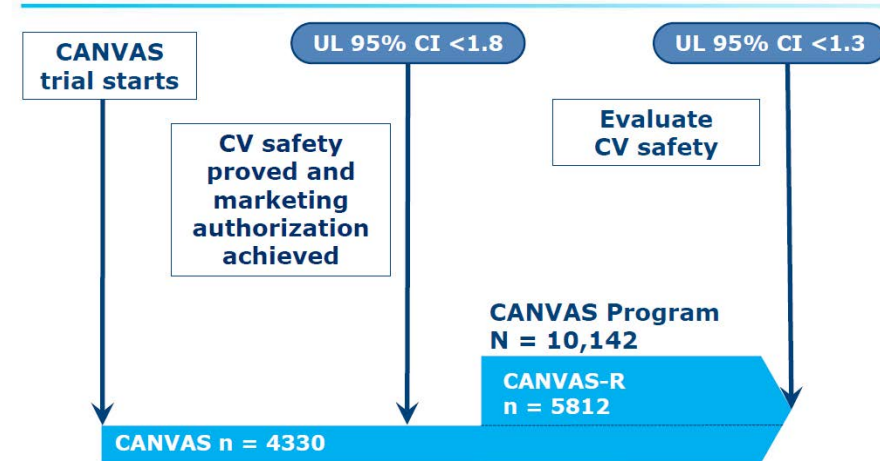
- HbA1c  $\geq 7.0\%$  to  $\leq 10.5\%$
- eGFR  $\geq 30$  mL/min/1.73 m<sup>2</sup>
- Age  $\geq 30$  years and history of prior CV event

OR

Age  $\geq 50$  years with  $\geq 2$  CV risk factors\*

	Canagliflozin (n = 5795)	Placebo (n = 4347)
Mean age, y	63	63
Female, %	35	37
Mean duration of diabetes, y	14	14
Hypertension, %	90	91
Heart failure (NYHA I-III), %	14	15
Cardiovascular disease, %	65	67

## Final Design



## **PRIMARY**

CV death, nonfatal MI, or nonfatal stroke

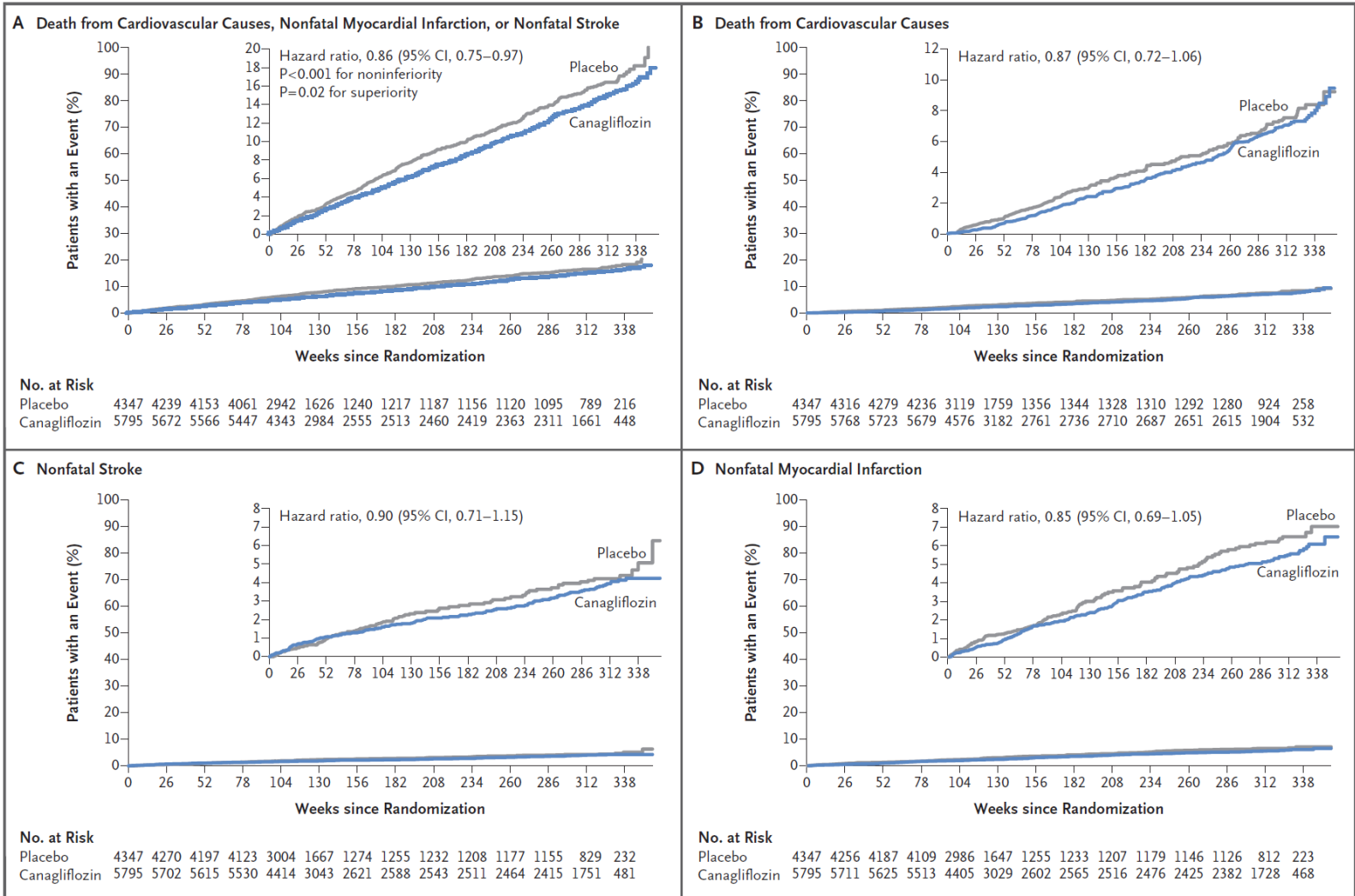
## **SECONDARY**

All-cause mortality  
CV death

## **EXPLORATORY**

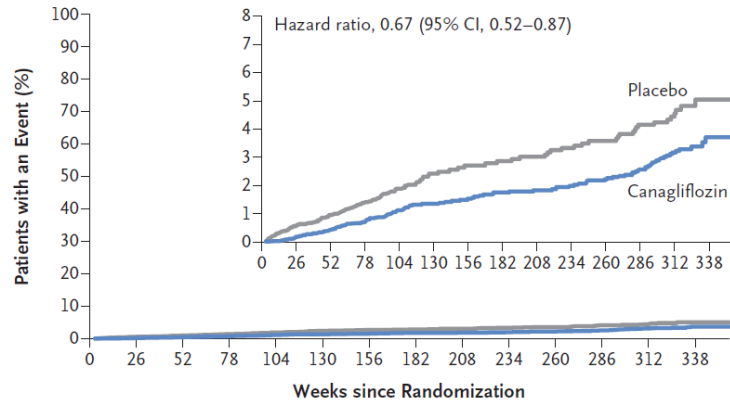
Nonfatal MI  
Nonfatal stroke  
Hospitalization for HF  
Hospitalization for HF or CV death  
Total hospitalizations  
Albuminuria progression  
Albuminuria regression  
Renal composite: 40% reduction in eGFR, end-stage renal disease, or renal death

# Estudi CANVAS: Endpoint primari



# Estudi CANVAS: Endpoint primari

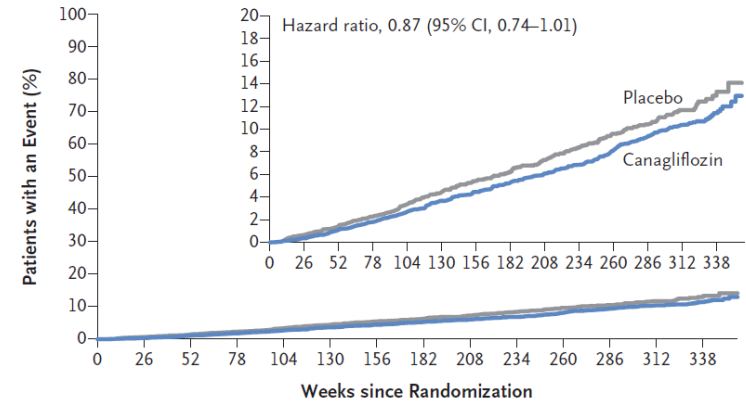
**A Hospitalization for Heart Failure**



**No. at Risk**

Placebo	4347	4267	4198	4123	3011	1667	1274	1256	1236	1210	1180	1158	829	233
Canagliflozin	5795	5732	5653	5564	4437	3059	2643	2610	2572	2540	2498	2451	1782	490

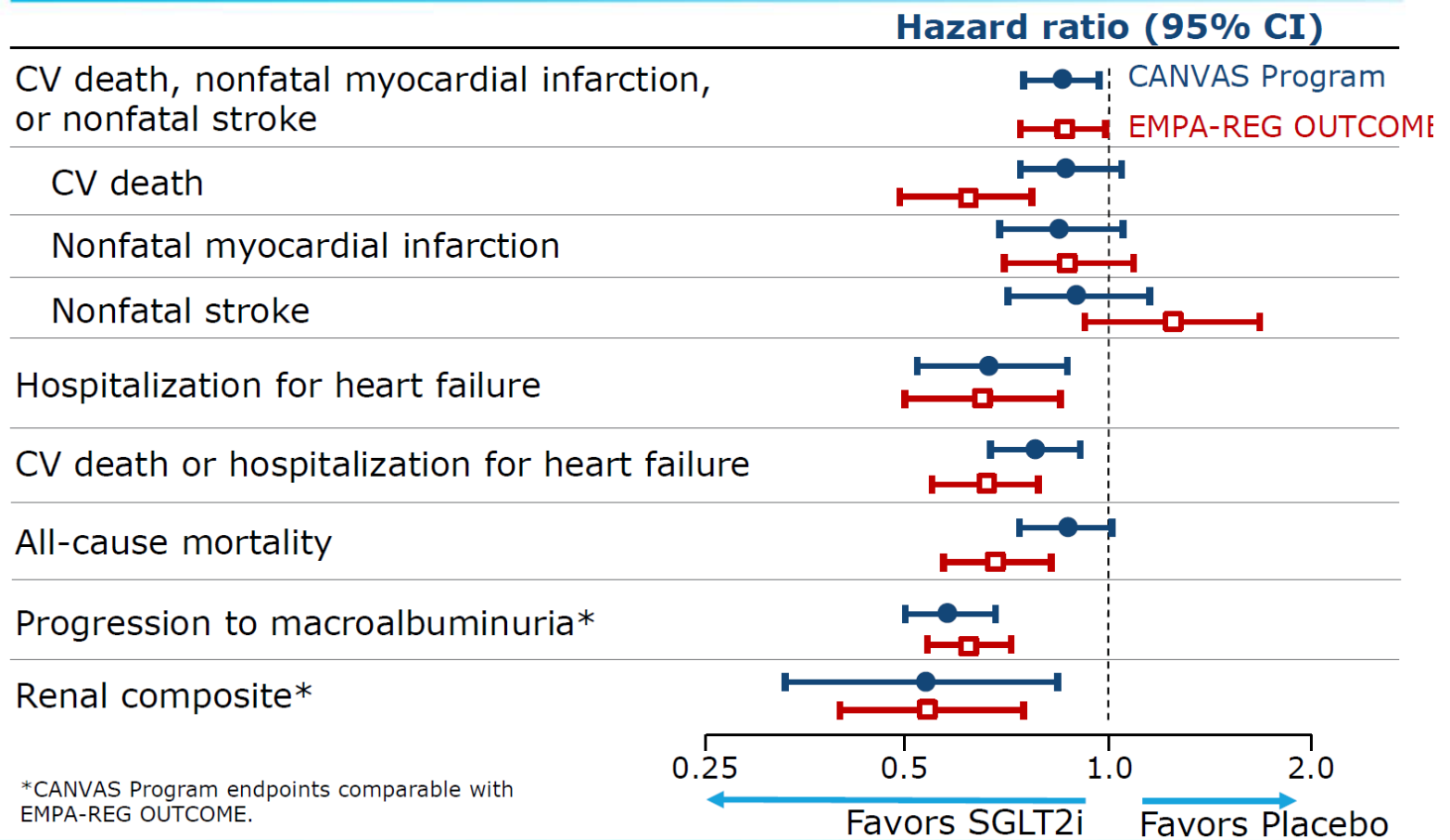
**B Death from Any Cause**



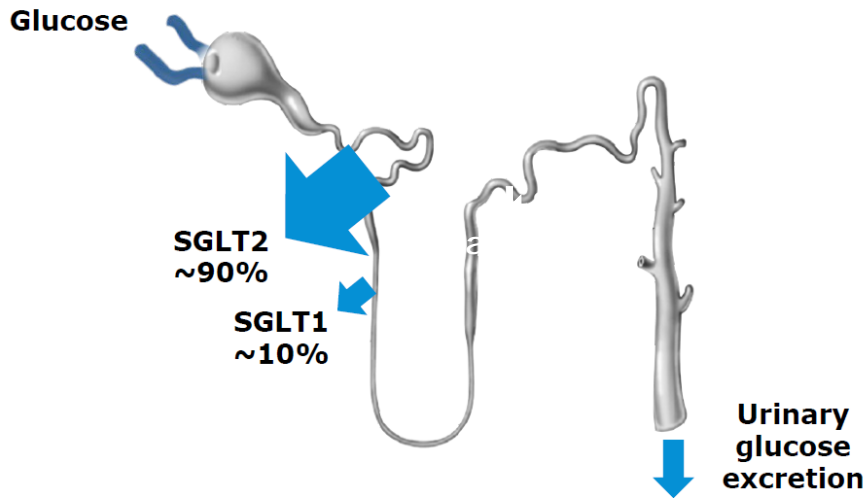
**No. at Risk**

Placebo	4347	4316	4279	4236	3119	1759	1356	1344	1328	1310	1292	1280	924	258
Canagliflozin	5795	5768	5723	5679	4576	3182	2761	2736	2710	2687	2651	2615	1904	532

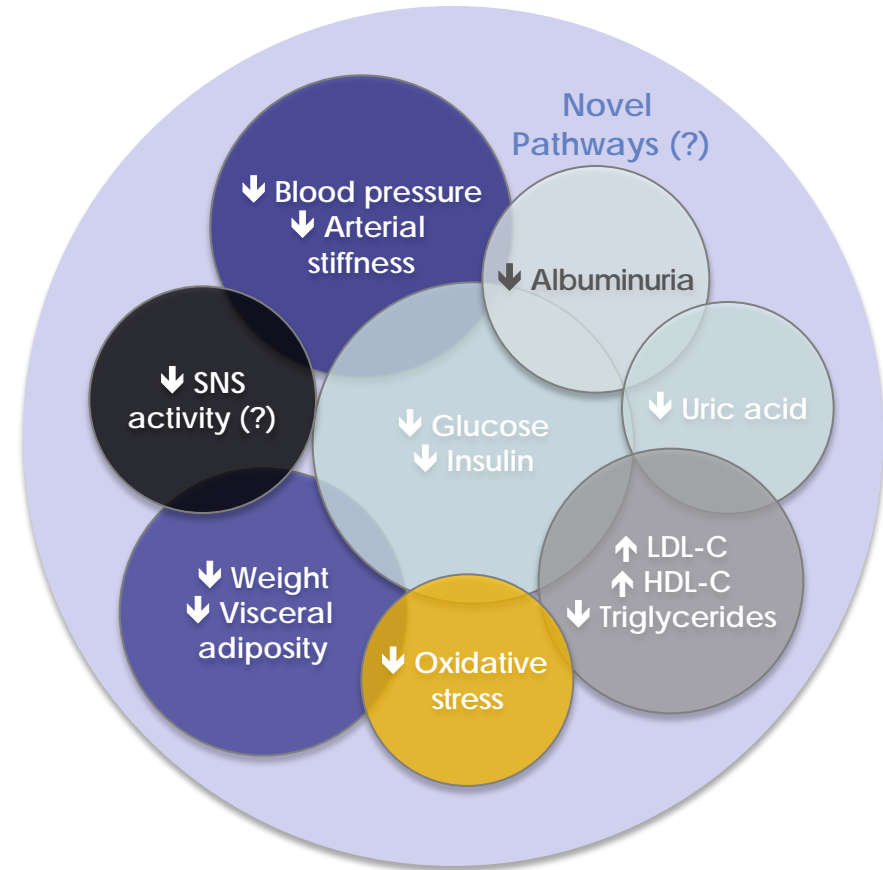
## Key Outcomes in the CANVAS Program and EMPA-REG OUTCOME



# Estudis EMPAREG i CANVAS



Adapted from Bays H. *Curr Med Res Opin.* 2009;25(3):671-681.







Moltes gràcies.