

# JIKEI Heart Study : what did the study show?

“An antihypertensive regimen consisting of Valsartan added to conventional therapies improves morbidity and mortality in Japanese patients with hypertension and cardiovascular disease.”

# JIKEI Heart study

	HR (Favours valsartan)	p
Primary endpoint	0.61	0.0002
New or recurrent stroke	0.60	0.028
Hospitalisation for HF	0.54	0.029
Hospitalisation for angina	0.35	0.00007
Myocardial Infarction		NS
CV mortality		NS
All cause mortality		NS

# **JIKEI Heart Study :**

## **Issues in Interpretation**

### **1. A mild pressure effect with Valsartan**

- Final BP -7 to -8 / - 2 to -3 mmHg
- VALUE trial with Valsartan -16/-9 mmHg
- Initial SBP/DBP 139/81 mmHg

### **2. Angina pectoris (- 65%) and myocardial infarction (NS) results are in contrast**

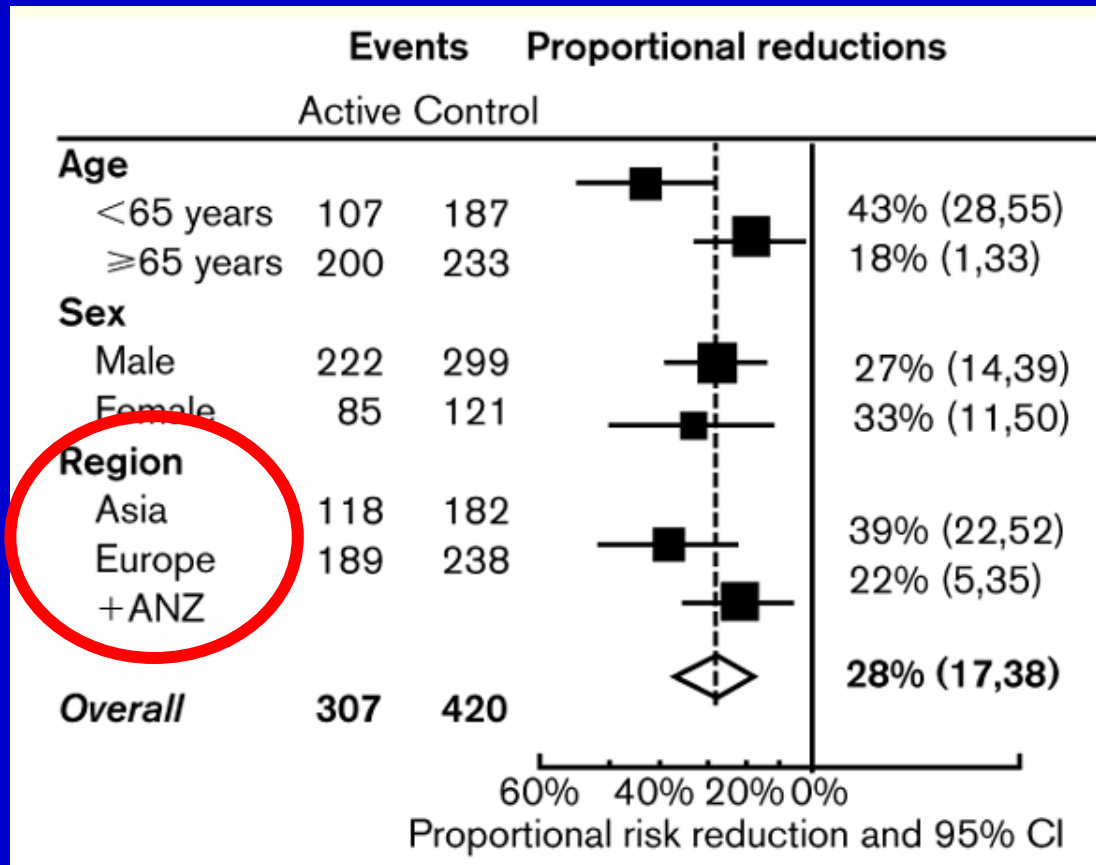
### **3. What are medications used in the comparator arm during the study?**

- VALUE            Valsartan = Amlodipine
- LIFE             Losartan+HCTZ > Atenolol+HCTZ
- ASCOT           Amlo+Perindo > Atenolol+Bendro
- JIKEI             Valsartan > ? Beta-Blockers ?

# JIKEI Heart Study :

## Consistency with external data

Effects of blood pressure lowering on stroke in  
**PROGRESS (Perindopril-based treatment)**



**BP difference  
 mmHg**

**9.0 / 3.6**

**8.9 / 4.3**

**8.7 / 3.6**

**9.0 / 4.1**

**10.3\* / 4.6\***

**8.1 / 3.6**

**9 / 4**

\*p<0.01 Asia vs.  
 Europe

# JIKEI Heart Study :

## Which association with Valsartan?

### Medications at baseline

<u>Medication</u>	<u>Valsartan arm</u> (N=1,541)
CCB	1041 (68%)
ACE-I	548 (36%)
$\beta$ -blocker	486 (32%)
$\alpha$ -blocker	74 (5%)
Thiazide	29 (2%)
Anti-aldosterone agent	52 (3%)
Other diuretics	117 (8%)
Statin	461 (30%)
Fibrate	42 (3%)

ARB + CCB 68 %  
ARB + ACE-I 36 %  
ARB + Diuretics 10%

# JIKEI Heart Study : Clinical implications

- In treated and controlled hypertensives
  - to achieve an aggressive BP target of 130/80 mm Hg is difficult
- When combination therapy includes Valsartan
  - association with CCB and/or ACE-I has shown a preventive CV effect
- These effects demonstrated in Asian population should be confirmed in European population