

## **Sanofi-aventis India announces the launch of SITE (Screening India's Twin Epidemic) - India's largest study to estimate Diabetes and Hypertension prevalence amongst outpatients across 10 States**

*It is well-known that India is rapidly becoming the diabetes capital of the world. But how many of us realize that diabetes and hypertension are together becoming a Twin Epidemic in India?*

**Mumbai, November 11, 2009:** Aventis Pharma Limited (Group sanofi-aventis) today announced the launch of SITE (Screening India's Twin Epidemic), a cross-sectional study that aims to estimate the prevalence of diagnosed and undiagnosed cases of diabetes and hypertension in outpatient settings in major cities across India. The study will involve 1000 general practitioners including consultant physicians and over 20,000 patients from 10 States namely - Maharashtra, New Delhi, West Bengal, Tamil Nadu, Andhra Pradesh, Karnataka, Gujarat, Uttar Pradesh, Rajasthan and Madhya Pradesh; making it one of the largest study of its kind in India. The study was commissioned by sanofi-aventis with the aim of quantifying and increasing awareness amongst medical professionals and patients on the lurking likelihood of a twin epidemic of diabetes and hypertension.

The **sanofi-aventis SITE** study will screen 20,000 patients, covering a wide variety of people, including businessmen, working professionals and housewives, mainly in metro cities, aged 18 years and above; was started in Maharashtra in Jan 2009 and is expected to conclude with collated results from all 10 States by December 2010. The principal coordinators of the study recently announced the completion of the study in Maharashtra and New Delhi, with the results expected to be announced shortly.

The **sanofi-aventis SITE** study has taken into account various parameters — medical history, family history, diet, demographic data – height, weight, waist and hip circumference, blood pressure, pulse, treatment history and fasting blood test for lipids, glucose, (including HbA1c) as well as urine for proteins. Dr. Muruga Vadivale, Senior Director – Medical and Regulatory Affairs, sanofi-aventis India says, "With India having the largest number of diabetic patients in the world, the disease is posing an enormous health as well as economic problem to the country. The **sanofi-aventis SITE** study reinforces our commitment to an in-depth involvement in one of India's key public health issues and in creating awareness about the dormant twin epidemic waiting to explode. We hope to provide medical professionals with valuable insights on the twin epidemic of Diabetes and Hypertension. We also want to create awareness amongst them and patients about screening for these diseases at the earliest."

Dr. Shashank Joshi, Consultant Endocrinologist, Lilavati Hospital and National Coordinator of **sanofi-aventis SITE** study said, "Through SITE we hope to identify gaps in treatment needs at the first point of contact for a patient. Since SITE is being conducted at the general practitioners' and consultant physicians level, it will give us important insights on how we screen patients for risk factors and how well we manage them versus current guidelines."

Cardiovascular death rates are high and appear to be climbing in countries like India where diabetes is highly prevalent. In India, in the past five decades, rates of coronary disease among urban population have risen from 4% to 11%<sup>i</sup>. The World Health Organisation (WHO) estimates that 60% of the world's cardiac patients will be Indians by 2010<sup>ii</sup>. With the rising tide of diabetes in India, the double jeopardy of diabetes and hypertension is set to result in an explosion of cardiovascular and other complications – unless preventive action is taken now.

Says Susheel Umesh, Senior Director - Cardio-Metabolism Business Unit, "That India has the largest diabetic population is well known. But what is important is to reinforce the need for early detection, early diagnosis and timely management of both hypertension and diabetes. Through **sanofi-aventis SITE** study we want to delve deeper into how this can be done more effectively".

**About the SANOFI-AVENTIS SITE study:** Screening India's Twin Epidemic (SITE) is a national, multi-centric, non randomized, observational study with the aim of collecting information on the prevalence of diagnosed and undiagnosed diabetes and hypertension cases in out-patient clinics in major Indian cities and to understand the extent of associated risk factors among these patients. The study involving 20, 000 patients across 1,000 centers in Maharashtra, New Delhi, West Bengal, Tamil Nadu, Andhra Pradesh, Karnataka, Gujarat, Uttar Pradesh, Rajasthan and Madhya Pradesh was commissioned by sanofi-aventis with the aim of understanding the management and level of control for diabetes and hypertension in the country and then creating awareness amongst doctors and patients regarding the need for early diagnosis for better disease management.

### **About Diabetes**

Diabetes is a chronic, widespread condition in which the body does not produce or properly use insulin, the hormone needed to transport glucose (sugar) from the blood into the cells of the body for energy. More than 230 million people worldwide are living with the disease and this number is expected to rise to a staggering 350 million within 20 years. It is estimated that nearly 24 million Americans have diabetes, including an estimated 5.7 million who remain undiagnosed. At the same time, about 40 percent of those diagnosed are not achieving the blood sugar control target of HbA1c <7 percent recommended by the ADA. The HbA1c test measures average blood glucose levels over the past two- to three-month period.

### **About sanofi-aventis group**

Sanofi-aventis, a leading global pharmaceutical company, discovers, develops and distributes therapeutic solutions to improve the lives of everyone. Sanofi-aventis is listed in Paris (EURONEXT: SAN) and in New York (NYSE: SNY).

**Sanofi-aventis in India** operates through three entities - Aventis Pharma Limited, Sanofi-Synthelabo (India) Limited and Sanofi Pasteur India Private Limited. Sanofi-aventis and its 100% subsidiary Hoechst GmbH are the major shareholders of Aventis Pharma Limited and together hold 50.12% of its paid-up share capital. Sanofi-Synthelabo (India) Limited and Sanofi Pasteur are 100% subsidiaries of sanofi-aventis Group. Aventis Pharma Limited is listed on the Bombay Stock Exchange and the National Stock Exchange. The Company focuses its activities on seven major therapeutic areas namely – Cardiovascular diseases, Thrombosis, Oncology, Central Nervous System disorders, Metabolic Disorders, Internal Medicine and Vaccines.

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<sup>i</sup> <http://www.livemint.com/workwithheart.htm>;

<sup>ii</sup> <http://timesofindia.indiatimes.com/articleshow/msid-5054563,prtpage-1.cms>

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## **SANOFI-AVENTIS'S SITE (SCREENING INDIA'S TWIN EPIDEMIC)**

### ***Highlights of Maharashtra survey – Preliminary Data***

#### **State Coordinators**

Dr. Shashank Joshi, Consultant Endocrinologist, Lilavati Hospital,

Dr. Jamshed J Dalal, Consultant Interventional Cardiologist, HoD – Kokilaben Dhirubhai Ambani Hospital *and* Dr. Muruga Vadivale, Senior Director, Medical & Regulatory Affairs, sanofi-aventis India

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1. 39.8% of the population were diabetic and 56.4% were found to be hypertensive from among patients visiting the doctor in outpatient setting.
2. 29% of the above population had both diabetes and hypertension (twin epidemic).
3. Undiagnosed diabetes is approximately 5% of patients visiting General Practitioners and undiagnosed hypertension is 25%
4. Of the patients investigated in the study that were diabetic, 72% also had hypertension and 31% had kidney problems(among those tested for microalbumiuria)
5. 20% of this same patient group had altered lipids. (NCEP-ATPIII)
6. Of the patients that had diabetes, 41% did not have any family history of diabetes
7. Of the patients that had diabetes, 73% had uncontrolled diabetes (among those tested for HbA1c >7%).
8. Of the patients that had hypertension, 46% did not have any family history of hypertension
9. Of the patients that had known hypertension, 64% were uncontrolled.
10. Of the patients investigated in the study that were hypertensive, 32% had kidney problems(among those tested for microalbumiuria)
11. Of the hypertensive patients 18% had altered lipids. (NCEP-ATPIII)
12. Among those visiting the clinics 72% were either overweight or obese and 82.8% had truncal obesity.

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