underlying risk of new-onset diabetes and ability to metabolize glucose may thus have differed from those of younger subjects. We also observed a strong association between pulse pressure and new-onset diabetes in patients aged <65 years, possibly owing to the same mechanism.

Several limitations of this study warrant mention. First, it was conducted as a post hoc analysis. Second, although we found an interesting association between pulse pressure and the risk of new-onset diabetes, the CASE-J trial was not designed to prospectively evaluate this association, and we were consequently unable to elucidate causality, because we did not directly measure parameters of arterial stiffness or collect the data to clarify the underlying mechanism. Third, we were unable to include baseline data regarding glucose metabolism into the multiple Cox regression analysis or information about a family history of diabetes, physical activity, or diet, which are well-known and important risk factors for new-onset diabetes. Fourth, new-onset diabetes was prespecified as the end point just before the completion of the CASE-J trial. Accordingly, there was a possibility of nonreporting bias, because the definition of new-onset diabetes was not in the original protocol and determination of whether new-onset diabetes had occurred depended on the participating investigators' reports. Thus, we may have underestimated the overall incidence of new-onset diabetes. Nevertheless, the present study is the first to examine the association of pulse pressure with new-onset diabetes in hypertensive patients and may provide useful information in understanding the underlying mechanism between hypertension and new-onset diabetes. Finally, because the study population consisted of Japanese patients with high-risk hypertension, the generalizability of our findings to other ethnic groups or general populations may be limited.

In summary, we found that pulse pressure is an independent predictor of new-onset diabetes in high-risk Japanese hypertensive patients. The development of type 2 diabetes may involve increased arterial stiffness, suggesting the importance of the "microvascular dysfunction" theory in the underlying pathophysiological mechanism between hypertension and new-onset diabetes. To our knowledge, this study is the first to report the relation between pulse pressure and new-onset diabetes in hypertensive patients. Further studies are required to elucidate the significance of pulse pressure in new-onset diabetes in hypertensive patients.

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ORIGINAL ARTICLE

Role of diabetes and obesity in outcomes of the candesartan antihypertensive survival evaluation in Japan (CASE-J) trial

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The Candesartan Antihypertensive Survival Evaluation in Japan (CASE-J) trial assessed cardiovascular outcomes in high-risk hypertensive patients receiving either candesartan or amlodipine. The aim of this study was to examine the role of pre-existing diabetes or obesity on these outcomes as a sub-analysis of the trial. We examined the influence of pre-existing diabetes on cardiovascular morbidity and mortality using a multivariate Cox regression model. The cardiovascular morbidity and mortality of candesartan and amlodipine were compared between subgroups with or without pre-existing diabetes or by body mass index (BMI) category, and new-onset diabetes was compared by BMI category. Pre-existing diabetes greatly increased the cardiovascular mortality and morbidity, regardless of the allocated drugs. Furthermore, all-cause mortality was significantly higher with amlodipine than with candesartan among patients with BMI $\geqslant 27.5\,\mathrm{kg\,m^{-2}}$ (adjusted hazard ratio (HR)=0.32; range=0.13–0.75; P=0.009). New-onset diabetes occurred significantly less frequently with candesartan than with amlodipine, with an adjusted HR of 0.66 (P=0.043). Furthermore, the increase in new-onset diabetes was dependent on BMI among patients receiving amlodipine, whereas no such dependency was observed for candesartan (interaction P=0.016). In conclusion, preexisting diabetes increased the risk of experiencing a cardiovascular event among high-risk Japanese hypertensive patients. Candesartan treatment may suppress all-cause death and reduce the incidence of new-onset diabetes in patients with obesity.
Hypertension Research (2010) 33, 600–606; doi:10.1038/hr.2010.38; published online 9 April 2010

INTRODUCTION

Hypertension is often associated with insulin resistance, and hypertensive patients tend to develop type 2 diabetes mellitus (DM), which increases the risk of cardiovascular (CV) events in these patients. Hypertension, insulin resistance, obesity and dyslipidemia frequently occur together in a single individual, and such clustering is recognized as metabolic syndrome. With the prevalence of obesity increasing worldwide, even in Asian nations,[1] researchers have sought to develop treatment options capable of comprehensively addressing these risk factors in hypertensive patients.

As preexisting DM and obesity are thought to be related to the renin–angiotensin system (RAS), considerable interest has been focused on the difference between the treatment effects of angiotensin II receptor blockers (ARBs), angiotensin-converting enzyme inhibitors (ACEIs) and calcium channel blockers (CCBs) with regard to treating hypertensive patients with DM or obesity. Several large randomized clinical trials have found the therapeutic benefits from ARBs,[2] CCBs[3,4] and ACEIs[5] to be superior to beta blocker-based treatments or

placebos with regard to reducing mortality and CV events in these patients. The Blood Pressure Lowering Treatment Trialists' Collaboration (BPLTTC) conducted an individual patient-based meta-analysis and concluded that all of the major classes of blood pressure (BP)-lowering agents are capable of producing substantial reductions in short- to medium-term risk associated with the leading causes of death and CV events in patients with diabetes, although small differences in the effects of regimens on macrovascular events cannot be excluded.[6] However, none of the previous trials have analyzed the relationship between obesity and antihypertensive treatment effects on cardiovascular outcomes.

With regard to new-onset DM, the ARB, valsartan, has been shown to suppress incidence of new-onset DM more effectively than the CCB, amlodipine.[7] We recently reported the principal results of the Candesartan Antihypertensive Survival Evaluation in Japan (CASE-J) study, a prospective, multi-center, open-label randomized controlled trial with blinded assessment of end points, which was designed to evaluate the efficacy of candesartan and amlodipine in reducing the

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incidence of CV morbidity and mortality in a Japanese population with high-risk hypertension.[8] Although results ultimately showed no significant difference in incidence of CV events between the two treatments,[9] of particular note among the findings was the fact that the ARB, candesartan, prevented new-onset DM more effectively than amlodipine, thereby raising the possibility that candesartan's treatment effect may be affected by obesity condition, given present knowledge regarding the mechanism of ARB action.

To clarify the role of preexisting DM and obesity in the findings of the CASE-J trial, we evaluated the influence of diabetic status and body mass index (BMI) on trial outcomes and the interaction between these factors and allocated treatments. Preliminary data have been described previously,[9] and here we present a detailed *post-hoc* analysis.

METHODS
Study design
As the rationale and complete design of the CASE-J trial have been previously published,[8] relevant details are briefly described below. For the trial, written informed consents were obtained from all patients before enrollment, and the trial protocol was approved by the ethics committee of Kyoto University and undertaken in accordance with the Declaration of Helsinki Principles. The data and safety monitoring board made periodic recommendations to the steering committee regarding the ethical aspects of trial continuation by evaluating each occurrence of a possible adverse event.

The CASE-J trial enrolled eligible Japanese hypertensive patients with, at least, one high-risk factor. High-risk factors in the CASE-J trial were as follows: severe hypertension that is systolic BP (SBP) $\geqslant 180$ mm Hg or diastolic BP (DBP) $\geqslant 110$ mm Hg on two consecutive visits; type 2 DM (fasting blood glucose $\geqslant 126$ mg per 100 ml, casual blood glucose $\geqslant 200$ mg per 100 ml, hemoglobin A1c (HbA1c) $\geqslant 6.5\%$, 2-h blood glucose on 75 g oral glucose tolerance test $\geqslant 200$ mg per 100 ml, or currently receiving treatment with a hypoglycemic agent); history of cerebral hemorrhage, cerebral infarction or transient ischemic attack occurring more than 6 months before screening; left ventricular hypertrophy on either echocardiography or electrocardiogram, angina pectoris or history of myocardial infarction occurring more than 6 months before screening; proteinuria or serum creatinine (sCr) $\geqslant 1.3$ mg per 100 ml; and symptoms of arteriosclerotic peripheral artery obstruction.

After randomization, patients were allocated to receive either candesartan by oral administration at 4–8 mg day^{-1}, increasing up to 12 mg day^{-1} as necessary

(or 2 mg day^{-1}, increasing up to 8 mg day^{-1} as necessary in patients with renal impairment) or amlodipine by oral administration at 2.5–5 mg day^{-1}, increasing up to 10 mg day^{-1} as necessary. Targets for BP control were determined according to practice guidelines developed by the Japanese Society of Hypertension (JSH),[10] as reported previously.[8]

Outcome measures
Outcome measures evaluated in this analysis were CV event, non-renal CV event, all-cause death, CV death and new-onset DM. In the original CASE-J trial, CV event was the primary end point, which is the first fatal or non-fatal CV event and represented a composite of the following: sudden unexpected death that happened within 24 h without external causes; cerebrovascular events including stroke or transient ischemic attack; cardiac events including heart failure, angina pectoris or acute myocardial infarction; renal events, including sCr $\geqslant 4.0$ mg per 100 ml, doubling of sCr (although sCr $\leqslant 2.0$ mg per 100 ml in any context was not regarded as an event) and end-stage renal disease; and vascular events, including dissecting aortic aneurysm or arteriosclerotic occlusion of a peripheral artery. As renal pathology in diabetic patients is affected by glycemic control, we also evaluated the incidence of non-renal CV events that excluded renal events from primary CV events. All-cause death and new-onset diabetes were the secondary and pre-specified end point in the CASE-J trial. Event evaluation for CV event and all-cause death was independently performed by the event evaluation committee members, who were blinded to the assigned treatment groups and assessed events according to the protocol criteria. Cases of new-onset DM were defined as patients who were reported to have developed DM as an adverse event or who were on anti-diabetic agents during the course of the study as reported in the case report form.

Statistical methods
Baseline characteristics were expressed as mean ± s.d. or proportions, and between-groups using the χ^2 test or *t*-test. Analyses were divided into two parts: we first evaluated the influence of preexisting DM at baseline on each end point as a prognostic factor analysis. Here, we conducted multivariate Cox regression analysis with adjustment for allocated drugs, BMI, age, sex, hyperlipidemia, smoking history, high-risk factors in the CASE-J trial (severe hypertension, cerebrovascular history, cardiac complications, renal dysfunction and vascular disease) and antihypertensive drug use at baseline.

We then conducted a comparison with regard to allocated drugs (candesartan vs. amlodipine) across subgroups for baseline presence or absence of preexisting DM and the BMI category (<22.0, $\geqslant 22.0$–25.0, $\geqslant 25.0$–<27.5 and

Table 1a Baseline characteristics in patients with and without diabetes[a]

	DM (+) at baseline			DM (−) at baseline		
	Candesartan (N=1011)	Amlodipine (N=1007)	P-value	Candesartan (N=1343)	Amlodipine (N=1342)	P-value
Age (years)	63.9±9.5	64.1±9.9	0.660	63.6±11.2	63.8±11.7	0.684
BMI (kg m^{-2})	25.1±3.9	25.1±3.6	0.739	24.2±3.5	24.0±3.5	0.099
Female (%)	445 (44.0)	447 (44.4)	0.866	647 (48.2)	567 (42.3)	0.002
Severe hypertension[b] (%)	58 (5.7)	64 (6.4)	0.560	396 (29.5)	429 (32.0)	0.164
Cerebrovascular history[b] (%)	70 (6.9)	59 (5.9)	0.328	178 (13.3)	166 (12.4)	0.493
Cardiac complications[b] (%)	291 (28.8)	313 (31.1)	0.260	716 (53.3)	710 (52.9)	0.833
Renal dysfunction[b] (%)	228 (22.6)	216 (21.5)	0.550	344 (25.6)	327 (24.4)	0.455
Vascular disease (%)	11 (1.1)	5 (0.5)	0.134	18 (1.3)	19 (1.4)	0.867
Antihypertensive drug use (%)	712 (70.4)	686 (68.1)	0.262	900 (67.0)	867 (64.6)	0.188
Current or smoking history (%)	319 (31.6)	319 (31.7)	0.952	386 (28.7)	474 (35.3)	<0.001
Hyperlipidemia (%)	460 (45.5)	440 (43.7)	0.415	608 (45.3)	570 (42.5)	0.144
SBP (mm Hg)	159.8±12.9	160.0±12.5	0.690	164.5±14.7	165.6±14.9	0.054
DBP (mm Hg)	88.3±9.9	88.3±10.3	0.943	94.0±11.2	94.5±11.4	0.249

Abbreviations: BMI, body mass index; DBP, diastolic blood pressure; DM, diabetes mellitus; SBP, systolic blood pressure.
[a]Data are shown as the mean ± s.d. or *n* (%) in each category.
[b]Severe hypertension (blood pressure $\geqslant 180$ or $\geqslant 110$ mm Hg), cerebrovascular event history (history of stroke or transient ischemic attack), cardiac complication (left ventricular hypertrophy, angina pectoris or history of myocardial infarction), renal dysfunction (proteinuria or serum creatinine $\geqslant 1.3$ mg per 100 ml).

Table 1b Baseline characteristics in patients with BMI category[a]

	<22.0 kg m⁻²			22.0-<25.0 kg m⁻²			25.0-<27.5 kg m⁻²			≥27.5 kg m⁻²		
	Candesartan (N=561)	Amlodipine (N=565)	P-value	Candesartan (N=813)	Amlodipine (N=853)	P-value	Candesartan (N=536)	Amlodipine (N=527)	P-value	Candesartan (N=444)	Amlodipine (N=404)	P-value
Age (years)	67.1±9.9	66.4±10.6	0.257	63.8±9.6	64.1±9.7	0.419	63.5±10.1	63.7±10.1	0.704	59.9±11.9	60.4±11.8	0.551
BMI (kg m⁻²)	20.3±1.3	20.2±1.4	0.384	23.5±0.9	23.6±0.9	0.820	26.1±0.7	26.1±0.7	0.490	30.2±2.8	30.2±2.8	0.875
Female (%)	299 (53.3)	267 (47.3)	0.043	337 (41.5)	342 (40.1)	0.573	250 (46.1)	205 (38.9)	0.011	206 (46.4)	200 (49.5)	0.365
Severe hypertension[b] (%)	125 (22.3)	130 (23.0)	0.771	144 (17.7)	173 (20.3)	0.182	104 (19.4)	108 (20.5)	0.656	81 (18.2)	82 (20.3)	0.448
Preexisting DM (%)	195 (34.8)	186 (32.9)	0.514	355 (43.7)	360 (42.2)	0.547	236 (44.0)	235 (44.6)	0.854	225 (50.7)	226 (55.9)	0.125
Cerebrovascular history[b] (%)	72 (12.8)	66 (11.7)	0.555	85 (10.5)	84 (9.8)	0.623	60 (11.2)	47 (9.3)	0.308	31 (7.0)	27 (6.7)	0.863
Cardiac complications[b] (%)	238 (42.4)	260 (46.0)	0.225	372 (45.8)	385 (45.1)	0.799	216 (40.3)	231 (43.8)	0.243	181 (40.8)	147 (36.4)	0.191
Renal dysfunction[b] (%)	140 (25.0)	137 (24.3)	0.783	182 (22.4)	175 (20.5)	0.352	130 (24.3)	130 (24.7)	0.875	120 (27.0)	101 (25.0)	0.502
Vascular disease (%)	13 (2.3)	9 (1.5)	0.380	9 (1.1)	9 (0.9)	0.733	3 (0.6)	5 (1.0)	0.463	4 (0.9)	2 (0.5)	0.481
Antihypertensive drug use (%)	377 (67.2)	378 (66.9)	0.915	540 (66.4)	536 (62.8)	0.126	385 (71.8)	374 (71.0)	0.756	310 (69.8)	265 (65.6)	0.188
Current or smoking history (%)	156 (27.8)	201 (35.6)	0.005	254 (31.2)	286 (33.5)	0.319	155 (28.9)	183 (34.7)	0.042	140 (31.5)	123 (30.5)	0.733
Hyperlipidemia (%)	196 (34.9)	192 (34.0)	0.736	364 (44.8)	371 (43.5)	0.599	268 (50.0)	240 (45.5)	0.146	240 (54.1)	207 (51.2)	0.412
SBP (mm Hg)	164.5±13.8	165.3±14.0	0.348	162.1±13.8	163.0±14.0	0.193	162.1±14.3	162.3±14.5	0.763	161.9±14.7	162.0±14.2	0.413
DBP (mm Hg)	90.4±11.3	91.7±11.1	0.106	91.3±10.6	91.5±11.5	0.748	91.6±11.3	91.7±11.5	0.841	93.1±11.0	92.8±11.0	0.725

Abbreviations: BMI, body mass index; DBP, diastolic blood pressure; DM, diabetes mellitus; SBP, systolic blood pressure.
[a]Data are shown as the mean ± s.d. or n (%) in each category.
[b]Severe hypertension (blood pressure ≥180 or ≥110 mm Hg), cerebrovascular event history (history of stroke or transient ischemic attack), cardiac complication (left ventricular hypertrophy, angina pectoris or history of myocardial infarction), renal dysfunction (proteinuria or serum creatinine ≥1.3 mg per 100 ml).

Table 2 Adjusted HRs of prognostic factors for primary CV events

Baseline characteristics	HR[a]	95% CI	P-value
DM (present)	2.58	1.99–3.33	<.001
Allocated drugs (candesartan)	0.99	0.78–1.26	0.922
Age	1.37	1.19–1.57	<0.001
BMI	1.16	0.98–1.37	0.092
Sex (female)	0.89	0.67–1.18	0.411
Severe hypertension (yes)	1.10	0.74–1.65	0.632
Cerebrovascular history (yes)	2.04	1.47–2.83	<0.001
Cardiac complications (yes)	2.21	1.72–2.84	<0.001
Renal dysfunction (yes)	2.93	2.30–3.74	<0.001
Vascular disease, yes	1.68	0.69–4.10	0.255
Antihypertensive drug use at baseline (yes)	1.42	1.05–1.91	0.024
Current or former smoker (yes)	1.02	0.77–1.36	0.871
Hyperlipidemia (yes)	0.89	0.69–1.15	0.368

Abbreviations: BMI, body mass index; CI, confidence interval; CV, cardiovascular; DM, diabetes mellitus; HR, hazard ratio.
[a]The HR value was adjusted for all baseline variables listed in Table 2 entering in the multivariate Cox regression model.

≥27.5 kg m⁻²). The cutoff points of the BMI category (22 kg m⁻² as normal BMI for the Japanese; 25 kg m⁻² as upper limit of normal BMI range; and 27.5 kg m⁻² as the mid-point of the overweight BMI range) were pre-specified before analyzing the data. In the comparison between candesartan and amlodipine, hazard ratios (HRs), 95% confidence intervals (CIs) and P-values of the Wald test were also calculated with adjustment for age, sex, smoking history, hyperlipidemia, severe hypertension, cerebrovascular history, cardiac complications, renal dysfunction and antihypertensive drug use at baseline in the multivariate Cox regression model. Interactions of HRs between allocated drugs and the baseline variables of preexisting DM status and BMI (as continuous variable) were also evaluated in the multivariate Cox regression model with interaction terms. All statistical tests were two-sided and performed using SAS version 9.1 (SAS Institute, Cary, NC, USA).

RESULTS

Baseline characteristics and medication adherence

Of the 4703 patients that enrolled in the CASE-J trial, 2018 (42. 9%) patients had DM at baseline and 2685 (57.1%) did not. Table 1a summarizes the baseline characteristics by diabetic status at baseline and allocated drug. With regard to between-group comparisons, background characteristics were well balanced between both treatment groups except in regards to sex ratio and smoking history in patients without DM at baseline. The baseline characteristics of the BMI category were shown in Table 1b. There were some statistical differences in sex and current smoking history between two groups in the two BMI categories (<22.0 and ≥25.0-<27.5 kg m⁻², respectively), whereas there was no statistical difference in the BMI ≥27.5 kg m⁻² category.

Percentages of patients who took more than 80% of the allocated drug and details regarding the distribution of additional drugs during the follow-up period have already been reported in the main results of the CASE-J trial.[9] Regarding drug doses, 59.4% of patients in the candesartan group were taking 8 mg at last follow-up, whereas 23.5% were taking 12 mg and 13.8% were taking 4 mg. In the amlodipine group, 71.6% were taking 5 mg at last follow-up, whereas 14.9% were taking 10 mg and 9.5% were taking 2.5 mg. Mean doses in the candesartan and amlodipine groups were 8.3 and 5.6 mg, respectively.

Association of diabetic status at baseline with the CASE-J trial outcome

Over 3.3 ± 0.8 mean years of follow-up, primary CV events occurred in 103 (3.8%) patients without DM at baseline (11.8 per 1000 patient-years) and in 165 (8.2%) with DM at baseline (25.5 per

Table 3 Hazard ratios for each event in patients with and without diabetes

Events	DM (+) at baseline				DM (−) at baseline				DM (+) vs. DM (−)		
	At risk	Events	Rate[a]	95% CI	At risk	Events	Rate	95% CI	HR[b]	95% CI	P-value
Primary CV events	2018	165	25.5	21.8–29.7	2685	103	11.8	9.7–14.3	2.58	2.00–3.33	<0.001
Cerebrovascular	2018	54	8.2	6.1–10.7	2685	57	6.5	4.9–8.4	1.49	1.01–2.19	0.044
Cardiac	2018	67	10.2	7.9–12.9	2685	23	2.6	1.7–3.9	4.99	3.05–8.16	<0.0001
Renal	2018	38	5.7	4.0–7.8	2685	8.0	0.9	0.4–1.8	7.44	3.47–16.22	<0.0001
Non-renal CV events	2018	138	21.2	17.8–25.1	2685	96	11.0	8.9–13.4	2.34	1.78–3.08	<0.001
All-cause deaths	2018	89	13.3	10.7–16.4	2685	70	7.9	6.2–10.0	2.04	1.46–2.87	<0.001
CV deaths	2018	26	3.9	2.5–5.7	2685	21	2.4	1.5–3.6	1.93	1.03–3.61	0.041

Abbreviations: CI, confidence interval; CV, cardiovascular; DM, diabetes mellitus; HR, hazard ratio.
[a]Rate is expressed as incidence per 1000 patient-years.
[b]HR value was adjusted for the potential confounders (allocated drugs, age, body mass index, sex, severe hypertension, cerebrovascular history, cardiac complications, renal dysfunction, antihypertensive drug use at baseline, smoking history and hyperlipidemia).

Table 4 Comparisons between candesartan and amlodipine for each event for subgroups of diabetes status at baseline

	Candesartan				Amlodipine				Comparison of treatment groups			Interaction test
	At risk	Events	Rate[a]	95% CI	At risk	Events	Rate[a]	95% CI	HR[b]	95% CI	P-value	P-value
Primary CV events												
DM (−)	1343	54	12.5	9.4–16.3	1342	49	11.2	8.3–14.8	1.06	0.72–1.58	0.744	0.565
DM (+)	1011	80	24.8	19.6–30.8	1007	85	26.3	21.0–32.5	0.92	0.67–1.24	0.568	
Cerebrovascular events												
DM (−)	1343	31	7.1	4.8–10.1	1342	26	5.9	3.9–8.7	1.13	0.67–1.90	0.661	0.820
DM (+)	1011	30	9.1	6.1–13.0	1007	24	7.2	4.6–10.8	1.22	0.71–2.10	0.466	
Cardiac events												
DM (−)	1343	12	2.7	1.4–4.8	1342	11	2.5	1.2–4.5	1.12	0.49–2.57	0.785	0.619
DM (+)	1011	31	9.4	6.4–13.4	1007	36	10.9	7.7–15.1	0.87	0.54–1.40	0.562	
Renal events												
DM (−)	1343	2	0.5	0.1–1.6	1342	6	1.4	0.5–3.0	0.31	0.06–1.57	0.158	0.329
DM (+)	1011	17	5.1	3.0–8.2	1007	21	6.3	3.9–9.7	0.72	0.38–1.37	0.320	
Non-renal CV events												
DM (−)	1343	52	12.0	9.0–15.7	1342	44	10.0	7.3–13.5	1.16	0.77–1.73	0.484	0.525
DM (+)	1011	68	21.0	16.3–26.6	1007	70	21.5	16.7–27.1	0.97	0.70–1.36	0.879	
All-cause deaths												
DM (−)	1343	33	7.5	5.1–10.5	1342	37	8.4	5.9–11.5	0.96	0.60–1.54	0.853	0.775
DM (+)	1011	40	11.9	8.5–16.3	1007	49	14.7	10.8–19.4	0.84	0.55–1.27	0.407	
CV deaths												
DM (−)	1343	11	2.5	1.2–4.5	1342	10	2.3	1.1–4.1	1.13	0.48–2.68	0.783	0.818
DM (+)	1011	11	3.3	1.6–5.9	1007	15	4.9	2.5–7.4	0.78	0.36–1.71	0.537	

Abbreviations: CI, confidence interval; CV, cardiovascular; DM, diabetes mellitus; HR, hazard ratio.
[a]Rate is expressed as incidence per 1000 patient-years.
[b]HR value was adjusted for the potential confounders (age, body mass index, sex, severe hypertension, cerebrovascular history, cardiac complications, renal dysfunction, antihypertensive drug use at baseline, smoking history and hyperlipidemia).

1000 patient-years). Multivariate Cox regression analysis revealed that DM was an independent predictor of primary CV events (adjusted HR=2.58, 95% CI=1.99–3.33, *P*<0.0001; Table 2), as were aging, cerebrovascular history, cardiac complications, renal dysfunction and antihypertensive drug use at baseline. In addition, DM was significantly associated with risk of each CV event and all-cause death (Table 3).

We then examined the effects of candesartan- and amlodipine-based regimens on the incidences of each event and all-cause deaths among subgroups of diabetic status at baseline, with analysis revealing no significant differences in event incidence between the two treatment regimens, regardless of diabetic status at baseline (Table 4). New-onset DM occurred in 38 (2.8%) patients receiving candesartan-based regimens (8.7 per 1000 patient-years) and in 59 (4.4%) receiving

Table 5 Comparisons between candesartan and amlodipine for each event for BMI category at baseline

	Candesartan				Amlodipine				Comparison of treatment groups				Interaction test
	At risk	Events	Rate[a]	95% CI	At risk	Events	Rate[a]	95% CI	HR[b]	95% CI		P-value	P-value
Primary CV events													
BMI <22	561	37	20.9	14.7–28.7	565	33	18.1	12.5–25.4	1.13	0.70	1.81	0.623	0.904
BMI ≥22–<25	813	31	11.6	7.9–16.5	853	48	17.4	12.8–23.0	0.66	0.42	1.04	0.075	
BMI ≥25–<27.5	536	37	21.6	15.2–29.8	527	28	16.4	10.8–23.7	1.37	0.83	2.25	0.214	
BMI ≥27.5	444	29	20.6	13.8–29.6	404	25	19.1	12.3–28.1	1.09	0.63	1.87	0.761	
Non-renal CV events													
BMI <22	561	34	19.1	13.2–26.7	565	25	13.6	8.8–20.1	1.38	0.82	2.33	0.221	0.763
BMI ≥22–<25	813	28	10.5	7.2–15.5	853	41	14.8	10.6–20.1	0.71	0.44	1.16	0.169	
BMI ≥25–<27.5	536	33	19.2	12.8–26.5	527	24	14.0	9.0–20.8	1.48	0.87	2.52	0.148	
BMI ≥27.5	444	25	17.7	11.4–26.1	404	24	18.3	11.7–27.2	0.98	0.55	1.73	0.937	
All-cause deaths													
BMI <22	561	29	15.9	10.6–22.8	565	30	16.1	10.9–23.0	1.00	0.60	1.67	0.997	0.102
BMI ≥22–<25	813	26	9.6	6.3–14.0	853	25	8.8	5.7–12.9	1.11	0.64	1.92	0.722	
BMI ≥25–<27.5	536	11	6.3	3.1–11.2	527	11	6.4	3.2–11.4	1.08	0.46	2.52	0.854	
BMI ≥27.5	444	7	4.8	1.9–9.9	404	20	15.0	9.1–23.1	0.32	0.13	0.75	0.009	
CV deaths													
BMI <22	561	5	2.7	0.9–6.4	565	5	2.7	0.9–6.3	1.03	0.29	3.58	0.969	0.170
BMI ≥22–<25	813	9	3.3	1.5–6.3	853	7	2.5	1.0–5.1	1.44	0.53	3.89	0.474	
BMI ≥25–<27.5	536	5	2.8	0.9–6.6	527	5	2.9	0.9–6.8	1.02	0.29	3.65	0.977	
BMI ≥27.5	444	3	2.0	0.4–6.0	404	8	6.0	2.6–11.8	0.34	0.09	1.28	0.110	
New-onset diabetes													
BMI <22	366	7	5.9	2.4–12.1	379	7	5.7	2.3–11.8	1.09	0.38	3.13	0.868	0.016
BMI ≥22–<25	458	14	9.4	5.1–15.8	493	23	14.1	9.0–21.2	0.67	0.34	1.32	0.250	
BMI ≥25–<27.5	300	11	11.3	5.6–20.2	292	16	17.2	9.9–28.0	0.64	0.29	1.39	0.258	
BMI ≥27.5	219	6	8.5	3.1–18.5	178	13	23.4	12.5–40.0	0.35	0.13	0.94	0.036	

Abbreviations: BMI, body mass index; CI, confidence interval; CV, cardiovascular; HR, hazard ratio.
[a]Rate is expressed as incidence per 1000 patient-years.
[b]HR value was adjusted for the potential confounders (age, diabetes mellitus, sex, severe hypertension, cerebrovascular history, cardiac complications, renal dysfunction, antihypertensive drug use at baseline, smoking history and hyperlipidemia).
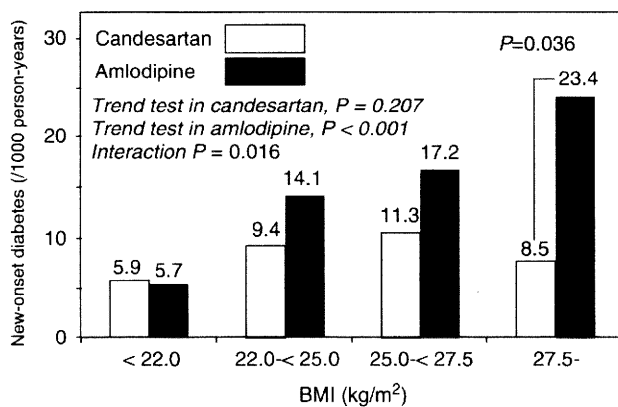

Figure 1 Relationship between new-onset diabetes and body mass index (BMI) at baseline.

amlodipine-based regimens (13.6 per 1000 patient-years). Multivariate Cox regression analysis also revealed that candesartan suppressed the incidence of new-onset DM to significantly greater degree than

amlodipine (adjusted HR=0.66, 95% CI=0.43–0.99, P=0.043). This adjusted HR was comparable with the unadjusted one reported previously.[9]

Association of BMI at baseline with the CASE-J trial outcomes

The actual number and incidence rate of primary CV events, non-renal CV events, and all-cause death in each BMI category are shown in Table 5. No significant difference in incidence of primary and non-renal CV events was noted between the two treatment regimens in any of the four BMI categories.

With regard to all-cause death, incidence in both regimens was most frequent in the lowest BMI category (<22.0 kg m^{-2}). Incidence was similar between treatment regimen groups at BMI <22.0 kg m^{-2}; 22.0≤BMI<25.0 kg m^{-2}; and 25.0≤BMI<27.5 kg m^{-2}. However, a statistically significant difference was noted in the incidence among patients in the BMI≥27.5 kg m^{-2} category, with an adjusted HR of 0.32 (95% CI=0.13–0.75, P=0.009). Furthermore, in this category, deaths from both CV (three in the candesartan group and eight in the amlodipine group) and non-CV causes (four in the candesartan group and 12 in the amlodipine group) were more frequent in the amlodipine group than in the candesartan group, although the number of events was small.

Table 5 describes the number of patients with new-onset DM and the adjusted HRs in each category stratified according to BMI at study enrollment. In BMI subgroup analyses, candesartan significantly suppressed new-onset DM in the BMI $\geq 27.5\,\mathrm{kg\,m^{-2}}$ category (adjusted HR=0.35, 95% CI=0.13–0.94, P=0.036) compared with amlodipine. Figure 1 clearly shows that the increase in new-onset DM was dependent on BMI in the amlodipine group, whereas no such dependency was observed in the candesartan group, highlighting the statistically significant interaction between BMI and treatment group (interaction P=0.016).

DISCUSSION

In this analysis, we noted that DM was a strong risk factor for CV events among high-risk Japanese hypertensive patients, in addition to all-cause death, and other outcomes of the CASE-J trial. Furthermore, we showed that the ARB, candesartan, exerted a favorable effect in suppressing new-onset DM among patients with elevated BMI. However, no difference in occurrence of primary CV events was noted between candesartan and amlodipine groups regardless of diabetic status and BMI, albeit these findings had insufficient statistical power.

Previous studies that showed a decrease in the new-onset DM with antihypertensive treatment did not report the influence of BMI on the outcome.[5,7] In our analysis, the incidence of new-onset DM was lower in patients with relatively low BMI than in those with relatively high BMI in the amlodipine group, suggesting that onset of DM is affected by the degree of patient obesity in this group. However, no such dependency was observed in patients receiving candesartan. When we conducted the additional post-hoc analysis with quintile cutoff points of the BMI category (<21.6, ≥ 21.6–23.4, ≥ 23.4–<25.1, ≥ 25.1–<27.2 and $\geq 27.2\,\mathrm{kg\,m^{-2}}$), the similar dependency was observed compared with that based on the pre-specified cutoff points of the BMI category (data not shown). These results suggested that candesartan reduced the new-onset DM by preventing the metabolically deleterious effects of increased adiposity in high-risk hypertensive patients.

The average BMI of participants in the CASE-J trial was approximately $25\,\mathrm{kg\,m^{-2}}$ among patients diabetic at enrollment and $24\,\mathrm{kg\,m^{-2}}$ among non-diabetic patients. As reported previously,[9] patients with a BMI greater than or equal to $27.5\,\mathrm{kg\,m^{-2}}$, who were receiving candesartan had a significantly lower risk of all-cause death than those receiving amlodipine, whereas incidence of all-cause death was similar between the two treatment groups among patients occupying lower BMI strata. A U-shaped association between all-cause death and BMI in a Japanese population has been previously reported,[11] and this same relationship was also observed between all-cause death and BMI among patients receiving amlodipine in this study. In contrast, no increase in all-cause death associated with increased BMI was observed for patients receiving candesartan (Table 5); results we interpret to indicate that candesartan treatment reduced the incidence of all-cause death among patients whose BMI was in the highest category, who might otherwise have suffered increased mortality.

The improvement in the insulin resistance observed under antihypertensive treatment has been attributed in part to the direct effect of reduced blood pressure on endothelial function. However, candesartan[12] and enalapril,[13] both suppressed the development of DM in patients with congestive heart failure without hypertension, suggesting that the effect of RAS suppression on the development of DM is not necessarily a direct result of lowered BP. As angiotensinogen is produced by adipose tissue,[14] and angiotensin II has a

role in increasing insulin resistance through its effects on adipocyte function,[15] the suppression of new-onset DM by candesartan may well depend on the state of adiposity and therefore be more profound in obese patients, as was observed in the present analysis. Hypertension and impaired glucose homeostasis associated with obesity can be considered a reflection of the pathophysiological process of metabolic syndrome.[16–18] The suppression of both hypertension and glucose intolerance induced by candesartan in this study supports the hypothesis that RAS does indeed have a role in obesity and the development of metabolic syndrome, and results from this and previous studies will aid in development of treatment strategies for pathological conditions associated with obesity, such as metabolic syndrome.

Several limitations to this analysis warrant mention. First, our study was conducted as a post-hoc analysis, and therefore there was also a risk that our findings might occur by chance. Second, the number of patients in each subgroup may not have been sufficient to allow for a thorough examination of the relationship between DM (or BMI) and trial outcomes. Third, patients were not vigorously tested for the presence of DM at the end, and diagnosis of new-onset DM relied solely on the attending clinician's decision to prescribe anti-diabetic medications or a report of DM in the adverse event form. According to the National Diabetes Survey in 2002, 69.6% of patients diagnosed as diabetic underwent either drug or insulin treatment.[19] Therefore, although the number of new-onset DM as defined in this study may have underestimated the overall incidence of DM, it is highly probable that a considerable portion of new-onset DM cases were included in the results. Last, we cannot accurately claim that the decrease in new-onset DM observed in this study directly affected the overall CV morbidity and mortality of non-diabetic patients. The recent CASE-J Ex study[20] may provide insights into these and other questions.

In conclusion, this analysis showed that DM increased CV risk among high-risk Japanese hypertensive patients. Candesartan treatment may produce significant suppression of all-cause death and reduced new-onset DM in patients with obesity. Results from this analysis will likely be of long-term benefit to obese hypertensive patients.

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ORIGINAL ARTICLE

Hypertension and Circulatory Control

Impact of Left Ventricular Hypertrophy on the Time-Course of Renal Function in Hypertensive Patients
– A Subanalysis of the CASE-J Trial –

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Background: In this subanalysis of the CASE-J, which was conducted to compare the effects of candesartan and amlodipine in Japanese high-risk hypertensive patients, the association of left ventricular hypertrophy (LVH) with renal function is clarified.

Methods and Results: Patients were divided into 2 groups: 1,082 patients with LVH and 2,119 patients without LVH. The primary endpoint was the change in the estimated glomerular filtration rate (eGFR). The eGFRs were increased from 63.6 to 65.1 ml·min^{-1}·1.73 m^{-2} in patients with LVH and from 63.6 to 68.5 ml·min^{-1}·1.73 m^{-2} in those without LVH. The improvement in the eGFR was greater in patients without LVH than in those with LVH (P=0.004). In patients with chronic kidney disease (CKD) patients, the eGFR increased from 52.7 to 60.5 ml·min^{-1}·1.73 m^{-2} in patients without LVH, but from 53.1 to 57.2 ml·min^{-1}·1.73 m^{-2} in those with LVH (P<0.001, patients without LVH vs patients with LVH). Furthermore, because the eGFR changed from 76.5 to 75.4 ml·min^{-1}·1.73 m^{-2} in patients without CKD but with LVH, and from 76.5 to 77.5 ml·min^{-1}·1.73 m^{-2} in those without either CKD or LVH, the final eGFR was higher in patients without LVH than in those with LVH (P=0.048).

Conclusions: LVH related to the time-course of renal function in Japanese hypertensive patients. (*Circ J* 2010; **74:** 2132–2138)

Key Words: Chronic kidney disease; Estimated glomerular filtration rate; Hypertension; Left ventricular hypertrophy

With progressive aging of the population and an increasing prevalence of hypertension and diabetes mellitus, chronic kidney disease (CKD) remains a worldwide public health problem. As many patients with CKD die of cardiovascular (CV) disease before reaching end-stage renal disease, measures against CKD should be undertaken from the viewpoint of improving their prognosis.[1,2]

Left ventricular hypertrophy (LVH) is a manifestation of target organ damage and an independent risk factor for CV morbidity and mortality.[3,4] Several studies have examined the association of renal dysfunction with LVH and have reported that reduced renal function and albuminuria are risk factors for it.[5-7] LVH is thus common in patients with CKD, indicating kidney–heart interaction. To date, however, few studies have examined the impact of LVH on renal function in hypertensive patients.[8,9] Our previous subanalysis of the CASE-J trial reported that cardiac complications, including LVH and ischemic heart disease, were independent predictors of CV events, but not of renal events.[10] In contrast, Boner et al reported that LVH was associated with a significantly increased risk of not only CV events but also the progression of kidney disease in patients with type 2 diabetes and nephropathy.[9] Of 4,703 patients in the CASE-J trial, only 46 (1.0%) experienced a renal event, a much smaller proportion than the 32.9% in the RENALL study, indicating that the CASE-J trial lacked sufficient statistical power to evaluate the impact of LVH on renal events.

In this context, the present study was conducted as a subanalysis of the CASE-J trial aimed at investigating the impact of LVH on the time-course of renal function in high-risk Japanese hypertensive patients.

Table 1. Baseline Characteristics of the Study Patients

Characteristics	LVH (−)	LVH (+)
No. of participants	2,119	1,082
Candesartan(%)	1,071 (50.5)	537 (49.6)
Age (years)	64.4±10.0	63.6±10.3
Men (%)*	1,065 (50.3)	687 (63.5)
Body mass index (kg/m²)*	24.6±3.6	24.4±3.5
SBP (mmHg)*	162.7±13.9	160.7±13.8
DBP (mmHg)*	91.1±11.3	90.9±10.6
Heart rate (beats/min)*	72.6±10.8	71.3±11.4
Severe HT (SBP ≥180 and/or DBP ≥110mmHg)*	448 (21.1)	120 (11.1)
Type 2 diabetes†,*	1,089 (51.4)	324 (29.9)
Ischemic heart disease (AP and/or OMI)	299 (14.1)	134 (12.4)
Cerebrovascular disease		
Cerebral hemorrhage*	52 (2.5)	12 (1.1)
Cerebral infarction*	155 (7.3)	48 (4.4)
TIA*	39 (1.8)	7 (0.6)
Renal dysfunction		
Proteinuria*	471 (22.2)	171 (15.8)
sCr ≥1.3mg/dl*	175 (8.3)	74 (6.8)
Vascular disease		
ASO*	32 (1.5)	7 (0.6)

Data are shown as number of patients (%) or mean±SD.
*P<0.05; cardiac risk (−) vs cardiac risk (+).
†Type 2 diabetes mellitus was defined by fasting blood glucose ≥126mg/dl, casual blood glucose ≥200mg/dl, hemoglobin A1c ≥6.5%, 2h blood glucose on 75g OGTT ≥200mg/dl, or current treatment with hypoglycemic agent at baseline.
LVH, left ventricular hypertrophy; SBP, systolic blood pressure; DBP, diastolic blood pressure; HT, hypertension; AP, angina pectoris; OMI, old myocardial infarction; TIA, transient ischemic attack; sCr, serum creatinine; ASO, atherosclerosis obliterans; OGTT, oral glucose tolerance test.

Methods

Study Design

The CASE-J trial was a prospective, multicenter, randomized, open-label, active-controlled, 2-arm parallel-group comparison study, which evaluated the efficacy of angiotensin receptor blocker candesartan and Ca channel blocker amlodipine in reducing the incidence of CV events in high-risk hypertensive patients.[11,12] The rationale and complete design of the CASE-J trial and main outcome of the primary endpoint have been reported elsewhere.[11,12] Briefly, 4,728 patients with high-risk hypertension were randomly assigned to either a candesartan- or amlodipine-based treatment regimen. High-risk was defined as the presence of any one of the following: (a) severe hypertension: systolic blood pressure (SBP)/diastolic blood pressure (DBP) ≥180/110mmHg; (b) type 2 diabetes mellitus; (c) history of stroke or transient ischemic attack more than 6 months prior to screening; (d) LVH (SV1+RV5 ≥3.5mV in electrocardiography (ECG) and/or LV wall thickness ≥12mm in echocardiography), angina pectoris, or a history of myocardial infarction more than 6 months prior to screening; (e) proteinuria or serum creatinine concentration ≥1.3mg/dl; and (f) arteriosclerotic peripheral artery obstruction. The exclusion criteria have been reported elsewhere.[11] Enrolled patients were given one of the following medications after randomization, namely candesartan administered orally at a dose of 4–12mg/day or amlodipine administered orally at a dose of 2.5–10mg/day. Finally, 4,703 randomly assigned patients were included in the analysis. Mean follow-up period was 3.2 years and follow-up rate was 97.1%.[12]

In the present analysis, we focused on LVH, which was one of inclusion criteria in the trial. Enrolled patients, whose serum creatinine values were available every 6 months during the follow-up period, were divided into 1,082 patients with and 2,119 patients without LVH. Among the 1,082 patients with LVH, 633 met the ECG criteria for LVH, 297 met the echocardiographic criteria, and 152 met both the ECG and echocardiographic criteria. The primary endpoint in this subanalysis was change in estimated glomerular filtration rate (eGFR) in patients with or without LVH. Based on CKD Guidelines of the Japanese Society of Nephrology,[13,14] eGFR was calculated by the following equation:

$$eGFR = 194 \times Cr^{-1.094} \times Age^{-0.28}$$
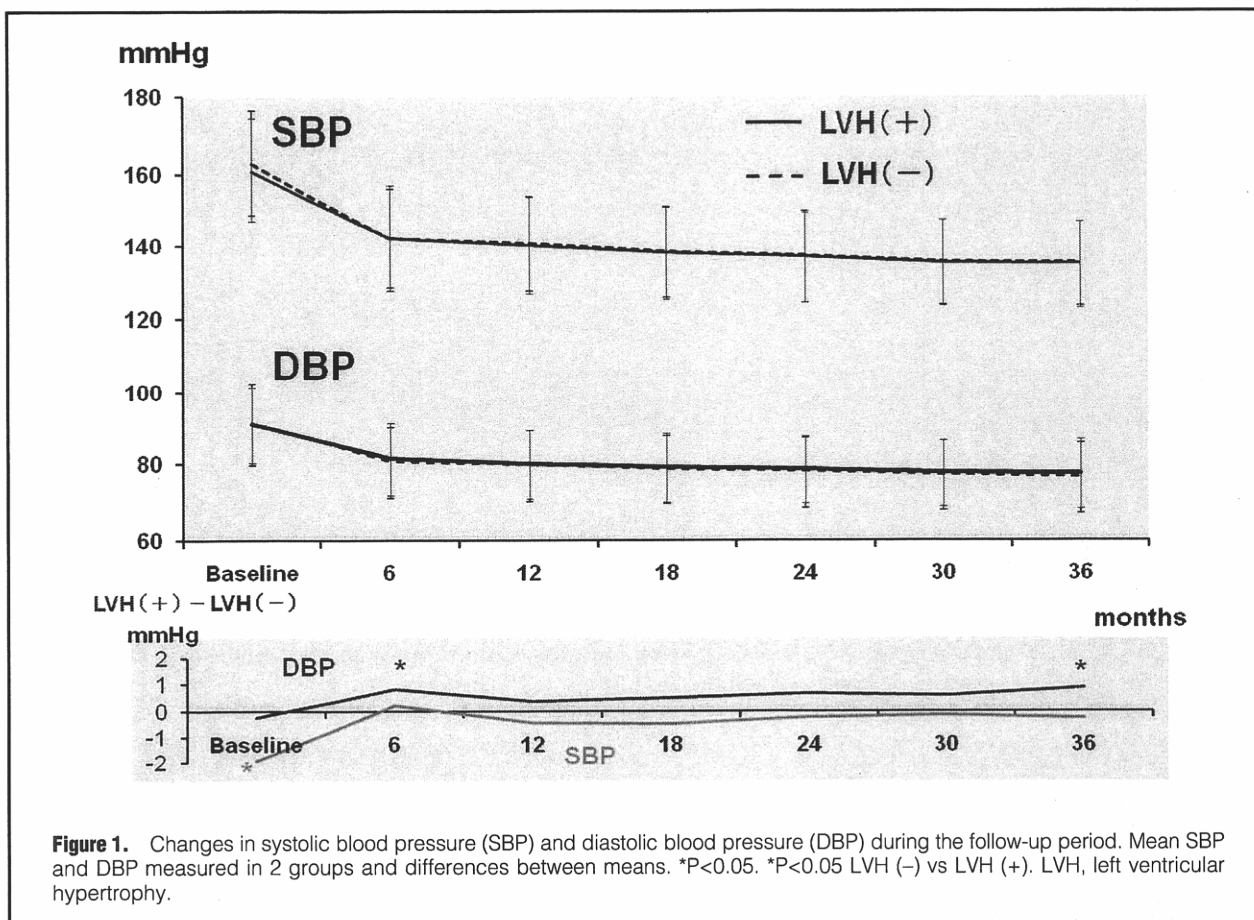(×0.739, if female; Cr, serum creatinine)

Further, to evaluate the impact of CKD on the time-course of renal function, the patients were also divided into 2 additional groups, namely those with (n=1,455) and without CKD (n=1,746). Patients at enrollment with positive urinary protein tests by either or both dipstick analysis or an eGFR of <60ml·min⁻¹·1.73m⁻² were defined as having CKD in this study.[15]

Baseline Characteristics

Table 1 shows the baseline characteristics of patients with and without LVH in the present analysis. As LVH was one of the inclusion criteria, there were statistical differences in baseline characteristics between the 2 groups. Thus, analyses were adjusted for baseline characteristics as described below.

Statistical Analysis

Data are expressed as the mean±standard deviation or proportion. We compared continuous variables using the Student's

Figure 1. Changes in systolic blood pressure (SBP) and diastolic blood pressure (DBP) during the follow-up period. Mean SBP and DBP measured in 2 groups and differences between means. *P<0.05. *P<0.05 LVH (−) vs LVH (+). LVH, left ventricular hypertrophy.

t-test between the 2 groups. Frequency analysis was performed by the χ^2 test.

When we evaluated the time-course of eGFR in patients with and without LVH, we performed a mixed-effect linear regression (PROC MIXED in SAS version 9.1) to account for non-independence of the same participants, and adjusted for baseline eGFR and possible baseline confounders (allocated drug, age, sex, body mass index, SBP, DBP, history of previous antihypertensive treatment, severe hypertension, type 2 diabetes, history of cerebrovascular disease, history of ischemic heart disease, renal dysfunction, and history of vascular disease). Further, we also evaluated the time-course of eGFR in patients with and without CKD, adjusted for possible baseline confounders (allocated drug, age, sex, body mass index, SBP, DBP, history of previous antihypertensive treatment, severe hypertension, type 2 diabetes, history of cerebrovascular disease, history of ischemic heart disease, LVH, and history of vascular disease). We examined the association of the LVH and CKD with the time-course of the eGFR after adjusting for baseline eGFR and possible baseline confounders (allocated drug, age, sex, body mass index, SBP, DBP, history of previous antihypertensive treatment, severe hypertension, type 2 diabetes, history of cerebrovascular disease, history of ischemic heart disease, and history of vascular disease).

Boneferroni correction for multiple comparisons was applied to each analysis. All statistical tests were 2-sided with an α level of 0.05, and were performed using SAS version 9.1 (SAS Institute Inc, Cary, NC, USA).

Results

Changes in BP
BP was strictly controlled to a level lower than 140/80 mmHg in both groups (**Figure 1**). Mean SBP/DBP was 160.7/90.9 mmHg at baseline and 134.9/77.4 mmHg after 3 years in patients with LVH, and 162.7/91.1 mmHg at baseline and 135.2/76.5 mmHg after 3 years in those without LVH. During the follow-up period, there were slight but statistically significant differences in SBP and DBP between the 2 groups (**Figure 1**).

Association of LVH With Changes in Renal Function
In both groups, the adjusted eGFRs were increased under strict BP control during the follow-up period, from 63.6 to $65.1\,ml\cdot min^{-1}\cdot 1.73\,m^{-2}$ in patients with LVH, and from 63.6 to $68.5\,ml\cdot min^{-1}\cdot 1.73\,m^{-2}$ in those without LVH. This improvement in eGFR was significantly greater in patients without LVH than in those with LVH (P=0.004, **Figure 2**).

Although the adjusted eGFR did not significantly change in patients without CKD, it significantly increased from 53.7 to $60.4\,ml\cdot min^{-1}\cdot 1.73\,m^{-2}$ in those with CKD (P<0.001, **Figure 3**).

When we evaluated the adjusted eGFR among CKD patients with or without LVH, the adjusted eGFR increased from 52.7 to $60.5\,ml\cdot min^{-1}\cdot 1.73\,m^{-2}$ in patients without LVH, but from 53.1 to $57.2\,ml\cdot min^{-1}\cdot 1.73\,m^{-2}$ in those with LVH. Thus, the improvement of eGFR was significantly greater in CKD patients without LVH than in those with LVH (P<0.001,
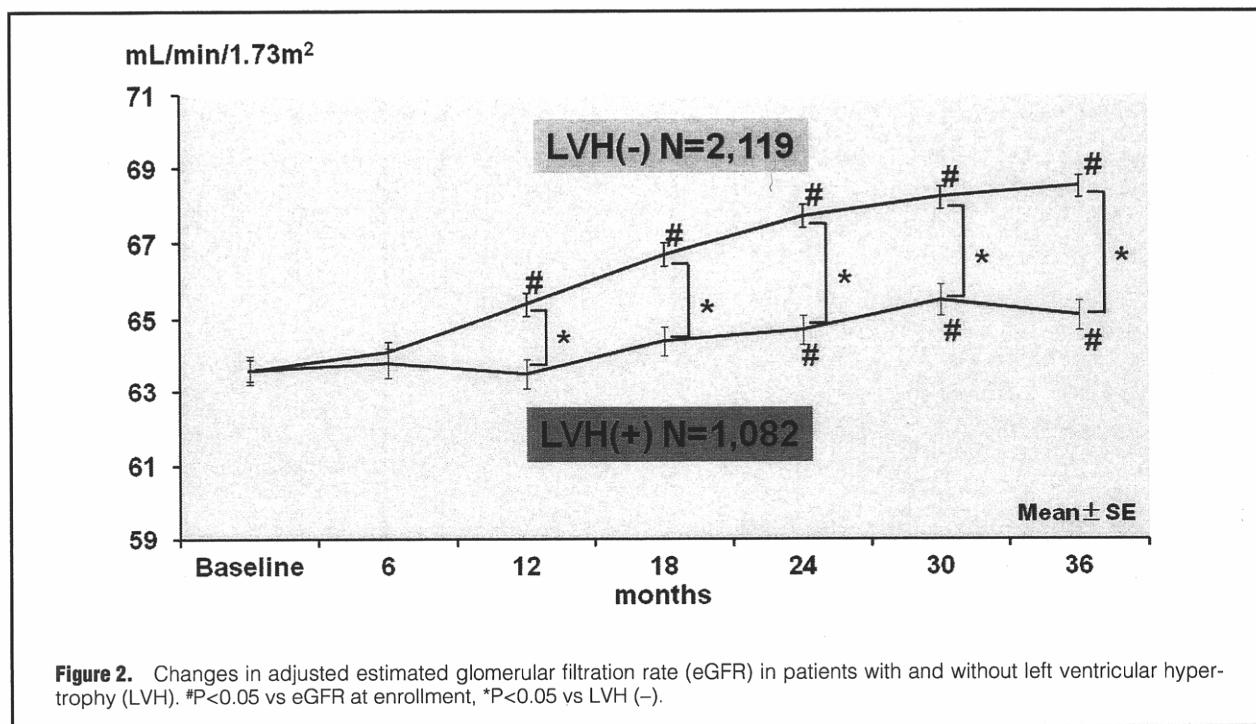
Figure 2. Changes in adjusted estimated glomerular filtration rate (eGFR) in patients with and without left ventricular hypertrophy (LVH). #P<0.05 vs eGFR at enrollment, *P<0.05 vs LVH (–).
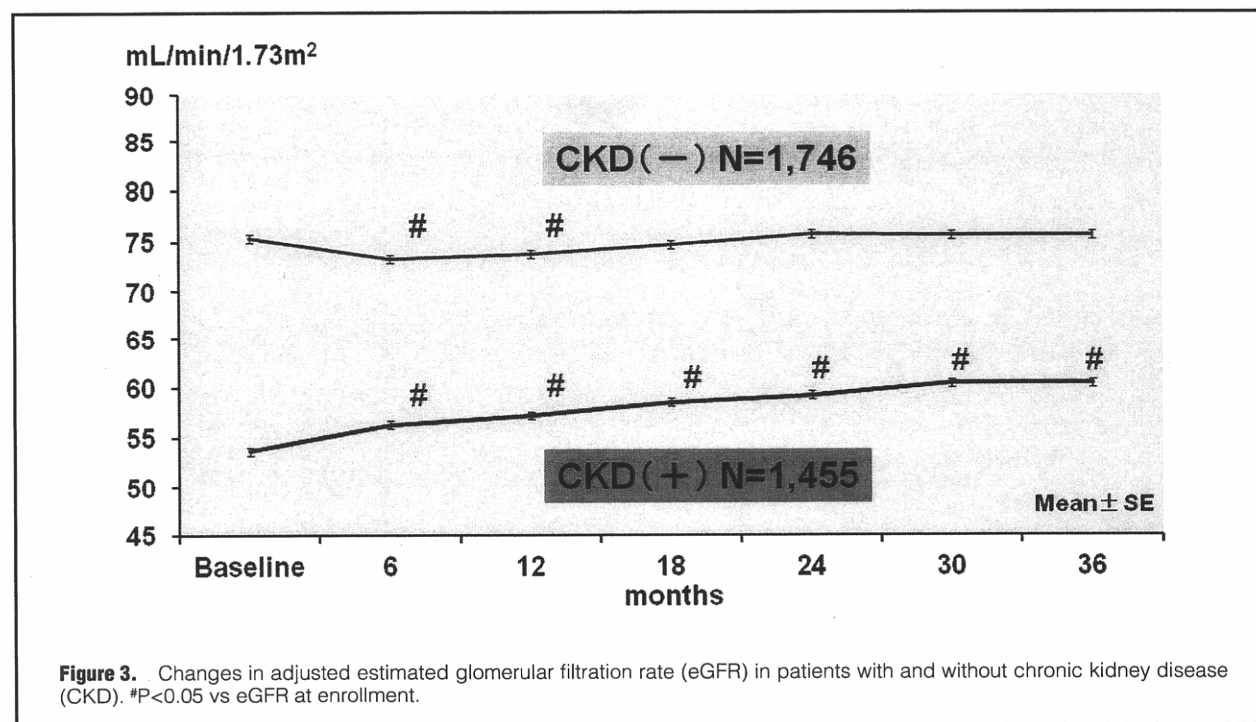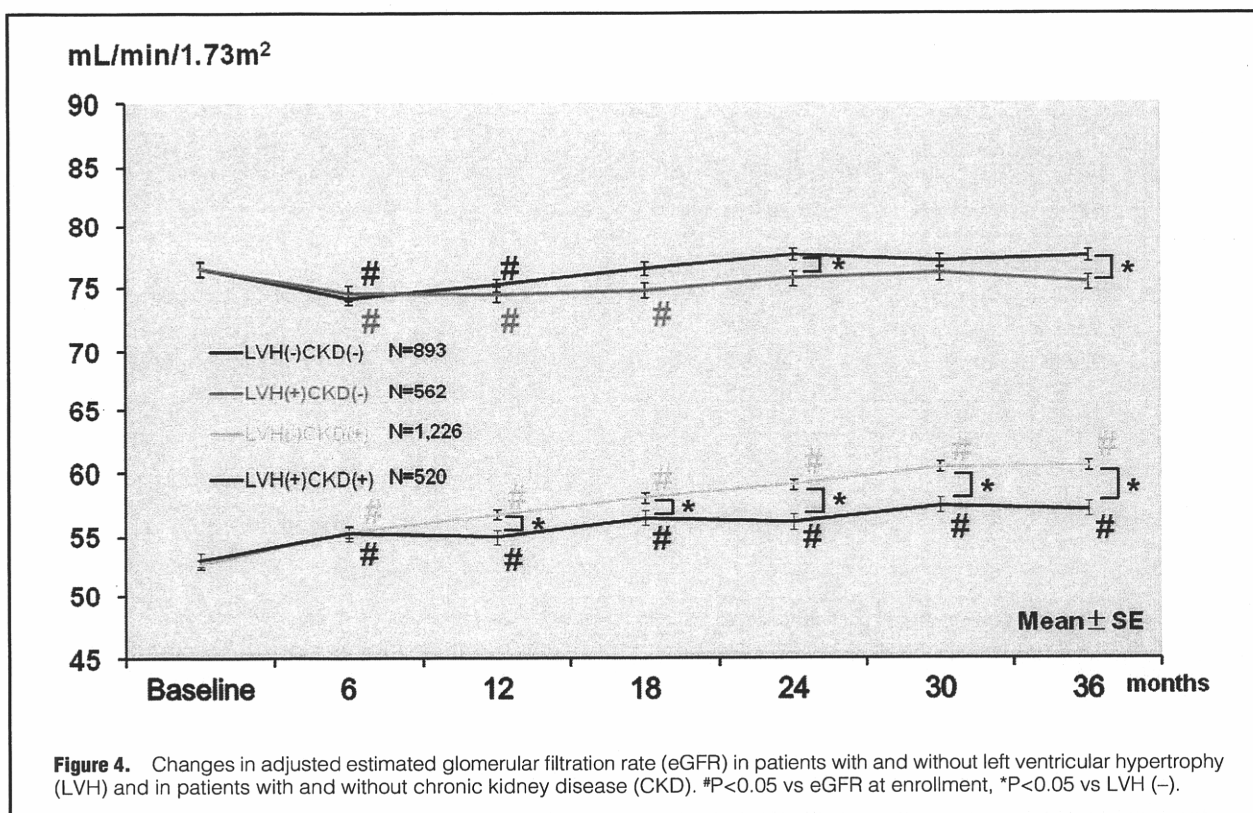

Figure 3. Changes in adjusted estimated glomerular filtration rate (eGFR) in patients with and without chronic kidney disease (CKD). #P<0.05 vs eGFR at enrollment.

Figure 4). Further, the adjusted eGFR changed from 76.5 to $75.4 \, ml \cdot min^{-1} \cdot 1.73 \, m^{-2}$ in patients without CKD but with LVH, and from 76.5 to $77.5 \, ml \cdot min^{-1} \cdot 1.73 \, m^{-2}$ in those without either CKD or LVH. Although the adjusted eGFR did not change notably among the patients without CKD, the final adjusted eGFR was significantly higher in patients without LVH than in those with LVH (P=0.048, **Figure 4**).

When we evaluated the effects of LVH to the time course of eGFR, CV disease were adjusted in our statistical analysis. However, because the participants with heterogeneous CV disease were included in the present study, changes in the eGFR in patients with or without CV disease at baseline were investigated. Then, the complication of LVH deteriorated the improvement of the time-course of the eGFR in patients with or without CV disease at baseline (data not shown).

Figure 4. Changes in adjusted estimated glomerular filtration rate (eGFR) in patients with and without left ventricular hypertrophy (LVH) and in patients with and without chronic kidney disease (CKD). #P<0.05 vs eGFR at enrollment, *P<0.05 vs LVH (–).

Discussion

Because hypertension affects both the heart and kidney, and dysfunction of one negatively affects the other, CV and renal disease frequently coexist. This interaction, referred to as 'cardiorenal syndrome', was originally defined as characterized by the aggravation of renal function due to heart failure.[16] The 2 major clinical presentations of heart disease in patients with CKD are coronary artery disease and LVH.[17] Many studies have sought to understand the pathophysiology of kidney–heart interaction by investigating the impact of renal function on LVH, but few have investigated from the opposite point of view.[8,9] In the present study, conducted as a subanalysis of the CASE-J trial, we found that renal function improved under strict BP control, and that its improvement in high-risk hypertensive patients was greater in patients without LVH than in those with LVH.

LVH is an adaptive response that reduces LV wall stress against volume and pressure overload.[18,19] Although originally considered a compensatory and beneficial response to overload, large population studies have provided much evidence that LVH confers an increased risk for CV events.[3,4,20] The mechanism of the close association between LVH and the time-course of renal function is not clear. In the present analysis, achieved DBP levels in patients with LVH were slightly but significantly higher than those without LVH. But, given that the difference in achieved BP levels was small (less than 1 mmHg) and moreover the significant difference of the achieved DBP level was observed only at 2 points (6 months and 36 months), this would not have influenced the difference in the time-course of renal function between the 2 groups.

In this regard, Ito et al recently proposed the 'strain vessel'

hypothesis.[21] According to the hypothesis, cerebrovascular events occur most frequently in the area of small perforating arteries that are exposed to high pressure and have to maintain strong vascular tone in order to provide large pressure gradients from the parent vessels to the capillaries. In the kidneys, the glomerular afferent arterioles of the juxtamedullary nephrons are analogous to the perforating arteries. Hypertensive vascular damage occurs first and more severely in the juxtamedullary glomeruli. On this basis, albuminuria might be an early sign of vascular damage imposed on 'strain vessels' such as perforating arteries and juxtamedullary afferent arterioles. Supporting this 'strain vessel' hypothesis, we previously reported that proteinuria is a strong risk factor for CV events.[22] In the heart, LVH might be analogous to renal damage because longstanding exposure to high BP leads to LVH.[23] We previously reported that LVH was strongly associated with the risk of cerebrovascular events (adjusted HR: 2.38; 95%CI: 1.62–3.48; P<0.001).[10] Furthermore, higher urinary albumin excretion has been observed in patients with LVH,[24,25] suggesting that cardiac and glomerular vascular damage might occur concurrently. These findings are consistent with the idea that LVH is analogous to albuminuria. However, de Andrade et al reported that the impairment of volume-sensitive cardiopulmonary reflex control of renal sympathetic nerve activity in spontaneously hypertensive rats correlates better with the magnitude of LVH than the level of arterial pressure.[26] Thus, LVH might have partial direct effects on the time-course of renal function. When we previously evaluated the association of changes in LV mass with time-course of serum creatinine concentrations as another subanalysis of the CASE-J trial, the protection against LVH during antihypertensive treatment might be related to the preservation of renal function.[27] Early detection of LVH

Table 2. The Dose of Each Antihypertensive Treatment In Patients With or Without LVH During the Follow-up Period

	0.5 year	1 year	1.5 year	2 year	2.5 year	3 year
Patients without LVH						
Candesartan (number)	1,068	1,051	1,038	1,028	1,030	1,021
Mean dose (mg)	7.4	7.6	7.8	7.9	8.1	8.2
Amlodipine (number)	1,044	1,018	1,012	1,008	1,004	997
Mean dose (mg)	5.2	5.4	5.4	5.4	5.5	5.5
Patients with LVH						
Candesartan (number)	534	521	511	507	508	506
Mean dose (mg)	7.8	8.1	8.4	8.6	8.7	8.8
Amlodipine (number)	545	536	533	529	529	523
Mean dose (mg)	5.5	5.6	5.8	5.9	6.0	6.1

LVH, left ventricular hypertrophy.

and aggressive BP control might contribute to the prevention of deterioration in renal function.[9,27,28]

In general, the expected decline in eGFR is approximately $1\,ml \cdot min^{-1} \cdot year^{-1}$.[1] In the present analysis, we were surprised to observe an improvement in renal function in CKD patients with or without LVH under strict BP control. To our knowledge, this current study is the first to report an improvement of renal function with antihypertensive treatment. In chronic hypertension, the small arteries of the kidneys, including the afferent arterioles, undergo a number of pathological changes that alter renal autoregulation.[29] The initial response of renal function to a decrease in BP is therefore a decrease in GFR. In this regard, a subanalysis of the REIN study demonstrated the ability of long-term ACE inhibition to effectively prevent progression to end-stage renal disease via the substantial healing of tubular injury as a result of a decrease in urinary protein overload.[30]

Several limitations of the present study warrant mention. First, because the analysis was post-hoc, this cohort should not be regarded as an ordinary epidemiological cohort. Second, hypertensive patients with any of several high-risk factors were enrolled, including LVH, so our evaluation of data for patients with and without LVH required adjustment by respective baseline characteristics owing to their statistical differences. Third, the definition of LVH was based on ECG or echocardiographic criteria. Because echocardiography was only performed when feasible, only a small number of patients underwent the procedure. Fourth, we cannot exclude the possibility that the dose of each allocated drug and the number of concomitant antihypertensive drugs might affect the results in this study. The dose of each antihypertensive treatment in patients with or without LVH during the follow-up period was shown in **Table 2**. In addition, the incidence of the patients with LVH who received concomitant antihypertensive drugs was larger than that of patients without LVH (23.3% vs 17.1% in diuretics, 25.0% vs 16.8% in β-blockers, and 24.8% vs 19.4% in α-blockers; P<0.001, respectively). However, because the additional antihypertensive treatments were considered as intermediate variables between LVH and CV events, we did not conduct the statistical adjustment for these factors. Finally, the mean follow-up period of 3.2 years might have been too short to evaluate changes in renal function. The CASE-J trial was extended for 3 years from 2006 as an observational study named CASE-J Ex,[31] which might resolve this issue in the near future.

Conclusion

In the present subanalysis, we found that renal function in high-risk hypertensive patients improved under strict BP control irrespective of the presence or the absence of LVH. However, the improvement in eGFR was significantly greater in patients without LVH than in those with LVH, particularly among those with CKD. LVH appears to have an adverse impact on the improvement of renal function despite strict BP control. Since early detection and prevention of LVH allows the prevention of deterioration in renal function is still not clear, additional investigation is needed in a future study.

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AGE-RELATED DIFFERENCES IN THE EFFECTS OF ANTIHYPERTENSIVE THERAPY ON LEFT VENTRICULAR HYPERTROPHY IN HIGH-RISK PATIENTS WITH HYPERTENSION—CANDESARTAN ANTIHYPERTENSIVE SURVIVAL EVALUATION IN JAPAN SUBANALYSIS

To the Editor: Left ventricular hypertrophy (LVH) is often observed in patients with cardiovascular diseases such as hypertension and ischemic heart disease. Because patients with LVH have greater cardiovascular morbidity and mortality than those without this complication,[1] it is generally accepted that LVH is an independent risk factor for cardiovascular events. The most recent guidelines for the management of hypertension state that sustained reduction of high blood pressure (BP) is essential for regression of LVH and recommend renin-angiotensin system (RAS) inhibitors (e.g., angiotensin II receptor blockers (ARBs)) and long-acting calcium-channel blockers (CCBs) as first-line treatment for hypertensive patients with LVH.[2]

The Candesartan Antihypertensive Survival Evaluation in Japan (CASE-J) trial compared the effects of the ARB candesartan cilexetil and the CCB amlodipine besylate on cardiovascular morbidity and mortality in 4,728 high-risk Japanese with hypertension and showed no statistically significant difference in the incidence of primary cardiovascular events between the two treatment groups.[3,4] Previously it was reported that candesartan was superior to amlodipine in terms of regression of LVH (a secondary endpoint) in patients with this complication at baseline.[5] The current subanalysis examined the effects of these drugs on regression of LVH in CASE-J participants with LVH at baseline stratified according to age (cutoff: aged 65) to determine possible age-related differences.

The CASE-J trial was an open-label, randomized, parallel-group, comparative study of candesartan and amlodipine that followed patients for 3 years or more.[3,4] LVH was one factor of high-risk definition and was defined as left ventricular posterior wall or interventricular septum wall thickness of 12 mm or greater according to echocardiogram or SV1+RV5 of 35 mm or greater according to electrocardiogram. Of the 4,728 high-risk participants with hypertension enrolled in the CASE-J trial, only those with LVH at baseline

who underwent echocardiography at enrollment; at 6 months; and at 1, 2, and 3 years were included in the subanalysis. This involved 205 patients treated with candesartan and 199 patients treated with amlodipine. The average age of patients was 63.1 in the candesartan group and 65.1 in the amlodipine group. Average body mass index at the time of enrollment were 25.2 kg/m² and 24.7 kg/m², respectively. To evaluate regression of LVH, two-dimensional guided M-mode echocardiography was performed, and the following echocardiographic parameters were measured: end-diastolic LV internal diameter, end-diastolic interventricular septal thickness, and end-diastolic LV posterior wall thickness. LV mass was calculated using Devereux's formula, normalized according to body surface area and expressed as LV mass index (LVMI).

Average blood pressure (BP) in the candesartan group was 158.5/93.4 mmHg at baseline and decreased to 133.3/80.0 mmHg after 3 years of treatment; respective values for amlodipine were 158.4/92.7 mmHg and 132.4/78.2 mm Hg. These results indicate that candesartan and amlodipine reduced BP sufficiently and achieved tight control of BP in participants with hypertension with LVH.

As previously reported,[5] regression of LVH from baseline was also evident with candesartan and amlodipine, although the decrease in LVMI after 3 years of treatment was 22.9 g/m² in the candesartan group, compared with 13.4 g/m² in the amlodipine group (P = .02, Figure 1), indicating that candesartan was superior to amlodipine in terms of regression of LVH.

When treatment groups were stratified according to age, the decrease in LVMI after 3 years was 20.8 g/m² in the candesartan group and 19.6 g/m² in the amlodipine group in participants younger than 65. In contrast, in participants aged 65 and older, LVMI values decreased 24.7 g/m² in the candesartan group and 8.4 g/m² in the amlodipine group (P = .009, Figure 1).

It has been reported that regression of LVH can be achieved by sustained BP reduction. Comparative studies of various antihypertensive drugs have been conducted to examine their effects on LVH,[6,7] and a metaanalysis of these studies revealed that RAS inhibitors were most effective in this regard.[8] The present study confirmed that the ARB candesartan is significantly superior to the CCB amlodipine in terms of its overall effects on regression of LVH.

Continuous BP reduction leads to regression of LVH in general. In this subanalysis, candesartan and amlodipine demonstrated sufficient antihypertensive efficacy, although marked differences between candesartan and amlodipine on regression of LVH were noted when treatment groups were stratified according to age. In participants younger than 65, candesartan and amlodipine achieved a similar decrease in LVMI, but in those aged 65 and older, changes in LVMI with candesartan were significantly greater than those achieved with amlodipine. In addition, changes in LVMI with amlodipine were much lower in participants aged 65 and older than in those younger than 65. These results may have potential implications regarding choice of therapy. In older adults with long-standing hypertension, sufficient BP reduction with amlodipine may not be enough to induce adequate regression of LVH. Through its activity on the RAS, candesartan exerts direct effects on cardiac tissue, such as antifibrotic effects caused by antiinflammatory
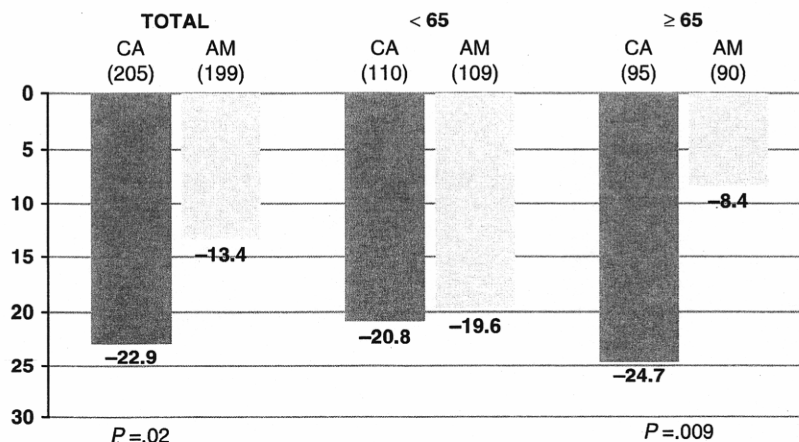
Figure 1. Changes in left ventricular (LV) mass index in people with hypertension with LV hypertrophy treated for 3 years with candesartan (CA) or amlodipine (AM); results stratified according to age.

and antioxidative actions, in addition to its antihypertensive effects. Both these effects contribute to regression of LVH[9] and may explain the differences observed between treatment groups with regard to the LVH regressive effect in older adults.

Various guidelines for the management of hypertension recommend ARBs as first-line treatment for people with hypertension with LVH.[2,10] This study confirmed the efficacy of the ARB candesartan for regression of LVH in older adults as well as in adults with hypertension with LVH.

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The Candesartan Antihypertensive Survival Evaluation in Japan (CASE-J) trial, published in 2008,[2] assessed cardiovascular outcomes in high-risk hypertensive patients receiving either candesartan or amlodipine. The primary end point of the CASE-J trial was a composite of cardiovascular morbidity and mortality, including heart failure. We think that this trial meets the inclusion criteria in the

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meta-analysis by Sciarretta et al,[1] but it was not included despite a careful search using 2 databases by 2 investigators. Also, neither the KYOTO HEART study[3] nor the Heart Institute of Japan Candesartan Randomized Trial for Evaluation in Coronary Artery Disease (HIJ-CREATE)[4] was included. The authors also checked in the references of a previous meta-analysis by Verdecchia et al.[5] This could not be enough to identify all randomized controlled trials to evaluate a wide range of antihypertensive drugs because this previous meta-analysis by Verdecchia et al[5] aimed to compare old antihypertensive drugs (diuretics and β-blockers) or placebo with new drugs (renin-angiotensin system inhibitors or calcium channel blockers). We are afraid that other important clinical trials are not included in the meta-analysis by Sciarretta et al.[1]

Although a meta-analysis can provide more precise estimates of interventions, it always has a potential for selection bias. Therefore, we would like to know in more detail the search strategy used in this meta-analysis based on the Preferred Reporting Items for Systematic Reviews and Meta-analysis statement.

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Financial Disclosure: None reported.

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COMMENTS AND OPINIONS

Considering Selection Bias When Developing a Search Strategy

We read with great interest the article by Sciarretta et al[1] on antihypertensive treatment and development of heart failure in hypertension. They performed the largest network meta-analysis in essential hypertension, to our knowledge, and showed that the use of diuretics and renin-angiotensin system inhibitors are the most effective first-line antihypertensive drug for preventing heart failure. In this meta-analysis, however, the search strategy and study selection are somewhat unclear.

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