

USEFULNESS OF RAMIPRIL-CARVEDILOL COMBINATION IN PATIENTS WITH DIABETES MELLITUS COMPLICATED BY CONGESTIVE HEART FAILURE

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AIM: To evaluate the usefulness of ramipril-carvedilol combination in patients with diabetes mellitus complicated by congestive heart failure (CHF).

METHODS: To compare the effects of ramipril (R), carvedilol (C) and R+C combination in patients with diabetes mellitus, we divided 36 diabetics (HbA1c $7.0 \pm 1.3\%$) with CHF ($EF \leq 40\%$) into group R (Hartil[®] 5 mg/day, “Egis”, Hungary), group C (Talliton[®] 12.5 mg/d, “Egis”, Hungary) and R+C. Duration of the study was 6 months. Background therapy was similar for all groups. All patients underwent clinical examination, treadmill testing, 2D-echocardiography, and assessment of quality of life by the Minnesota Living with Heart Failure Questionnaire. (LVFQ).

RESULTS: At the end of the study, there were significant and sustained improvements in both groups in the New York Heart Association functional class, left ventricular systolic and diastolic function, treadmill time and quality of life as shown by lower scores in the living with LVFQ. Changes in the above-mentioned characters were more significant in the R+C group. There was no worsening of hyperglycemia with C.

CONCLUSION: Both ramipril and carvedilol improved CHF in diabetic patients. In combination, their effects on CHF are additive. Thus, combined ramipril and carvedilol is highly effective for long-term use in diabetic patients with CHF.

Keyword: Ramipril, carvedilol, Diabetes mellitus