

- ADVANCE Study Milestones -

- ADVANCE stands for **A**ction in **D**iabetes and **V**ascular disease: **P**reter**A**x and **D**iamicro**N** **M**R **C**ontrolled **E**valuation.
- ADVANCE is the largest clinical trial ever performed in patients with type 2 diabetes, with the inclusion of 11,140 randomised patients.
- ADVANCE is a landmark trial which was set up to answer some of the key unresolved issues related to blood pressure control and glucose management in type 2 diabetes. ADVANCE will determine the effect of Preterax, a blood pressure lowering agent containing a fixed -dose combination of the ACE inhibitor perindopril and the diuretic indapamide and intensive blood glucose control based on Diamicon MR on both the macro vascular complications (stroke, MI, cardiovascular death) and micro vascular complications (new or worsening nephropathy and retinopathy) in adults with type 2 diabetes.
- 11,140 patients with type II diabetes took part in the ADVANCE study. A total of 20 countries across Asia, Australasia, Europe and North America were involved in ADVANCE, with patients drawn from 215 collaborating centres.
- The study had broad inclusion criteria and included patients with normal and elevated blood pressure. Patients were eligible to participate in the study if they were over 55 years of age and at a high risk of cardiovascular disease.
- The ADVANCE study is investigator-initiated and led. It is a multicentre, randomised, placebo-controlled trial and has a 2x2 factorial design.
- The blood pressure lowering treatment used for ADVANCE was Preterax – a fixed-dose combination of perindopril (an ACE inhibitor) and indapamide (a diuretic).

- The intensive glucose lowering therapy used in ADVANCE, was based on Diamicon MR (modified-release glicazide) with an HbA_{1c} target of 6.5% or below.
- Preterax and Diamicon MR were selected for the ADVANCE study based on their proven safety and efficacy, as well as the substantial body of evidence which exists demonstrating the advantages of these two drugs in the treatment of vascular disease in diabetes.
- Also included in ADVANCE were four key sub studies looking at left ventricular function (echocardiography) and incidence and progression of retinopathy (retinal imaging) after intervention, cost effectiveness and quality of life, and genetic predictors of cardiovascular and renal complications.
- Results from ADVANCE will have direct clinical implications for the practical management of a large proportion of patients with type II diabetes.
- ADVANCE started in 2001 and patient recruitment ended in March 2003. The Preterax arm will terminate in June 2007 and the study will be completed in December 2007 with the end of the follow up of the Diamicon arm of the study.