

Sanofi-aventis' India SITE study shows 62% of diabetic population in New Delhi has 'uncontrolled' diabetes

Study also reveals prevalence of 'uncontrolled' lipid levels (dyslipidemia) is much higher in New Delhi at 50% compared to 18% in Maharashtra

New Delhi, May 11, 2010: Aventis Pharma Limited (sanofi-aventis Group) today announced the New Delhi results of the **SITE (Screening India's Twin Epidemic)** study. The New Delhi results follow the Maharashtra results announcement in November 2009. The results of other States covered in the SITE study will be shared over the next few months.

SITE is the first cross-sectional study to assess the prevalence of diagnosed and undiagnosed cases of diabetes and hypertension amongst nearly 20,000 patients visiting General Practitioners and Consultant Physicians across major cities all over India. The SITE study has been commissioned by sanofi-aventis in order to quantify and increase awareness of diabetes and hypertension becoming twin epidemics in India.

Prof. (Dr.) Upendra Kaul, Executive Director & Dean – Department of Cardiology, Fortis Escorts Heart Institute and Research Centre Ltd. and Dr. Amrish Mithal, Chairman, Head Of Department, Division of Endocrinology and Diabetes, Medanta - The Medicity and Senior Consultant - Endocrinology & Diabetes, Department of Endocrinology, Indraprastha Apollo Hospitals were State Coordinators of the sanofi-aventis SITE study in New Delhi.

Dr. Amrish Mithal says, "The comprehensive data on diabetes and hypertension collected for SITE New Delhi shows that 62% of the diabetic population were inadequately controlled inspite of treatment. What was

even more alarming was that 27% of the diabetic patients screened, had kidney complications. In addition, we noticed that 65% of the diabetic patients were also hypertensive and dyslipidemia at 55% was equally high amongst both the diabetic and hypertensive populations."

He further added, "The SITE data is important because we now know that there are many cases of undiagnosed and uncontrolled diabetes and hypertension. Clearly there is a strong need for early screening of these diseases".

Key findings of the SITE study among those surveyed in New Delhi are as follows:

- 21% suffer from **both** diabetes and hypertension (leading to a possible twin epidemic)
- Of the diabetic population already aware of their condition, almost two-of-every-three (62%) had 'uncontrolled' diabetes (Hba1c levels > 7%) and of the hypertensive population three-out-of-four were uncontrolled
- Almost half the population tested in the New Delhi region has uncontrolled levels of lipids (dyslipidemia) as compared to about one-fifth of the Maharashtra

Dr. Upendra Kaul commented, "The SITE New Delhi data reveals that 24% of the screened population had no idea that they had hypertension. Furthermore, almost half the hypertensive population also had uncontrolled cholesterol levels. As physicians, it is important that we screen patients for risk factors to ensure that we diagnose the twin epidemics of diabetes and hypertension at an early stage. Since SITE is being conducted at the general practitioners' and consultant physicians level, it will help us to identify the missing treatment modalities at the first point of contact for a patient and ensure timely treatment for better management of diabetes and hypertension."

Dr. Muruga Vadivale, Senior Director – Medical and Regulatory Affairs, sanofi-aventis India said, "With diabetes affecting increasing number of patients in India, it poses an enormous health and economic issue for the country. The **sanofi-aventis SITE** study will provide medical professionals valuable insights on the twin epidemics."

Parameters	New Delhi Region
Incidence of diabetes	33%
Incidence of hypertensives	48%
Incidence of both diabetes and hypertension	21%
Unaware they had diabetes	3%
Diabetics with no family history	31%
Patients with uncontrolled diabetes	62%
Diabetics with kidney complications	27%
Unaware they had hypertension	24%
Hypertensives with no family history	42%
Patients with uncontrolled hypertension	77%
Hypertensives with kidney complications	23%

He added, "We also want to create realization amongst them and patients about the critical need to screen for these diseases at the earliest given that better disease management is possible if patients know of their condition and change their lifestyle accordingly."

Dr Shashank Joshi, endocrinologist, Lilavati Hospital and SITE National Coordinator endorsing the effort says, "The **sanofi-aventis SITE study** shows that the twin epidemics of diabetes and hypertension are ruining the health of the emerging and affluent

Indians. The variations found in the lipids and BP control of the screened population in New Delhi and Maharashtra is primarily due to the difference in dietary habits in these regions. The invisible fat and sodium content common in Indian foods and our genetic vulnerability as a race, is increasing the incidence of diabetes at a *startling* rate."

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%ⁱ. The World Health Organisation (WHO) estimates that 60% of the world's cardiac patients will be Indians by 2010ⁱⁱ. 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.

About the SANOFI-AVENTIS SITE study: Screening India's Twin Epidemics (SITE) study was started in Maharashtra in January 2009. New Delhi is the second center (1980 patients) to conclude the study after the principal coordinators of SITE announced the completion of the study which surveyed 1842 patients in Maharashtra.. 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 will screen 20,000 patients, covering a wide variety of people aged 18 years and above, including businessmen, working professionals, adult students and housewives. The study across 1,000 centers mainly in the metros in Maharashtra, New Delhi, West Bengal, Tamil Nadu, Andhra Pradesh, Karnataka, Gujarat, Uttar Pradesh, Rajasthan and Madhya Pradesh was commissioned by sanofi-aventis India 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. 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.

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. According to the World Health Organization estimates, India had 32 million diabetic subjects in the year 2000 and this number would increase to 80 million by the year 2030. The International Diabetes Federation has reported that the 50.8 million diabetic subjects in India in 2010 would rise to 87 million by the year 2030. It is quite evident from the above observations that diabetes has become a major health problem in India.

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 four entities - Aventis Pharma Limited, Sanofi-Synthelabo (India) Limited, Sanofi Pasteur India Private Limited and Shantha Biotechnics. 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, Metabolic Disorders, Thrombosis, Oncology, Central Nervous System disorders, Internal Medicine and Vaccines.

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

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

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Addendum :

Highlights from the New Delhi-NCR study:

1. 33% of the population was diabetic and 48% were found to be hypertensive from among patients visiting the doctor in outpatient
2. 21% of the above population had both diabetes and hypertension(twin epidemics)
3. Undiagnosed diabetes is approximately 3% of patients visiting GP and undiagnosed hypertension is 24%
4. Of the patients investigated in the study that were diabetic, 65% also had hypertension and 27% had kidney problems(among those tested for Microalbuminuria)
5. Of the patients that had diabetes 32% did not have any family history of diabetes
6. Of the patients that had diabetes, 62% had uncontrolled diabetes (among those tested for Hba1c>7%)
7. Of the patients that had hypertension,42%,did not have any family history of hypertension
8. Of the patients that had known hypertension, 77% were uncontrolled
9. Of the patients investigated in the study that were hypertensive, 23% had kidney problems(among those tested for Microalbuminuria)
10. Of the diabetic patients, 55% had altered lipids (NCEP-ATP III)
11. Of the hypertensive patients, 50% had altered lipids(NCEP ATP III)
12. Among those visiting the clinics, 75% were either overweight or obese and 89% had truncal obesity