

AMCoR

Asahikawa Medical University Repository <http://amcor.asahikawa-med.ac.jp/>

Hypertension Research (2011.10) 34卷10号:1121~1126.

Angiotensin II receptor blocker and long-acting calcium channel blocker combination therapy decreases urinary albumin excretion while maintaining glomerular filtration rate

Nakagawa Naoki, Fujino Takayuki, Kabara Maki, Matsuki Motoki, Chinda Junko, Kikuchi Kenjiro, Hasebe Naoyuki

1 Type: Original Article

2

3 **Angiotensin II receptor blocker and long-acting calcium channel blocker combination therapy**

4 **decreases urinary albumin excretion while maintaining glomerular filtration rate**

5

6 Running title: Combination therapy with ARB and long-acting CCB

7

8 Naoki Nakagawa¹⁾, Takayuki Fujino¹⁾, Maki Kabara¹⁾, Motoki Matsuki¹⁾, Junko Chinda¹⁾,

9 Kenjiro Kikuchi^{1,2)}, and Naoyuki Hasebe¹⁾, and the NICE-Combi Study Group

10

11 1) Division of Cardiology and Nephrology, Department of Internal Medicine, Asahikawa Medical

12 University, Asahikawa, Hokkaido, Japan

13 2) Hokkaido Junkanki Hospital, Sapporo, Hokkaido, Japan

14

15 Corresponding author: Naoki Nakagawa, M.D., Division of Cardiology and Nephrology, Department

16 of Internal Medicine, Asahikawa Medical University

17 Phone: +81-166-68-2442; FAX: +81-166-68-2449

18 E-mail : naka-nao@asahikawa-med.ac.jp

1 **Abstract**

2 Microalbuminuria is a recognized risk factor and predictor for cardiovascular events in patients with
3 hypertension. We analyzed changes in hypotensive effect, urinary albumin excretion (UAE), and
4 estimated glomerular filtration rate (eGFR) in subjects with hypertension and microalbuminuria as a
5 subanalysis of the results of the NICE Combi (Nifedipine and Candesartan Combination) Study. A
6 total of 86 subjects with essential hypertension with microalbuminuria (UAE <300 mg•g⁻¹
7 creatinine) were randomly assigned in a double-blind manner to a combination therapy group
8 (standard-dose candesartan at 8 mg/day plus controlled-release (CR) nifedipine 20 mg/day) (n=42)
9 or an up-titrated monotherapy group (candesartan 12 mg/day) (n=44) for 8 weeks of continuous
10 treatment after initially receiving standard-dose candesartan (8 mg/day) monotherapy for 8 weeks
11 (initial treatment). After 8 weeks, blood pressure was significantly reduced in both groups
12 compared with at the end of initial treatment. UAE also showed a significant decrease in the
13 combination therapy group, while there was no significant change of eGFR in either group. A
14 significant positive correlation was seen between blood pressure reduction and UAE after 8 weeks of
15 double-blind treatment in both groups, whereas no significant association was found between ΔUAE
16 and ΔeGFR in either group. These findings show that combination therapy with standard-dose
17 candesartan and nifedipine CR is more effective than up-titrated candesartan monotherapy for
18 reducing blood pressure and improving UAE while maintaining eGFR, and strongly suggest that the

- 1 combination of an angiotensin II receptor blocker and long-acting calcium channel blocker is
- 2 beneficial in patients with hypertension and microalbuminuria.
- 3
- 4 Key words: combination therapy, controlled-release nifedipine, candesartan, estimated glomerular
- 5 filtration rate, urinary albumin excretion

1 **Introduction**

2 The purpose of antihypertensive therapy for patients with chronic kidney disease (CKD) is to
3 inhibit the development of renal dysfunction by decreasing blood pressure and preventing the onset
4 or recurrence of cardiovascular disease. The renal protective effects of renin angiotensin system
5 (RAS) inhibitors have been demonstrated in many studies,¹⁻³ and clinical practice guidelines
6 uniformly recommend an angiotensin-converting enzyme inhibitor (ACEI) or Angiotensin II type 1
7 receptor blocker (ARB) is first-line treatment for CKD.⁴⁻⁶ A calcium channel blocker (CCB) or
8 diuretic is recommended as a second-line agent in combination with a RAS inhibitor. However, it
9 still remains unclear which agent is more effective in slowing the progression of renal insufficiency
10 in CKD patients in the context of changes in the glomerular filtration rate (GFR).

11 We previously reported that standard-dose combination therapy with an ARB plus
12 controlled-release (CR) nifedipine is superior to up-titrated ARB treatment in lowering blood
13 pressure and reducing urinary albumin excretion (UAE) in the NICE-Combi study.⁷ In this study,
14 which involves a subanalysis of the results of the NICE-Combi study, we used the Japanese equation
15 proposed by the Japanese Society of Nephrology⁸ to calculate eGFR and examine the association of
16 Δ eGFR with Δ UAE to determine whether UAE reduction is associated with a decline in the eGFR.

1 **Methods**

2 **Study population**

3 The methods of the NICE-Combi study were reported previously.⁷ In this subanalysis, we
4 included 86 subjects with microalbuminuria (UAE <300 mg•g⁻¹ creatinine) at the start of the study
5 from the 258 subjects enrolled with essential hypertension. The reference value of microalbuminuria
6 was ≥22 mg•g⁻¹ creatinine for men and ≥31 mg•g⁻¹ creatinine for women, according to the European
7 Society of Hypertension-European Society of Cardiology (ESH/ESC) 2003 guideline.⁹ Patients
8 with overt nephropathy with a baseline UAE ≥300 mg•g⁻¹ creatinine were excluded from this study.

9

10 **BP and renal function measurements**

11 We estimated the glomerular filtration rate with a modified modification of diet in renal
12 disease equation for Japanese: glomerular filtration rate (ml•min⁻¹•1.73 m⁻²) = 194 × (serum
13 creatinine)^{-1.094} × (age)^{-0.287} (× 0.739 for females).⁸ We examined changes in blood pressure,
14 UAE, and eGFR measured on the designated appointment day (at trough before administration)
15 again in the up-titrated monotherapy group (candesartan dosage increase to 12 mg/day) and the
16 combination therapy group (candesartan 8 mg plus nifedipine CR 20 mg), to which patients had been
17 randomly assigned using a double-blind design after initial treatment with candesartan (8 mg/day)
18 monotherapy for 8 weeks. UAE and eGFR were measured before initial treatment, at the end of

1 initial treatment, and at the end of double-blind treatment, with UAE adjusted for urinary creatinine
2 using the first urine in the morning. For blinding, we put tablets into opaque capsules to prevent the
3 study drugs from being identified.

4

5 **Statistical analysis**

6 We compared the demographics of patients in the up-titrated monotherapy group and the
7 combination therapy group by analysis of categorical variables, including gender and eGFR
8 distribution, using the χ^2 test and Fisher's exact test, and continuous variables such as blood pressure,
9 UAE, serum creatinine, and eGFR, using Student's *t*-test or the Wilcoxon rank-sum test. Changes
10 in blood pressure over 4 weeks and in UAE and eGFR for 8 weeks, in each group were analyzed
11 using a linear mixed model with Bonferroni correction. In addition, the interactions between
12 changes in blood pressure, UAE, and eGFR in both groups were determined using the Type III test
13 using a linear mixed model, and differences between groups at each time of measurement were
14 evaluated using the Wilcoxon rank-sum test.

15 Values are expressed as the mean \pm standard deviation, except for those of UAE and eGFR,
16 which are given as median values (midpoint between 25th and 75th percentiles). We reviewed
17 correlations between UAE and blood pressure achieved at the end of double-blind treatment in each
18 treatment group using Spearman's rank correlation coefficient. We then calculated the coefficients of

1 correlation and regression equations for the levels and Δ eGFR and Δ UAE during initial and
2 double-blind treatment. If a normal distribution was not found, we used Spearman's rank correlation
3 coefficient. Furthermore, we compared rates of progress and improvement with changes in UAE or
4 eGFR as a category in the two groups using the χ^2 test. All statistical analyses were two-sided, with
5 a level of significance of $\alpha=0.05$, and performed with SAS software version 2010 (SAS Institute,
6 Cary, North Carolina, USA).

1 **Results**

2 **Subject demographics**

3 The demographics of the 86 subjects (42 in the combination therapy group, and 44 in the
4 up-titrated monotherapy group) at the end of initial treatment are shown in Table 1. No significant
5 differences were seen between groups (mean eGFR $70.9 \pm 23.2 \text{ ml}\cdot\text{min}^{-1}\cdot 1.73\text{m}^{-2}$ in the combination
6 therapy group and $64.6 \pm 17.5 \text{ ml}\cdot\text{min}^{-1}\cdot 1.73\text{m}^{-2}$ in the up-titrated monotherapy group; and mean
7 UAE $81.0 \pm 66.9 \text{ mg}\cdot\text{g}^{-1}$ creatinine in the combination therapy group and $85.6 \pm 69.5 \text{ mg}\cdot\text{g}^{-1}$
8 creatinine in the up-titrated monotherapy group). In addition, no differences were seen between
9 groups in blood pressure or eGFR distribution by age.

10

11 **Changes in blood pressure**

12 Changes of blood pressure from initial treatment to the end of double-blind treatment in the
13 two groups are shown in Fig. 1. Although no significant hypotensive effect for either systolic
14 blood pressure (SBP) or diastolic blood pressure (DBP) was seen during initial treatment with
15 candesartan 8 mg/day for 8 weeks, there was a significant decrease in blood pressure in the
16 up-titrated candesartan group (from $160.2 \pm 1.8/98.2 \pm 1.0 \text{ mmHg}$ to $153.7 \pm 2.1/95.0 \pm 1.2 \text{ mmHg}$,
17 $P=0.01/0.07$) only at the end of the double-blind treatment. On the other hand, significant decreases
18 were seen in blood pressures in the combination therapy group after 4 weeks of double-blind

1 treatment, as well as at the end of treatment (from $153.9 \pm 2.0/97.3 \pm 1.0$ mmHg to $144.1 \pm 2.4/92.0 \pm$
2 1.3 mmHg, $P < 0.001 / < 0.001$). Furthermore, blood pressures after 4 weeks and at the end of
3 double-blind treatment were significantly lower in the combination therapy group than in the
4 up-titrated monotherapy group ($P < 0.001 / 0.042$, $0.003 / 0.104$). When we examined changes in blood
5 pressure in patients stratified by $eGFR \geq 60 \text{ ml} \cdot \text{min}^{-1} \cdot 1.73 \text{ m}^{-2}$ ($eGFR \geq 60$) and $eGFR < 60$
6 $\text{ml} \cdot \text{min}^{-1} \cdot 1.73 \text{ m}^{-2}$ ($eGFR < 60$), there were significant decreases of SBP and DBP after 4 weeks and at
7 the end of double-blind treatment only in subjects from the combination therapy group with $eGFR$
8 ≥ 60 but not in those with $eGFR < 60$.

9

10 **Changes in urinary albumin excretion**

11 Changes of UAE from initial treatment to the end of double-blind treatment in the two
12 groups are shown in Fig. 2a. In all subjects, a significant increase in UAE was observed after 8
13 weeks of initial treatment ($p < 0.01$) (42 subjects in the combination therapy group: median from 40.1
14 to 56.7, $P = 0.055$; 44 in the up-titrated monotherapy group: median from 31.5 to 51.1, $P < 0.05$).
15 Although there was no significant decrease in UAE in the up-titrated monotherapy group during
16 double-blind treatment, a significant decrease was seen in UAE in the combination therapy group
17 ($P < 0.05$), and the reduction at the end of the study was significant in comparison to the up-titrated
18 monotherapy group ($P < 0.05$). When we examined changes in UAE in patients stratified at an

1 eGFR of $60 \text{ ml} \cdot \text{min}^{-1} \cdot 1.73 \text{ m}^{-2}$, the change was significantly lower in the combination therapy group
2 ($26.1 \text{ mg} \cdot \text{g}^{-1}$ creatinine) than in the up-titrated monotherapy group ($50.7 \text{ mg} \cdot \text{g}^{-1}$ creatinine, $P < 0.05$)
3 at the end of double-blind treatment in subjects with $\text{eGFR} \geq 60$ (Fig.2b), but similar in the
4 combination therapy group ($40.5 \text{ mg} \cdot \text{g}^{-1}$ creatinine) and the up-titrated monotherapy group (63.2
5 $\text{mg} \cdot \text{g}^{-1}$ creatinine, $P = 0.252$) in subjects with $\text{eGFR} < 60$ (Fig. 2c).

6

7 **Changes in eGFR**

8 Changes of eGFR from initial treatment to the end of double-blind treatment in the two
9 groups are shown in Fig. 2d. No significant changes were seen in both group between baseline and
10 the end of the study. Similar results were obtained in patients stratified by $\text{eGFR} \geq 60$ and < 60 . In
11 addition, examination of changes in eGFR according to subject age group revealed no significant
12 difference between treatment groups for any stratum between before and after randomized treatment
13 (Table 2).

14

15 **Relationships between blood pressure, UAE, and eGFR**

16 Correlations between UAE and SBP at the end of double-blind treatment are shown in Fig. 3.
17 Significant positive correlations were seen in both the combination therapy group ($\gamma = 0.453$, $P < 0.01$)
18 and up-titrated monotherapy group ($\gamma = 0.334$, $P < 0.05$). There were only weak positive correlation

1 (not significant) between Δ UAE and Δ SBP among subjects stratified by eGFR ≥ 60 and eGFR < 60
2 from both the combination therapy group and the up-titrated monotherapy group.

3 We then examined the correlations between Δ eGFR and Δ UAE before and after double-blind
4 treatment. No significant correlation was seen between Δ UAE and Δ eGFR during double-blind
5 treatment in either the combination therapy group ($\gamma = -0.195$, $P = 0.217$) or the up-titrated
6 monotherapy group ($\gamma = 0.214$, $P = 0.164$) (Fig. 4). In the combination therapy group, 27 of 35 subjects
7 (77%) with an increase of UAE during initial treatment showed a decrease of UAE during
8 double-blind treatment, whereas 22 of 38 subjects (58%) with increased UAE during initial
9 treatment showed a decrease during double-blind treatment in the up-titrated monotherapy group.
10 Comparison between groups revealed a strong tendency to improvement in UAE in the combination
11 therapy group ($P = 0.080$).

1 **Discussion**

2 In this study, which involved a subanalysis of the results of the NICE-Combi study, we
3 demonstrated the following: (1) blood pressure level was significantly decreased in both groups with
4 intensive antihypertensive treatment, but blood pressure reduction was significantly earlier and
5 greater in the combination therapy group than in the up-titrated monotherapy group; (2) eGFR did
6 not change significantly in either group, although UAE decreased significantly in the combination
7 therapy group alone in parallel with blood pressure reduction during 8 weeks of double-blind
8 treatment. Recently, the GUARD study in the U.S.¹⁰ showed treatment with an ACEI (benazepril)
9 plus a diuretic (hydrochlorothiazide) in patients with diabetic nephropathy reduced albuminuria to a
10 greater extent than an ACEI plus CCB (amlodipine). These results called into question whether a
11 diuretic or CCB is more suitable as a second-line agent with a RAS inhibitor. However, treatment
12 with ACEI plus CCB ($-2.03 \text{ ml}\cdot\text{min}^{-1}\cdot\text{yr}^{-1}$) was superior to ACEI plus diuretic ($-13.64 \text{ ml}\cdot\text{min}^{-1}\cdot\text{yr}^{-1}$)
13 for maintenance of eGFR, apparently because reduction of UAE with the latter treatment was caused
14 by a decline in eGFR. In general, eGFR can decrease temporarily in patients with CKD who are
15 placed on a strict antihypertensive treatment regimen for a short period of time. However, in the
16 analysis of renal events in the ONgoing Telmisartan Alone and in combination with Ramipril Global
17 Endpoint Trial (ONTARGET) study,^{11, 12} combined treatment with ARB plus ACEI significantly
18 reduced UAE in comparison to monotherapy with either agent alone, but eGFR reduction (-6.11

1 ml•min⁻¹•yr⁻¹) and renal events were significantly greater, suggesting that renal events cannot be
2 prevented by UAE reduction if there is an excessive decline of the eGFR. Therefore, the
3 characteristics of antihypertensive therapy should be examined in relation to changes of the eGFR.

4 In the present study, we found that the blood pressure reduction was greater in the
5 combination therapy group than in the up-titrated monotherapy group, and that UAE declined
6 significantly in the combination therapy group alone, while eGFR was unchanged over 8 weeks of
7 intensive antihypertensive treatment and no significant correlation was found between Δ GFR and
8 Δ UAE in either group. Furthermore, the percentage of subjects with improved UAE after
9 double-blind treatment was higher in the combination therapy group than in the up-titrated
10 monotherapy group, although the difference was not significant. When we examined changes of
11 UAE in subjects stratified at an eGFR of 60 ml•min⁻¹•1.73m⁻², marked improvement was seen in
12 subjects from the combination therapy group with eGFR \geq 60, suggesting that combination therapy
13 with nifedipine CR reduces UAE without affecting the eGFR, so that the improvement of UAE may
14 be attributed to increased tubular protein reabsorption. There was a weak positive correlation (not
15 significant) between Δ UAE and Δ SBP in subjects both eGFR >60 and eGFR <60 from both therapy
16 groups, probably because the number of subjects in each stratified group was too small.

17 A meta-analysis found that a higher rate of achievement of an SBP <130 mmHg, or a
18 decrease in blood pressure, in patients with CKD leads to decreased impairment in eGFR and

1 prevention of end-stage renal disease.¹³ As shown in Fig. 3, we found greater improvement of
2 UAE in subjects who reached a lower blood pressure in both the combination therapy group and the
3 up-titrated monotherapy group, suggesting that UAE is worsen by standard dosage ARB treatment
4 but can be improved by the intensive antihypertensive treatment. Basic studies have reported that
5 nifedipine CR not only has stronger antihypertensive effects than other CCBs, but also strongly
6 inhibits activation and secretion of aldosterone through a mineralocorticoid receptor, and that the
7 strength of effect on aldosterone activation varies between CCB.¹⁴ Previous studies have shown
8 that nifedipine reduces levels of expression of monocyte chemoattractant protein-1, transforming
9 growth factor- β , type III collagen and receptors for advanced glycation end products (AGE) in
10 AGE-exposed human cultured mesangial cells,¹⁵ and may act as an anti-inflammatory and
11 anti-fibrogenic agent against AGE via mineralocorticoid antagonistic activity.¹⁶ These studies
12 indicate that combination therapy with an ARB plus nifedipine CR may have strong blood
13 pressure-decreasing effects and organ protective effects, and may thus improve renal function.

14 Recently, several studies comparing use of a CCB or diuretic with an RAS inhibitor have
15 been published. Initially, in the Antihypertensive and Lipid Lowering treatment to prevent Heart
16 ATtack (ALLHAT)¹⁷ conducted in 30,000 patients with hypertension, amlodipine was found to be
17 superior to ACEI and diuretics in delaying the decline in renal function and maintaining GFR in
18 terms of the serum creatinine level (inverse/year), an indicator of renal function. Secondly, the

1 International Nifedipine GITS Study Intervention as a Goal in Hypertension Treatment (INSIGHT)
2 study^{18, 19} compared the effects on renal function in patients with high-risk hypertension between
3 once-daily nifedipine formulations and combined co-amlozide (hydrochlorothiazide plus amiloride)
4 groups, and reported that the former treatment significantly inhibited decline in GFR in comparison
5 to the latter. Most recently, a subanalysis of renal outcome data in the Avoiding Cardiovascular
6 Events through Combination Therapy in Patients Living with Systolic Hypertension
7 (ACCOMPLISH) study²⁰ demonstrated a significantly slower decline in eGFR after 2.9 years of
8 treatment in the benazepril (ACEI) plus amlodipine (CCB) group ($-0.88 \text{ ml}\cdot\text{min}^{-1}\cdot 1.73\text{m}^{-2}$) than in
9 the benazepril plus hydrochlorothiazide (diuretic) group ($-4.22 \text{ ml}\cdot\text{min}^{-1}\cdot 1.73\text{m}^{-2}$; $p=0.01$) in some
10 11,500 patients at high cardiovascular risk. It has also been reported that CCBs, especially those of
11 the dihydropyridine class, increase urinary sodium and water excretion, partly by decreasing
12 proximal tubular sodium reabsorption.^{21, 22} In addition, CCBs have been proven to be effective in
13 preventing arteriosclerosis,^{23, 24} whereas diuretics can damage the sugar/fat metabolism system,^{25, 26}
14 a possible factor in exacerbation of atherosclerosis.

15 This study has several limitations. One limitation of the NICE-Combi study is its lack of
16 direct comparison with diuretics, since we did not include a treatment arm with ARB plus diuretic.
17 The effects of combination treatment including ARB, long-acting CCBs, and diuretics in patients
18 with CKD require examination in large randomized studies. In addition, it has been reported in a

1 clinical study that protective effects on organs may differ among CCBs,²⁷⁻²⁹ and a controlled trial is
2 needed to investigate antihypertensive effects and protection of organs in patients with CKD.
3 Secondly, the up-titrated dose of candesartan was 12 mg/day, which is the maximum recommended
4 dose in Japan, so the achieved systolic blood pressure significantly differed by about 10 mmHg
5 between the two groups. There is still be a possibility that other ARB monotherapy up-titrated to
6 doubled the standard dose could reduce blood pressure and UAE to the same extent as the
7 combination therapy. Thirdly, our subjects were all Japanese, and several studies have reported
8 racial/ethnic differences in BP responses to antihypertensive therapy.³⁰ Finally, 8 weeks of
9 double-blind treatment was relatively short period to estimate of long-term improvement of renal
10 function. Further studies are needed to clarify these issues in large number of patients and long-term
11 administration.

12 In conclusion, it appears that ARB plus nifedipine CR treatment can provide rapid and
13 greater hypotensive effects and contribute to the preservation/improvement of renal function, in
14 which UAE is reduced while maintaining eGFR. Our findings strongly suggest that early use of
15 nifedipine CR is effective in patients with hypertension and microalbuminuria.

16

17 Conflict of interest

18 Drs Kikuchi and Hasebe report receiving advisory board fees from Bayer Yakuhin Ltd, Osaka, Japan.

1 The remaining authors declare no conflict of interest.

2

3 Acknowledgements

4 We would like to thank the investigators and members of the NICE-Combi Study Group. The

5 support of Bayer Yakuhin, Ltd. is gratefully acknowledged.

1 **References**

- 2 1 Lewis EJ, Hunsicker LG, Clarke WR, Berl T, Pohl MA, Lewis JB, Ritz E, Atkins RC, Rohde
3 R, Raz I, Collaborative Study G. Renoprotective effect of the angiotensin-receptor
4 antagonist irbesartan in patients with nephropathy due to type 2 diabetes. *N Engl J Med*
5 2001; **345**: 851-860.
- 6 2 Brenner BM, Cooper ME, de Zeeuw D, Keane WF, Mitch WE, Parving HH, Remuzzi G,
7 Snapinn SM, Zhang Z, Shahinfar S. Effects of losartan on renal and cardiovascular
8 outcomes in patients with type 2 diabetes and nephropathy. *N Engl J Med* 2001; **345**:
9 861-869.
- 10 3 Wright JT, Jr., Bakris G, Greene T, Agodoa LY, Appel LJ, Charleston J, Cheek D,
11 Douglas-Baltimore JG, Gassman J, Glassock R, Hebert L, Jamerson K, Lewis J, Phillips RA,
12 Toto RD, Middleton JP, Rostand SG. Effect of blood pressure lowering and antihypertensive
13 drug class on progression of hypertensive kidney disease: results from the AASK trial.
14 *JAMA* 2002; **288**: 2421-2431.
- 15 4 Ogihara T, Kikuchi K, Matsuoka H, Fujita T, Higaki J, Horiuchi M, Imai Y, Imaizumi T, Ito
16 S, Iwao H, Kario K, Kawano Y, Kim-Mitsuyama S, Kimura G, Matsubara H, Matsuura H,
17 Naruse M, Saito I, Shimada K, Shimamoto K, Suzuki H, Takishita S, Tanahashi N,
18 Tsuchihashi T, Uchiyama M, Ueda S, Ueshima H, Umemura S, Ishimitsu T, Rakugi H. The

1 Japanese Society of Hypertension Guidelines for the Management of Hypertension (JSH
2 2009). *Hypertens Res* 2009; **32**: 3-107.

3 5 Mancia G, De Backer G, Dominiczak A, Cifkova R, Fagard R, Germano G, Grassi G,
4 Heagerty AM, Kjeldsen SE, Laurent S, Narkiewicz K, Ruilope L, Rynkiewicz A, Schmieder
5 RE, Boudier H, Zanchetti A, Task Force Management A. 2007 guidelines for the
6 management of arterial hypertension. *J Hypertens* 2007; **25**: 1105-1187.

7 6 KDOQI Clinical Practice Guidelines and Clinical Practice Recommendations for Diabetes
8 and Chronic Kidney Disease. *Am J Kidney Dis* 2007; **49**: S12-154.

9 7 Hasebe N, Kikuchi K. Controlled-release nifedipine and candesartan low-dose combination
10 therapy in patients with essential hypertension: the NICE Combi (Nifedipine and
11 Candesartan Combination) Study. *J Hypertens* 2005; **23**: 445-453.

12 8 Matsuo S, Imai E, Horio M, Yasuda Y, Tomita K, Nitta K, Yamagata K, Tomino Y,
13 Yokoyama H, Hishida A. Revised equations for estimated GFR from serum creatinine in
14 Japan. *Am J Kidney Dis* 2009; **53**: 982-992.

15 9 2003 European Society of Hypertension-European Society of Cardiology guidelines for the
16 management of arterial hypertension. *J Hypertens* 2003; **21**: 1011-1053.

17 10 Bakris GL, Toto RD, McCullough PA, Rocha R, Purkayastha D, Davis P. Effects of different
18 ACE inhibitor combinations on albuminuria: results of the GUARD study. *Kidney Int* 2008;

- 1 **73**: 1303-1309.
- 2 11 Yusuf S, Teo KK, Pogue J, Dyal L, Copland I, Schumacher H, Ingelheim B, Dagenais G,
3 Sleight P, Anderson C, Investigators O. Telmisartan, ramipril, or both in patients at high risk
4 for vascular events. *N Engl J Med* 2008; **358**: 1547-1559.
- 5 12 Mann JFE, Schmieder RE, McQueen M, Dyal L, Schumacher H, Pogue J, Wang XY,
6 Maggioni A, Budaj A, Chaithiraphan S, Dickstein K, Keltai M, Metsarinne K, Oto A,
7 Parkhomenko A, Piegas LS, Svendsen TL, Teo KK, Yusuf S, Investigators O. Renal
8 outcomes with telmisartan, ramipril, or both, in people at high vascular risk (the
9 ONTARGET study): a multicentre, randomised, double-blind, controlled trial. *Lancet* 2008;
10 **372**: 547-553.
- 11 13 Bakris GL, Williams M, Dworkin L, Elliott WJ, Epstein M, Toto R, Tuttle K, Douglas J,
12 Hsueh W, Sowers J. Preserving renal function in adults with hypertension and diabetes: a
13 consensus approach. National Kidney Foundation Hypertension and Diabetes Executive
14 Committees Working Group. *Am J Kidney Dis* 2000; **36**: 646-661.
- 15 14 Dietz JD, Du S, Bolten CW, Payne MA, Xia C, Blinn JR, Funder JW, Hu X. A number of
16 marketed dihydropyridine calcium channel blockers have mineralocorticoid receptor
17 antagonist activity. *Hypertension* 2008; **51**: 742-748.
- 18 15 Matsui T, Yamagishi S, Takeuchi M, Ueda S, Fukami K, Okuda S. Nifedipine, a calcium

1 channel blocker, inhibits advanced glycation end product (AGE)-elicited mesangial cell
2 damage by suppressing AGE receptor (RAGE) expression via peroxisome
3 proliferator-activated receptor-gamma activation. *Biochem Biophys Res Commun* 2009; **385**:
4 269-272.

5 16 Matsui T, Takeuchi M, Yamagishi S. Nifedipine, a calcium channel blocker, inhibits
6 inflammatory and fibrogenic gene expressions in advanced glycation end product
7 (AGE)-exposed fibroblasts via mineralocorticoid receptor antagonistic activity. *Biochem
8 Biophys Res Commun* 2010; **396**: 566-570.

9 17 Major outcomes in high-risk hypertensive patients randomized to angiotensin-converting
10 enzyme inhibitor or calcium channel blocker vs diuretic: The Antihypertensive and
11 Lipid-Lowering Treatment to Prevent Heart Attack Trial (ALLHAT). *JAMA* 2002; **288**:
12 2981-2997.

13 18 Brown MJ, Palmer CR, Castaigne A, de Leeuw PW, Mancia G, Rosenthal T, Ruilope LM.
14 Morbidity and mortality in patients randomised to double-blind treatment with a long-acting
15 calcium-channel blocker or diuretic in the International Nifedipine GITS study: Intervention
16 as a Goal in Hypertension Treatment (INSIGHT). *Lancet* 2000; **356**: 366-372.

17 19 de Leeuw PW, Ruilope LM, Palmer CR, Brown MJ, Castaigne A, Mancia G, Rosenthal T,
18 Wagener G. Clinical significance of renal function in hypertensive patients at high risk:

1 results from the INSIGHT trial. *Arch Intern Med* 2004; **164**: 2459-2464.

2 20 Bakris GL, Sarafidis PA, Weir MR, Dahlof B, Pitt B, Jamerson K, Velazquez EJ,
3 Staikos-Byrne L, Kelly RY, Shi V, Chiang YT, Weber MA. Renal outcomes with different
4 fixed-dose combination therapies in patients with hypertension at high risk for
5 cardiovascular events (ACCOMPLISH): a prespecified secondary analysis of a randomised
6 controlled trial. *Lancet* 2010; **375**: 1173-1181.

7 21 Sluiter HE, Wetzels JF, Huysmans FT, Koene RA. The natriuretic effect of the
8 dihydropyridine calcium antagonist felodipine: a placebo-controlled study involving
9 intravenous angiotensin II in normotensive volunteers. *J Cardiovasc Pharmacol* 1987; **10**
10 **Suppl 10**: S154-161.

11 22 Wetzels JF, Wiltink PG, Hoitsma AJ, Huysmans FT, Koene RA. Diuretic and natriuretic
12 effects of nifedipine in healthy persons. *Br J Clin Pharmacol* 1988; **25**: 547-553.

13 23 Mancini GB, Miller ME, Evans GW, Byington R, Furberg CD, Pitt B. Post hoc analysis of
14 coronary findings from the prospective randomized evaluation of the vascular effects of the
15 Norvasc trial (PREVENT). *Am J Cardiol* 2002; **89**: 1414-1416.

16 24 Shinoda E, Yui Y, Kodama K, Hirayama A, Nonogi H, Haze K, Sumiyoshi T, Hosoda S,
17 Kawai C. Quantitative coronary angiogram analysis: nifedipine retard versus
18 angiotensin-converting enzyme inhibitors (JMIC-B side arm study). *Hypertension* 2005; **45**:

1 1153-1158.

2 25 Redon J, Cifkova R, Laurent S, Nilsson P, Narkiewicz K, Erdine S, Mancia G. The
3 metabolic syndrome in hypertension: European society of hypertension position statement. *J*
4 *Hypertens* 2008; **26**: 1891-1900.

5 26 Carlsen JE, Kober L, Torp-Pedersen C, Johansen P. Relation between dose of
6 bendrofluazide, antihypertensive effect, and adverse biochemical effects. *BMJ* 1990; **300**:
7 975-978.

8 27 Fujita T, Ando K, Nishimura H, Ideura T, Yasuda G, Isshiki M, Takahashi K. Antiproteinuric
9 effect of the calcium channel blocker cilnidipine added to renin-angiotensin inhibition in
10 hypertensive patients with chronic renal disease. *Kidney Int* 2007; **72**: 1543-1549.

11 28 Ogawa S, Mori T, Nako K, Ito S. Combination therapy with renin-angiotensin system
12 inhibitors and the calcium channel blocker azelnidipine decreases plasma inflammatory
13 markers and urinary oxidative stress markers in patients with diabetic nephropathy.
14 *Hypertens Res* 2008; **31**: 1147-1155.

15 29 Konoshita T, Makino Y, Kimura T, Fujii M, Wakahara S, Arakawa K, Inoki I, Nakamura H,
16 Miyamori I. A new-generation N/L-type calcium channel blocker leads to less activation of
17 the renin-angiotensin system compared with conventional L type calcium channel blocker. *J*
18 *Hypertens* 2010; **28**: 2156-2160.

1 30 Nguyen TT, Kaufman JS, Whitsel EA, Cooper RS. Racial differences in blood pressure
2 response to calcium channel blocker monotherapy: a meta-analysis. *Am J Hypertens* 2009;
3 **22**: 911-917.

1 **Figure legends**

2

3 **Figure 1** Changes in blood pressure

4 Changes in blood pressure (BP) during initial treatment with candesartan 8 mg/day, and
5 double-blind treatment with nifedipine controlled release 20 mg/day plus candesartan 8 mg/day
6 combination therapy (○, n = 42), or with candesartan 12 mg/day up-titrated monotherapy (●, n = 44).
7 Data are expressed as mean ± SD. P < 0.05: *compared to the end of initial treatment (8 weeks) in
8 each treatment group; # comparison between two treatment groups.

9

10 **Figure 2** Changes in urinary albumin excretion and estimated glomerular filtration rate

11 (a) Changes in urinary albumin excretion (UAE; measured as the ratio of albumin to
12 creatinine) before and after double-blind treatment in all patients (□, combination therapy, n = 42; ■,
13 up-titrated monotherapy, n = 44), (b) in patients with baseline eGFR ≥ 60 ml•min⁻¹•1.73m⁻² (□,
14 combination therapy, n = 27; ■, up-titrated monotherapy, n = 23) and (c) in patients with baseline
15 eGFR <60 ml•min⁻¹•1.73m⁻². (d) Changes in estimated glomerular filtration rate (eGFR) before
16 and after double-blind treatment in all patients (□, combination therapy, n = 42; ■, up-titrated
17 monotherapy, n = 44). ^aWilcoxon signed rank test using Bonferroni correction; ^bWilcoxon Rank-Sum
18 test.

1

2 Figure 3 Correlation between urinary albumin excretion and systolic blood pressure after
3 double-blind treatment

4 Correlation between urinary albumin excretion (UAE) and systolic blood pressure (SBP)
5 after double-blind treatment in (a) the combination therapy group (n = 42), and (b) the up-titrated
6 monotherapy group (n = 44). r_s , Spearman's rank correlation coefficient.

7

8 Figure 4 Correlation between $\Delta eGFR$ and ΔUAE during double-blind treatment

9 Correlation between delta change of estimated glomerular filtration rate (eGFR) and
10 urinary albumin excretion (UAE) during double-blind treatment in (a) the combination therapy
11 group (n = 42), and (b) the up-titrated monotherapy group (n = 44). r_s : Spearman's rank correlation
12 coefficient.

Table 1 Demographic characteristics of patients randomly allocated to groups at baseline

	All (n=86)	Nifedipine CR + candesartan combination therapy (n=42)	Candesartan up-titrated monotherapy (n=44)	P
Sex				
male	51 (59.3%)	25 (59.5%)	26 (59.1%)	0.967
female	35 (40.7%)	17 (40.5%)	18 (40.9%)	
Age				
20~59 years	50 (58.1%)	27 (64.3%)	23 (52.3%)	0.312
60~69 years	25 (29.1%)	9 (21.4%)	16 (36.4%)	
70~80 years	11 (12.8%)	6 (14.3%)	5 (11.4%)	
All	57.7 ± 9.9	57.2 ± 10.7	58.1 ± 9.1	0.674
SBP/DBP (mmHg)				
20~59 years	153.9 ± 12.9/98.5 ± 6.6	151.7 ± 13.7/97.6 ± 6.3	156.4 ± 11.6/99.4 ± 7.0	0.201/0.341
60~69 years	160.0 ± 10.7/97.3 ± 6.5	154.9 ± 9.4/98.8 ± 8.5	162.9 ± 10.5/96.5 ± 5.2	0.069/0.481
70~80 years	165.0 ± 10.2/95.7 ± 5.4	162.0 ± 10.5/93.7 ± 2.5	168.6 ± 9.7/98.2 ± 7.2	0.311/0.179
All	157.1 ± 12.5/97.8 ± 6.4	153.9 ± 12.7/97.3 ± 6.5	160.2 ± 11.6/98.2 ± 6.4	0.018/0.512
Heart rate (beats/min)	73.9 ± 8.8	71.4 ± 6.6	76.3 ± 10.0	0.009
Serum creatinine (mg/dL)	0.87 ± 0.23	0.85 ± 0.23	0.90 ± 0.23	0.261
eGFR (ml•min⁻¹•1.73 m⁻²)				
≥90	11 (12.8%)	7 (16.7%)	4 (9.1%)	0.413
60 to 90	39 (45.3%)	20 (47.6%)	19 (43.2%)	
< 60	36 (41.9%)	15 (35.7%)	21 (47.7%)	
All	67.7 ± 20.6	70.9 ± 23.2	64.6 ± 17.5	0.16
UAE (mg•g ⁻¹ creatinine)	83.3 ± 67.9	81.0 ± 66.9	85.6 ± 69.5	0.759

Variables are presented as mean ± SD, or number (percentage). SBP, systolic blood pressure; DBP, diastolic blood pressure; eGFR, estimated glomerular filtration rate; UAE, urinary albumin excretion.

Table 2 Changes in estimated glomerular filtration rate (stratified by age)

Age (year)	Treatment group	After baseline treatment (8w) (ml•min ⁻¹ •1.73 m ⁻²)	After double-blind treatment (16w) (ml•min ⁻¹ •1.73 m ⁻²)	Paired t	Unpaired t
20-59	Combination (n=27)	77.2 ± 4.9	74.3 ± 4.2	0.513	0.43
	Up-titrated (n=23)	70.0 ± 2.9	70.4 ± 2.6	1.000	
60-69	Combination (n=9)	64.2 ± 3.6	60.9 ± 3.9	0.475	0.936
	Up-titration (n=16)	60.7 ± 5.5	61.6 ± 6.4	1.000	
≥70	Combination (n=6)	52.4 ± 4.9	54.7 ± 5.9	1.000	0.73
	Up-titrated (n=5)	52.4 ± 1.8	52.3 ± 2.7	1.000	

Variables are presented as mean ± SEM.

Figure 1 Changes in blood pressure

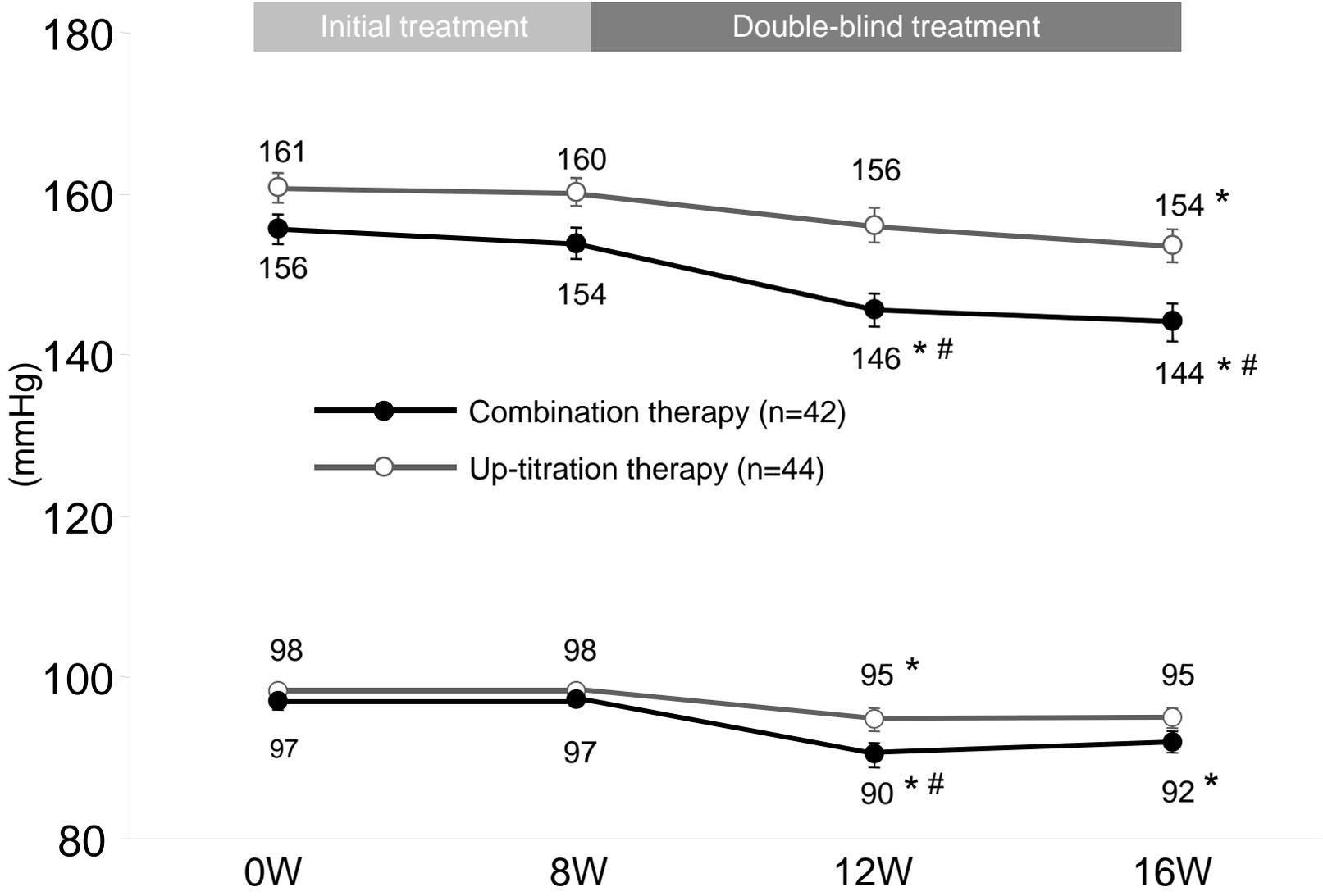


Figure 2a Changes in urinary albumin excretion in all subjects

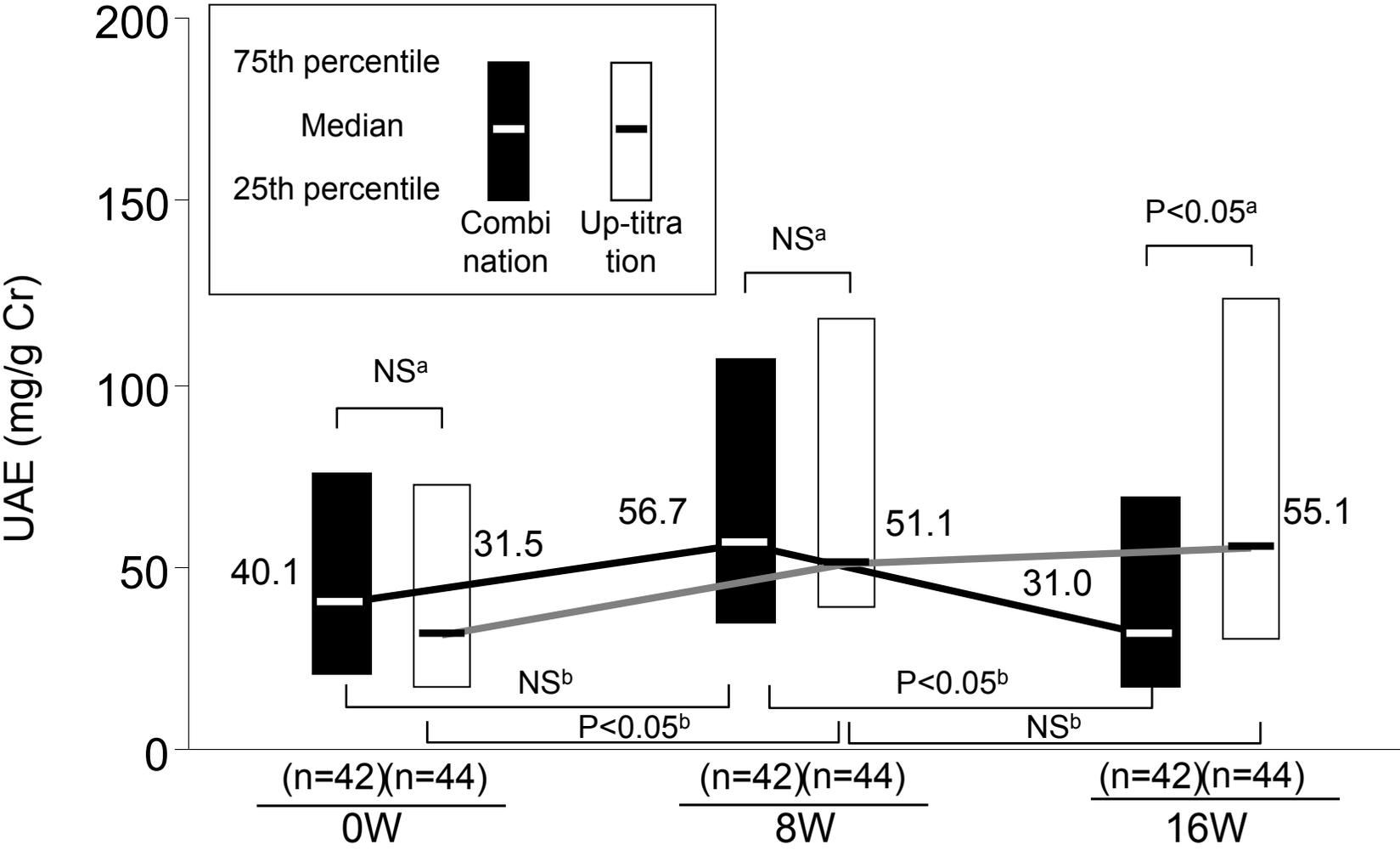
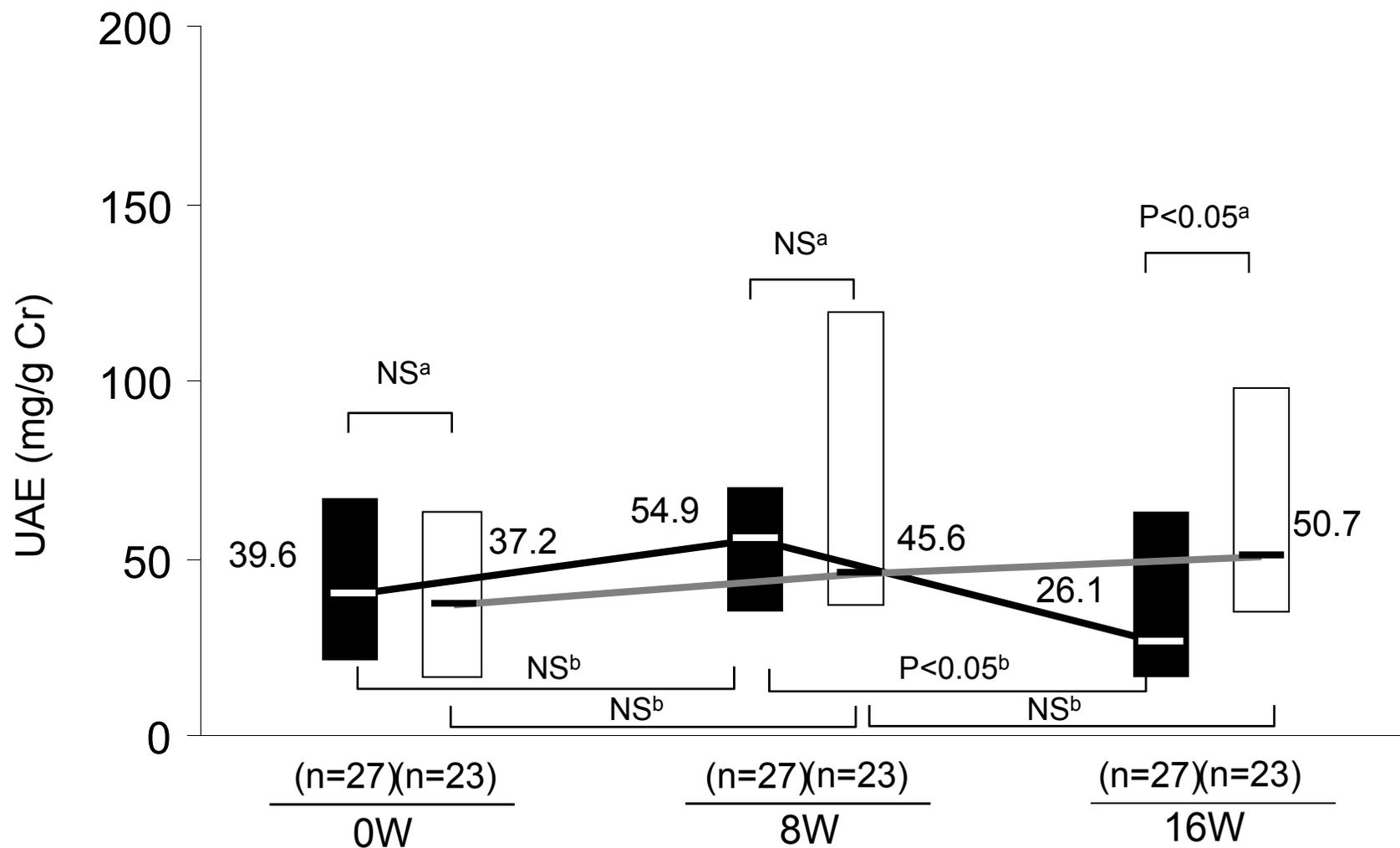


Figure 2b Changes in urinary albumin excretion in subjects with eGFR $\geq 60 \text{ mL}\cdot\text{min}^{-1}\cdot 1.73 \text{ m}^{-2}$



Nakagawa, N., *et al.*

Figure 2c Changes in urinary albumin excretion in patients with estimated glomerular filtration rate <math><60 \text{ mL}\cdot\text{min}^{-1}\cdot 1.73 \text{ m}^{-2}</math>

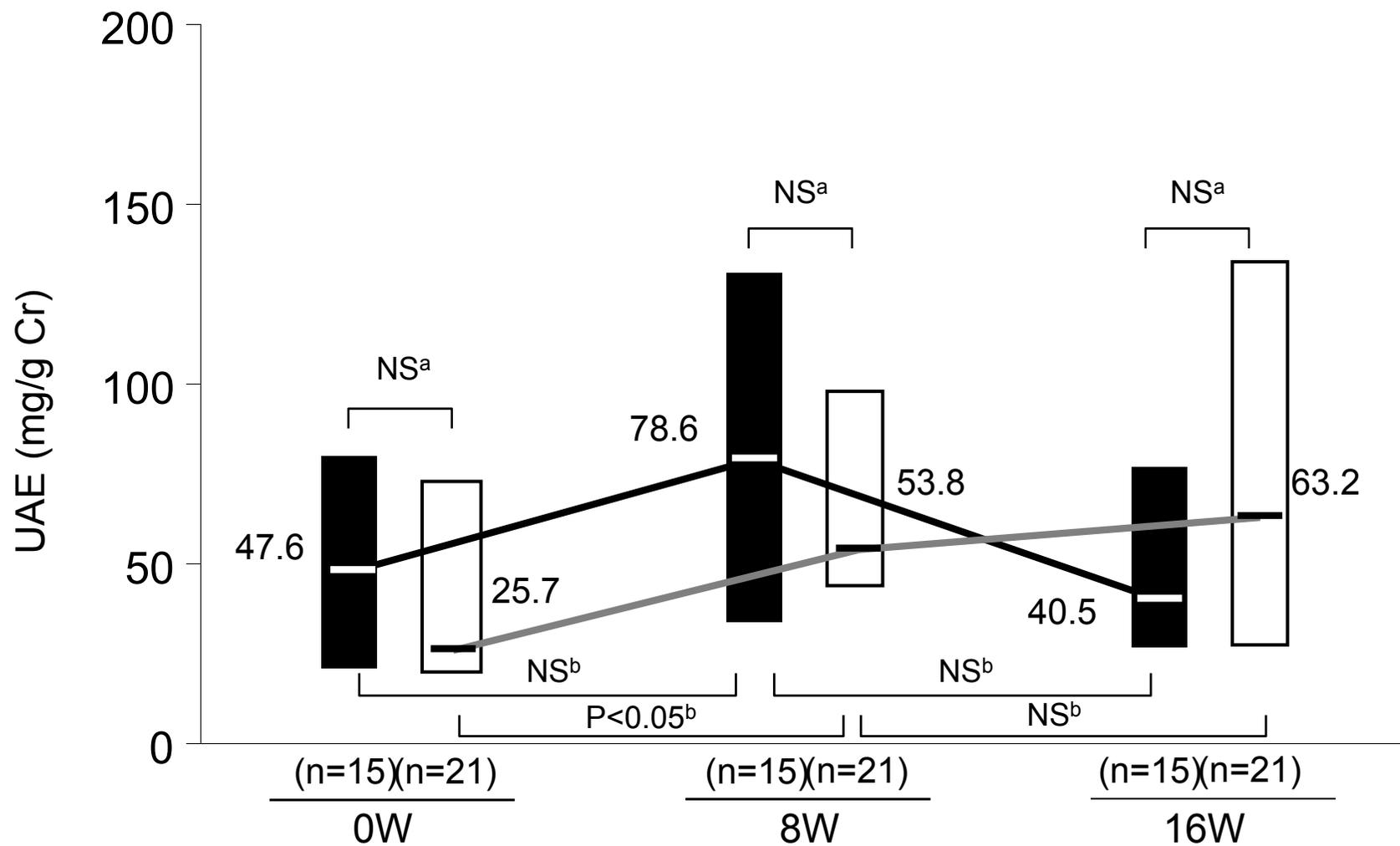


Figure 2d Changes in estimated glomerular filtration rate in all patients

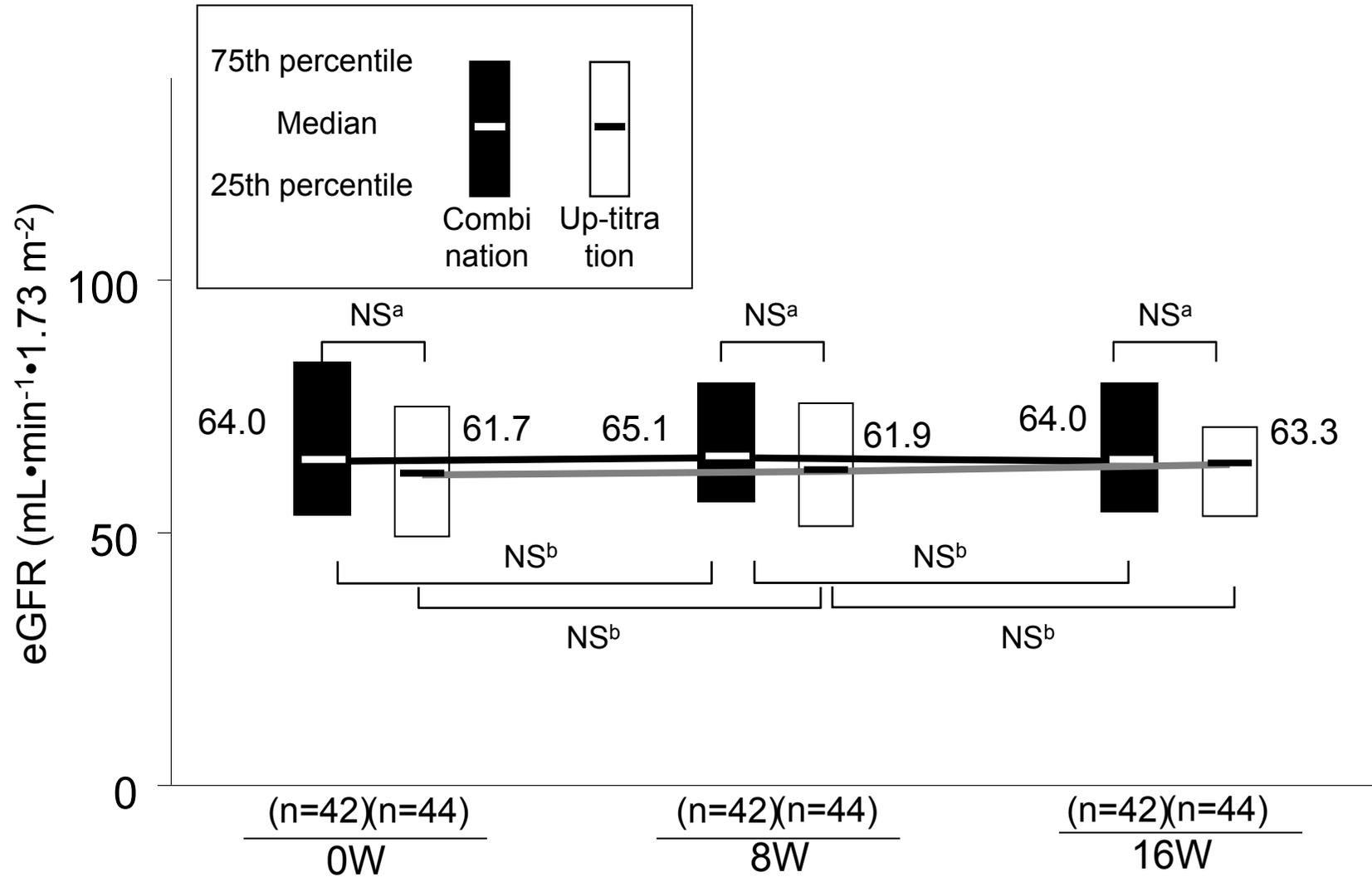


Figure 3 Correlation between urinary albumin excretion and systolic blood pressure after double-blind treatment

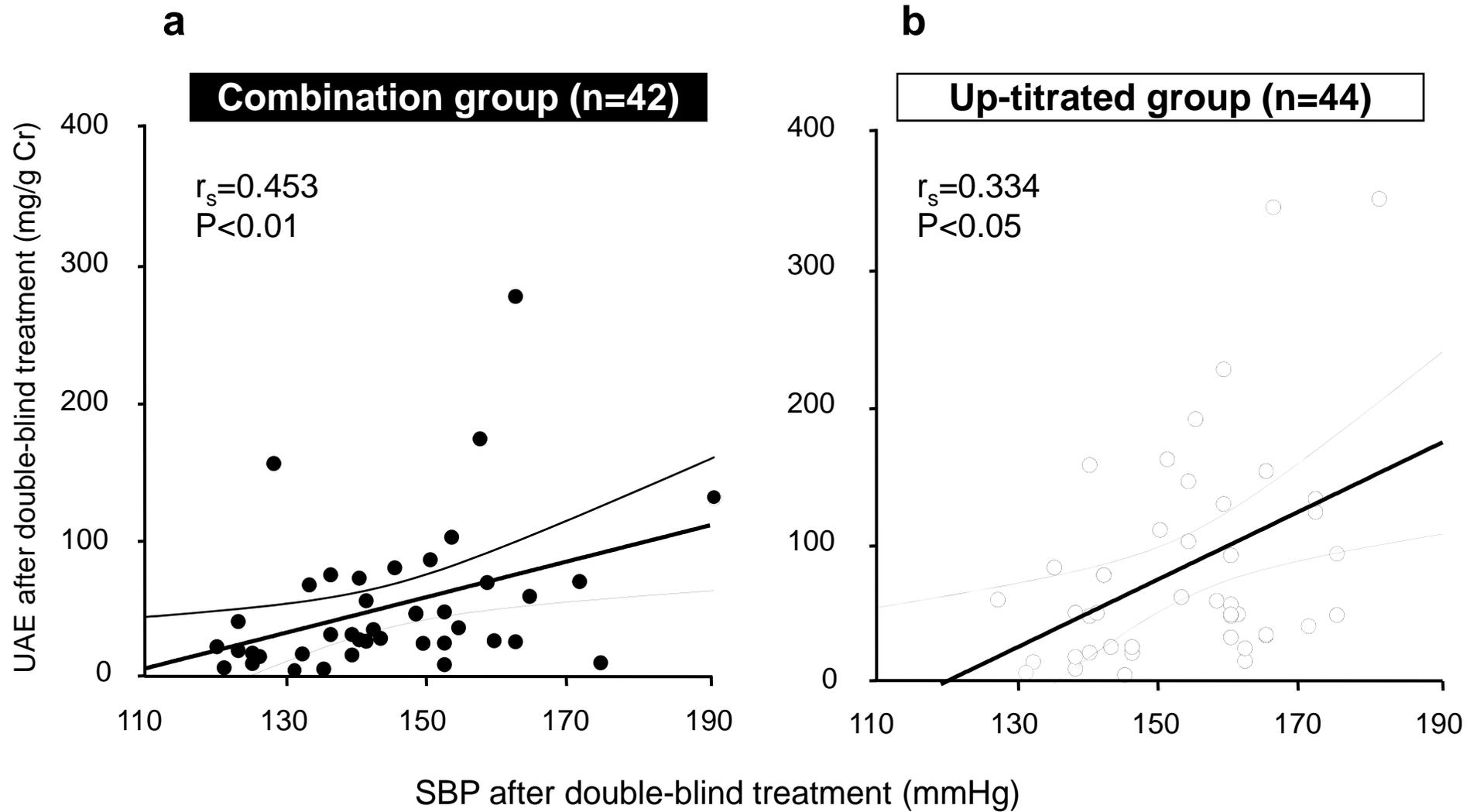


Figure 4 Correlation between $\Delta eGFR$ and ΔUAE during double-blind treatment

