

## National results of nearly 16, 000 patients surveyed for Sanofi's SITE study show that 70% of the known diabetic population have uncontrolled diabetes

*Another study highlight is the alarming number of patients who suffer from diabetes, hypertension or both*

Mumbai, November 7, 2011: Aventis Pharma Limited (Group Sanofi) today announced National Results of the **SITE (Screening India's Twin Epidemic)** study for the eight states - Maharashtra, Tamil Nadu, New Delhi-NCR, West Bengal, Andhra Pradesh, Karnataka, Gujarat, and Madhya Pradesh.

**SITE**, conducted by Sanofi, is the first cross-sectional study to assess the prevalence of diagnosed and undiagnosed cases of diabetes and hypertension using a sample size of nearly 16,000 patients who visit General Practitioners and Consulting Physicians in the major Indian cities. The study has surveyed patients in over 800 centers including Mumbai, Pune and Nagpur in Maharashtra; New Delhi-NCR; Chennai, Coimbatore and Madurai in Tamil Nadu; Bengaluru, Mangalore, and Mysore in Karnataka; Hyderabad, Vizag and Vijaywada in Andhra Pradesh; Bhopal and Indore in Madhya Pradesh; Ahmedabad, Surat and Vadodara in Gujarat and Kolkata, Hoogly and Howrah in West Bengal.

The objective of the **Sanofi SITE study** is to quantify the concurrent incidence of diabetes and hypertension and to increase awareness of what is called the 'Twin Epidemic' with alarming implications for healthcare in India.

**Dr. Shashank Joshi**, Consultant Endocrinologist, Lilavati Hospital is the **National Co-ordinator of the Sanofi SITE study and State Co-ordinator for Maharashtra** and **Dr. Jamshed J. Dalal**, Consultant Interventional Cardiologist, HoD – Kokilaben Dhirubhai Ambani Hospital is also the **State Co-ordinator of the Sanofi SITE study for Maharashtra.**

Says **Dr. Shashank Joshi**, "The **National results of the Sanofi SITE** study reveals that diabetes and hypertension are indeed becoming a twin epidemic across the country, with nearly one-out-of-five or 21% of those surveyed suffering from both diseases. Furthermore, in nearly

### Key findings of the National SITE study among those surveyed are as follows:

- 60% of people surveyed suffer from diabetes, hypertension or both
- Only 38% of Diabetics and 32% of Hypertensives had a positive family history
- 30% of the diabetic population suffers from kidney complications
- 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 (70%) had 'uncontrolled' diabetes (Hba1c levels > 7%) and of the known hypertensive population (79%) nearly four of five were uncontrolled

7% of the newly diagnosed cases the patients did not know that they had diabetes. What is even more worrisome is that 70% of the patients surveyed have ‘uncontrolled’ diabetes, including diabetics who are currently undergoing treatment. This figure not only demands immediate attention but also the implementation of necessary measures. Patients need to be made aware of the importance of the correct treatment regime apart from the need for regular testing.”

PARAMETERS	MAHARASHTRA	NATIONAL
Prevalence of diabetes	40%	35%
Prevalence of hypertensives	56%	46%
Prevalence of both diabetes and hypertension	29%	21%
Unaware they had diabetes	5%	7%
Diabetics with family history	41%	38%
Patients with uncontrolled diabetes	73%	70%
Diabetics with kidney complications	35%	30%
Unaware they had hypertension	25%	22%
Hypertensives with family history	36%	32%
Patients with uncontrolled hypertension	79%	79%
Hypertensives with kidney complications	35%	22%

**Dr. Shashank Joshi** further adds, “The **Sanofi SITE** National study shows that 22% of the screened population had no idea that they had hypertension. Shockingly, almost four-out-of-five or 79% of 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 was 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”

Says **Dr. Bhaswati Mukherjee, Associate Director, Medical Affairs Cardio-Metabolism, Sanofi India**, “Non-communicable diseases such as diabetes and hypertension have a major impact not only on national health but also on the economy. Through the **Sanofi SITE** study we hope to provide medical professionals with valuable insights on the twin epidemic of Diabetes and Hypertension. We also want to create awareness amongst them and patients about screening for these diseases regularly. The **Sanofi SITE** study is a testament of our commitment to disease management and we want to be closely involved in addressing one of India’s key public health issues.”

**Dr. Jamshed Dalal** says, “The comprehensive data of the **Sanofi SITE** study on diabetes and hypertension collected for Maharashtra shows that 73% of the diabetic population were inadequately controlled in spite of treatment. What was even more alarming was that 35% of the diabetic patients screened had kidney complications.”

He further adds, “The **Sanofi SITE** data for Maharashtra reveals that 25% of the screened population or one-out-of-four had no idea they were suffering from hypertension and were newly diagnosed. The **Sanofi SITE** data also shows that 79% of known hypertensives were uncontrolled. This highlights the importance of timely diagnosis and treatment and the need to screen patients for risk factors”.

**Dr. Shashank Joshi** also adds, “The **Sanofi SITE National study** shows that 60% of the population is suffering from diabetes, hypertension or both. This figure is alarmingly high and not only demands immediate attention but also the implementation of necessary measures. The significance of the data from **SITE** is manifold given that it was conducted at the general practitioners’ and consultant physicians’ level. **SITE** will give us important insights on the screening of risk factors and disease management vis-à-vis current guidelines.”

**About the Sanofi SITE study:** **S**creening **I**ndia’s **T**win **E**pidemic (**SITE**) study which was started in January 2009 in Maharashtra where 1842 patients were screened was concluded since then in waves across 6 states and New Delhi. **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 has screened nearly 16,000 patients, covering a wide variety of people aged 18 years and above, including businessmen, working professionals, adult students and housewives. The study over 800 centers mainly in the metros in Maharashtra, New Delhi, West Bengal, Tamil Nadu, Andhra Pradesh, Karnataka, Gujarat, and Madhya Pradesh was commissioned by Sanofi 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 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:** Sanofi, a global and diversified healthcare leader, discovers, develops and distributes therapeutic solutions focused on patients' needs. Sanofi has core strengths in the field of healthcare with seven growth platforms: diabetes solutions, human vaccines, innovative drugs, rare diseases, consumer healthcare, emerging markets and animal health. Sanofi is listed in Paris (EURONEXT: SAN) and in New York (NYSE: SNY).

In India, Sanofi operates through five entities – Aventis Pharma Limited, Sanofi-Synthelabo (India) Limited, Sanofi Pasteur India Private Limited, Shantha Biotechnics and now more recently, Genzyme India Private Limited.

#### **Addendum:**

##### **Highlights from the Maharashtra study:**

1. 40% of the population was diabetic and 56% were found to be hypertensive from among patients visiting the doctor in outpatient
2. 29% of the above population had both diabetes and hypertension (twin epidemics)
3. Of the patients surveyed, 5% were newly diagnosed diabetics and 25% were newly diagnosed hypertensives (from the unsuspecting population)
4. 67% of the people surveyed in Maharashtra suffer from diabetes, hypertension or both
5. Of the patients investigated in the study that were diabetic, 72% also had hypertension and 35% had kidney problems (among those tested for Microalbuminuria)
6. Of the patients that had diabetes 41% have a positive family history of diabetes
7. Of the patients that had diabetes, 73% had uncontrolled diabetes (among those tested for HbA1c > 7%)
8. Of the patients that had hypertension, 36% have a positive family history of hypertension
9. Of the patients that had known hypertension, 79% were uncontrolled
10. Of the patients investigated in the study that were hypertensive, 35% had kidney problems (among those tested for Microalbuminuria)
11. Of the diabetic patients tested, 23% had altered lipids (NCEP-ATP III)
12. Of the hypertensive patients tested, 20% had altered lipids (NCEP ATP III)
13. Among those visiting the clinics, 72% were either overweight or obese and 84% had truncal obesity

**Highlights from the National Results:**

1. 35% of the population was diabetic and 46% 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. Of the patients surveyed, 7% were newly diagnosed diabetics and 22% were newly diagnosed hypertensives (from the unsuspecting population)
4. 60% of the people surveyed across all 8 states suffer from diabetes, hypertension or both
5. Of the patients investigated in the study that were diabetic, 60% also had hypertension and 30% had kidney problems (among those tested for Microalbuminuria)
6. Of the patients that had diabetes 38% had a positive family history of diabetes
7. Of the patients that had diabetes, 70% had uncontrolled diabetes (among those tested for Hba1c>7%)
8. Of the patients that had hypertension, 32% had a positive family history of hypertension
9. Of the patients that had known hypertension, 79% were uncontrolled
10. Of the patients investigated in the study that were hypertensive, 22% had kidney problems(among those tested for Microalbuminuria)
11. Of the diabetic patients tested , 20.5% had altered lipids (NCEP-ATP III)
12. Of the hypertensive patients tested, 17% had altered lipids( NCEP ATP III)
13. Among those visiting the clinics, 73% were either overweight or obese and 86% had truncal obesity

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