

In Diabetology

Message is crystal clear, start SGLT2- Inhibitors early to protect kidney.

Editor, www.cmeindia.in

- EMPA KIDNEY Trial Final results Published
- The EMPA-KIDNEY trial final results to assess the effects of treatment with empagliflozin in a broad range of patients with chronic kidney disease patients has been just published
- The trial was done on 6609 patients who underwent randomization.
- A median of 2.0 years of follow-up was done.
- A progression of kidney disease or death from cardiovascular causes occurred in 432 of 3304 patients (13.1%) in the empagliflozin group and in 558 of 3305 patients (16.9%) in the placebo group (hazard ratio, 0.72; 95% confidence interval [CI], 0.64 to 0.82; $P < 0.001$)
- Results have been consistent among patients with or without diabetes and across subgroups defined according to eGFR ranges.
- Worth mentioning, the rate of hospitalization from any cause was lower in the empagliflozin group than in the placebo group (hazard ratio, 0.86; 95% CI, 0.78 to 0.95; $P = 0.003$).
- It was concluded that among a wide range of patients with chronic kidney disease who were at risk for disease progression, empagliflozin therapy leads to a lower risk of progression of kidney disease or death from cardiovascular causes than placebo.

Dr. NK Singh
MD, FICP, FACP, F-RSSDI,
Diabetologist Physician, Dhanbad