Are thiazide or thiazide-like diuretics (THZs) associated with a greater risk of Type 2 diabetes mellitus than Angiotensin-converting-enzyme inhibitors (ACEi) in patients initiated on treatment for hypertension? A LEGEND-HTN study

**PRESENTER: Nicole Pratt on behalf of the LEGEND-HTN study team**

**INTRODUCTION**

- The LEGEND-HTN study (Large-scale Evidence Generation and Evaluation in a Network of Databases) (1) found that THZs were more effective than ACEi in terms of cardiovascular benefits and had improved safety on 19 different endpoints (including cardiovascular-related mortality, dementia and chronic kidney disease) compared to ACEis, with the exception of hypokalemia and hyponatraemia.
- However, ACEis are by far the most prescribed first line antihypertensive treatment world-wide (2).
- One of the barriers to doctors initiating treatment with THZs are that they are seen as a less favourable treatment option than ACEi due to their perceived risk of type 2 diabetes mellitus (T2DM).
- LEGEND-HTN found no difference between ACEis and THZs at the class level for the development of T2DM (HR 0.95; 95% Confidence Interval 0.85, 1.07), however, results for individual products were not presented.

**METHODS**

In this study we used evidence from LEGEND-HTN (3). See (1) for detailed methods. Analyses were performed at the class level (THZ v ACEi) and by individual product (hydrochlorothiazide v ACEi and chlorthalidone v ACEi). To compare individual THZ products to the ACEi class, hierarchical meta-analysis (4) on the log-scale was used to account for repeated HR estimates ACEi products and over databases.

**RESULTS**

- 768,174 patients initiated on THZ, 1,882,630 patients initiated on ACEi monotherapies
- No association with new onset T2DM risk with hydrochlorothiazide compared to ACEIs (meta-analysis HR = 0.89, 95% CI (0.74 - 1.07))
- Chlorthalidone associated with increased risk of new onset T2DM compared to ACEis (meta-analysis HR = 1.19, 95% CI (1.05 - 1.34)).

**CONCLUSION**

- Clinicians may consider hydrochlorothiazide as first line treatment for hypertension particularly as previous LEGEND-HTN results have also found no evidence to support current recommendations to prefer chlorthalidone over hydrochlorothiazide (5).
- This paper demonstrates the ongoing utility of the LEGEND-HTN results to help inform and support clinical treatment decisions in hypertension.

Nicole Pratt1,2, Ty Stanford1,2, Martijn Schuemie2,3, Marc Suchard2,4,5, Patrick Ryan2,3

1. Quality Use of Medicines and Pharmacy Research Centre, University of South Australia
2. Observational Health Data Sciences and Informatics (OHDSI)
3. Janssen Research & Development
4. Fielding School of Public Health, Department of Biostatistics, University of California, Los Angeles, Los Angeles
5. David Geffen School of Medicine, Department of Biomathematics, University of California, Los Angeles, Los Angeles