

Insulin action and hypertension: effects of hyperaldosteronism and its treatment

Submission date 30/07/2008	Recruitment status No longer recruiting	<input type="checkbox"/> Prospectively registered
		<input type="checkbox"/> Protocol
Registration date 23/09/2008	Overall study status Completed	<input type="checkbox"/> Statistical analysis plan
		<input checked="" type="checkbox"/> Results
Last Edited 06/06/2016	Condition category Circulatory System	<input type="checkbox"/> Individual participant data

Plain English summary of protocol
Not provided at time of registration

Contact information

Type(s)
Scientific

Contact name
Prof Patrick Bell

Contact details
East Wing
Royal Victoria Hospital
Grosvenor Road
Belfast
United Kingdom
BT12 6BA

Additional identifiers

Protocol serial number
RGHT 000298

Study information

Scientific Title
Insulin action and hypertension: effects of hyperaldosteronism and its treatment

Study objectives

Many common conditions such as type two diabetes and hypertension, as well as less common conditions such as hypopituitarism and secondary hypertension are associated with insulin resistance. All are associated with increased vascular risk to which insulin resistance may contribute. The study seeks to determine how to characterise and treat hypertensive patients with special reference to the influence of insulin action.

The link between increased insulin resistance, diabetes and essential hypertension has prompted concern regarding deleterious effects of antihypertensive therapy on glucose and lipid metabolism. Evidence that commonly prescribed agents may increase insulin resistance and that this may lessen the beneficial impact of tight blood pressure control on cardiovascular endpoints has led to much debate regarding appropriate choice of drug treatment. The continued use of older agents, in particular thiazide diuretics, has been supported by one recent large trial but shown to be associated with a less favourable outcome in another.

Recent trials have also demonstrated a protective effect of aldosterone antagonist therapy in heart failure and left ventricular dysfunction after myocardial infarction. Despite these advances little is known of the effect on insulin resistance of aldosterone antagonist drugs such as spironolactone or the new agent, eplerenone.

The first study outlined seeks to determine the effect of eplerenone on insulin action in essential hypertension using a double blind, cross-over protocol.

Ethics approval required

Old ethics approval format

Ethics approval(s)

The Office for Research Ethics Committee in Northern Ireland (ORECNI), 13/05/2008, ref: 08/NIR01/12

Study design

Randomised controlled crossover double-blind trial

Primary study design

Interventional

Study type(s)

Treatment

Health condition(s) or problem(s) studied

Hypertension and insulin resistance

Interventions

A randomised double-blind control crossover design will be employed. All antihypertensive agents will be withdrawn and placebo substituted for six weeks. During this period blood pressure will be monitored every two weeks. There will be two study periods of 12 weeks during which blood pressure will be measured after two weeks and then every four weeks, separated by a six-week washout during which blood pressure will be measured every two weeks. It is no longer ethical to compare with placebo and so we will compare with doxazosin, which has been shown to be neutral in its effect on insulin action. Patients will be started on eplerenone 25 mg twice daily or doxazosin 1 mg twice daily for the first week, 2 mg twice daily thereafter.

Insulin action will be assessed at the end of the placebo run in and after each of the two study periods. Twenty-four hour ambulatory blood pressure monitoring will be performed in the last week of placebo run-in and each treatment period. If, during the study (including during placebo run-in or wash-out), systolic blood pressure rises above 160 mmHg or diastolic blood pressure rises above 100 mmHg on any occasion, or above 160 and 95 mmHg on two occasions, additional therapy with doxazosin will be given, with the addition of up to 12 mg of doxazosin. Serum creatinine and potassium will be measured at baseline and every four weeks during the active treatment periods.

Intervention Type

Drug

Phase

Not Applicable

Drug/device/biological/vaccine name(s)

Insulin (eplerenone), doxazosin

Primary outcome(s)

Insulin action will be measured by performing a hyperinsulinaemic, euglycaemic clamp, measured at the end of weeks 6, 18 and 36.

Key secondary outcome(s)

Blood pressure will be measured using a standard automated blood pressure machine, measured at the end of weeks 2, 4, 6, 8, 12, 16, 18, 20, 22, 24, 26, 30, 34 and 36.

Completion date

15/08/2010

Eligibility

Key inclusion criteria

1. Patients aged under 70 years, either sex
2. Mild essential hypertension

Participant type(s)

Patient

Healthy volunteers allowed

No

Age group

Adult

Sex

All

Key exclusion criteria

1. Presence of diabetes mellitus
2. Significant obesity (body mass index [BMI] exceeding 35 kg/m²)

3. Cardiac, renal or hepatic disease
4. A history of gout
5. Any treatment that may affect insulin action
6. Hyperkalaemia
7. Taking potassium sparing diuretics, potassium supplements or strong inhibitors of CYP 3A4
8. Women who are pregnant or breastfeeding
9. Secondary hypertension
10. Diastolic blood pressure outside 80 - 105 mmHg range after placebo run-in of six weeks
11. Not capable of giving informed consent

Date of first enrolment

15/08/2008

Date of final enrolment

15/08/2010

Locations

Countries of recruitment

United Kingdom

Northern Ireland

Study participating centre

Royal Victoria Hospital

Belfast

United Kingdom

BT12 6BA

Sponsor information

Organisation

Belfast Health and Social Care Trust (UK)

ROR

<https://ror.org/02tdmfk69>

Funder(s)

Funder type

Government

Funder Name

Northern Ireland Research and Development Office (UK) - Recognised Research Group Funding (ref: RRG 5.46)

Results and Publications

Individual participant data (IPD) sharing plan

IPD sharing plan summary

Not provided at time of registration

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article	results	01/10/2014		Yes	No