Adverse Event	amlodipine		Placebo	
	M=% (N=1218)	F=% (N=512)	M=% (N=914)	F=% (N=336)
Edema	5.6	14.6	1.4	5.1
Flushing	1.5	4.5	0.3	0.9
Palpitations	1.4	3.3	0.9	0.9
Somnolence	1.3	1.6	0.8	0.3

The following events occurred in ≤1% but >0.1% of patients treated with amlodipine in controlled clinical trials or under conditions of open trials or marketing experience where a causal relationship is uncertain; they are listed to alert the physician to a possible relationship: **Cardiovascular:** arrhythmia (including ventricular tachycardia and atrial fibrillation), bradycardia, chest pain, hypotension, peripheral ischemia, syncope, tachycardia, postural dizziness, postural hypotension, vasculitis. **Central and Peripheral Nervous System:** hypoesthesia, neuropathy peripheral, paresthesia, tremor, vertigo. **Gastrointestinal:** anorexia, constipation, dyspepsia,** dysphagia, diarrhea, flatulence, pancreatitis, vomiting, gingival hyperplasia. **General:** allergic reaction, asthenia,** back pain, hot flushes, malaise, pain, rigors, weight gain, weight decrease. **Musculoskeletal System:** arthralgia, arthrosis, muscle cramps,** myalgia. **Psychiatric:** sexual dysfunction (male** and female), insomnia, nervousness, depression, abnormal dreams, anxiety, depersonalization. **Respiratory System:** dyspnea,** epistaxis. **Skin and Appendages:** angioedema, erythema multiforme, pruritus,** rash,** rash erythematous, rash maculopapular. **Special Senses:** abnormal vision, conjunctivitis, diplopia, eye pain, tinnitus. **Urinary System:** micturition frequency, micturition disorder, nocturia. **Autonomic Nervous System:** dry mouth, sweating increased. **Metabolic and Nutritional:** hyperglycemia, thirst. **Hemopoietic:** leukopenia, purpura, thrombocytopenia. The following events occurred in ≤0.1% of patients treated with amlodipine in controlled clinical trials or under conditions of open trials or marketing experience: cardiac failure, pulse irregularity, extrasystoles, skin discoloration, urticaria, skin dryness, alopecia, dermatitis, muscle weakness, twitching, ataxia, hypertonia, migraine, cold and clammy skin, apathy, agitation, amnesia, gastritis, increased appetite, loose stools, coughing, rhinitis, dysuria, polyuria, parosmia, taste perversion, abnormal visual accommodation, and xerophthalmia. Other reactions occurred sporadically and cannot be distinguished from medications or concurrent disease states such as myocardial infarction and angina. Amlodipine therapy has not been associated with clinically significant changes in routine laboratory tests. No clinically relevant changes were noted in serum potassium, serum glucose, total triglycerides, total cholesterol, HDL cholesterol, uric acid, blood urea nitrogen, or creatinine. The following postmarketing event has been reported infrequently with amlodipine treatment where a causal relationship is uncertain: gynecomastia. In postmarketing experience, jaundice and hepatic enzyme elevations (mostly consistent with cholestasis or hepatitis) in some cases severe enough to require hospitalization have been reported in association with use of amlodipine. Amlodipine has been used safely in patients with chronic obstructive pulmonary disease, well-compensated congestive heart failure, peripheral vascular disease, diabetes mellitus, and abnormal lipid profiles. **The Atorvastatin Component of CADUET:** Atorvastatin is generally well-tolerated. Adverse reactions have usually been mild and transient. In controlled clinical studies of 2502 patients, <2% of patients were discontinued due to adverse experiences attributable to atorvastatin calcium. The most frequent adverse events thought to be related to atorvastatin calcium were constipation, flatulence, dyspepsia, and abdominal pain. Clinical Adverse Experiences: Adverse experiences reported in ≥2% of patients in placebo-controlled clinical studies of atorvastatin, regardless of causality assessment, are shown in Table 3.

Table 3. Adverse Events in Placebo-Controlled Studies (% of Patients)

Body System/ Adverse Event	Placebo N=270	atorvastatin 10 mg N=863	20 mg N=36	40 mg N=79	80 mg N=94
BODY AS A WHOLE					
Infection	10.0	10.3	2.8	10.1	7.4
Headache	7.0	5.4	16.7	2.5	6.4
Accidental Injury	3.7	4.2	0.0	1.3	3.2
Flu Syndrome	1.9	2.2	0.0	2.5	3.2
Abdominal Pain	0.7	2.8	0.0	3.8	2.1
Back Pain	3.0	2.8	0.0	3.8	1.1
Allergic Reaction	2.6	0.9	2.8	1.3	0.0
Asthenia	1.9	2.2	0.0	3.8	0.0
DIGESTIVE SYSTEM					
Constipation	1.8	2.1	0.0	2.5	1.1
Diarrhea	1.5	2.7	0.0	3.8	5.3
Dyspepsia	4.1	2.3	2.8	1.3	2.1
Flatulence	3.3	2.1	2.8	1.3	1.1
RESPIRATORY SYSTEM					
Sinusitis	2.6	2.8	0.0	2.5	6.4
Pharyngitis	1.5	2.5	0.0	1.3	2.1
SKIN AND APPENDAGES					
Rash	0.7	3.9	2.8	3.8	1.1
MUSCULOSKELETAL SYSTEM					
Arthralgia	1.5	2.0	0.0	5.1	0.0
Myalgia	1.1	3.2	5.6	1.3	0.0

Anglo-Scandinavian Cardiac Outcomes Trial (ASCOT): In ASCOT involving 10,305 participants treated with atorvastatin 10 mg daily (n=5,168) or placebo (n=5,137), the safety and tolerability profile of the group treated with atorvastatin was comparable to that of the group treated with placebo during a median of 3.3 years of follow-up. The following adverse events were reported, regardless of causality assessment, in patients treated with atorvastatin in clinical trials. The events in italics occurred in ≥2% of patients and the events in plain type occurred in <2% of patients. **Body as a Whole:** *Chest pain,* face edema, fever, neck rigidity, malaise, photosensitivity reaction, generalized edema. **Digestive System:** *Nausea,* gastroenteritis, liver function tests abnormal, colitis, vomiting, gastritis, dry mouth, rectal hemorrhage, esophagitis, eructation, glossitis, mouth ulceration, anorexia, increased appetite, stomatitis, biliary pain, cheilitis, duodenal ulcer, dysphagia, enteritis, melena, gum hemorrhage, stomach ulcer, tenesmus, ulcerative stomatitis, hepatitis, pancreatitis, cholestatic jaundice. **Respiratory System:** *Bronchitis, rhinitis,* pneumonia, dyspnea, asthma, epistaxis. **Nervous System:** *Insomnia, dizziness,* paresthesia, somnolence, amnesia, abnormal dreams, libido decreased, emotional lability, incoordination, peripheral neuropathy, torticollis, facial paralysis, hyperkinesia, depression, hypesthesia, hypertonia. **Musculoskeletal System:** *Arthritis,* leg cramps, bursitis, tenosynovitis, myasthenia, tendinous contracture, myositis. **Skin and Appendages:** Pruritus, contact dermatitis, alopecia, dry skin, sweating, acne, urticaria, eczema, seborrhea, skin ulcer. **Urogenital System:** *Urinary tract infection,* urinary frequency, cystitis, hematuria, impotence, dysuria, kidney calculus, nocturia, epididymitis, fibrocystic breast, vaginal hemorrhage, albuminuria, breast enlargement, metrorrhagia, nephritis, urinary incontinence, urinary retention, urinary urgency, abnormal ejaculation, uterine hemorrhage. **Special Senses:** Amblyopia, tinnitus, dry eyes, refraction disorder, eye hemorrhage, deafness, glaucoma, parosmia, taste loss, taste perversion. **Cardiovascular System:** Palpitation, vasodilatation, syncope, migraine, postural hypotension, phlebitis, arrhythmia, angina pectoris, hypertension. **Metabolic and Nutritional Disorders:** *Peripheral edema,* hyperglycemia, creatine phosphokinase increased, gout, weight gain, hypoglycemia. **Hemic and Lymphatic System:** Ecchymosis, anemia, lymphadenopathy, thrombocytopenia, petechia. ***Postintroduction Reports with Atorvastatin:*** Adverse events associated with atorvastatin therapy reported since market introduction, that are not listed above, regardless of causality assessment, include the following: anaphylaxis, angioneurotic edema, bullous rashes (including erythema multiforme, Stevens-Johnson syndrome, and toxic epidermal necrolysis), and rhabdomyolysis. ***Pediatric Patients (ages 10-17 years):*** In a 26-week controlled study in boys and postmenarchal girls (n=140), the safety and tolerability profile of atorvastatin 10 to 20 mg daily was generally similar to that of placebo (see **PRECAUTIONS, Pediatric Use**).

OVERDOSAGE: There is no information on overdosage with CADUET in humans. **Information on Amlodipine:** Single oral doses of amlodipine maleate equivalent to 40 mg amlodipine/kg and 100 mg amlodipine/kg in mice and rats, respectively, caused deaths. Single oral amlodipine maleate doses equivalent to 4 or more mg amlodipine/kg in dogs (11 or more times the maximum recommended clinical dose on a mg/m² basis) caused a marked peripheral vasodilation and hypotension. Overdosage might be expected to cause excessive peripheral vasodilation with marked hypotension and possibly a reflex tachycardia. In humans, experience with intentional overdosage of amlodipine is limited. Reports of intentional overdosage include a patient who ingested 250 mg and was asymptomatic and was not hospitalized; another (120 mg) was hospitalized, underwent gastric lavage and remained normotensive; the third (105 mg) was hospitalized and had hypotension (90/50 mmHg) which normalized following plasma expansion. A patient who took 70 mg amlodipine and an unknown quantity of benzodiazepine in a suicide attempt developed shock which was refractory to treatment and died the following day with abnormally high benzodiazepine plasma concentration. A case of accidental drug overdose has been documented in a 19-month-old male who ingested 30 mg amlodipine (about 2 mg/kg). During the emergency room presentation, vital signs were stable with no evidence of hypotension, but a heart rate of 180 bpm. Ipecac was administered 3.5 hours after ingestion and on subsequent observation (overnight) no sequelae were noted. If massive overdose should occur, active cardiac and respiratory monitoring should be instituted. Frequent blood pressure measurements are essential. Should hypotension occur, cardiovascular support including elevation of the extremities and the judicious administration of fluids should be initiated. If hypotension remains unresponsive to these conservative measures, administration of vasopressors (such as phenylephrine) should be considered with attention to circulating volume and urine output. Intravenous calcium gluconate may help to reverse the effects of calcium entry blockade. As amlodipine is highly protein bound, hemodialysis is not likely to be of benefit. **Information on Atorvastatin:** There is no specific treatment for atorvastatin overdosage. In the event of an overdose, the patient should be treated symptomatically, and supportive measures instituted as required. Due to extensive drug binding to plasma proteins, hemodialysis is not expected to significantly enhance atorvastatin clearance.

*Based on patient weight of 50 kg.

**These events occurred in less than 1% in placebo-controlled trials, but the incidence of these side effects was between 1% and 2% in all multiple dose studies.

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Subdue Depression, Then Nab Residual Symptoms

BY DAMIAN McNAMARA
Miami Bureau

ORLANDO — Hunt for insomnia and fatigue after depression treatment because they are the most common residual symptoms, according to a presentation at a psychopharmacology congress sponsored by the Neuroscience Education Institute.

An estimated 35%-45% of patients achieve remission with an antidepressant. "That means one-third of the time, you get lucky and they do very well," Dr. Thomas L. Schwartz said. "That also means 55%-65% do not get fully better."

Even if patients respond well, be consistent and systematic with follow-up. "Depression likes to come back" and about 80% relapse rate over 7 years, said Dr. Schwartz, director of Adult Outpatient Services, State University of New York in Syracuse.

With aggressive treatment of major depressive disorder, for example, many patients still experience three clusters of residual symptoms: insomnia; hypersomnia with fatigue and related symptoms; and problems with concentration, lack of interest, or a lack of mental energy. Multiple clusters are common in full treatment responders with major depressive order (J. Clin. Psychiatry 1999;60:221-5). After 8 weeks of treatment, 57% of 108 full responders to fluoxetine had two or more residual symptoms, 26% had one residual symptom, and only 17% had no residual symptom.

"If you leave people with three residual symptoms, they will be in trouble. Leave them with two and they will still be in trouble. Get them as well as you can," said Dr. Schwartz, who is also director of the Depression and Anxiety Disorders Research Program at SUNY Upstate Medical University.

Sometimes, treating insomnia is very important, he said. It can lead to the other two main residual symptoms, fatigue and poor concentration. In one study, depression response was faster and more robust when patients took fluoxetine plus a sleep aid, eszopiclone (Lunesta), for 8 weeks, compared with fluoxetine plus placebo (Biol. Psychiatry 2006;59:1052-60). There were substantial sleep improvements in the dual treatment group as well.

Depressed mood, suicidal ideation, and psychomotor retardation are the least common residual symptoms of treatment of major depressive disorder.

For antidepressant treatment, "do the tried-and-true first, and treat aggressively," Dr. Schwartz said. "The aim is to reduce all symptoms wherever possible."

Psychotherapy with medication can also work well. If patients are depressed and have executive dysfunction, they may not be able to remember what they are told in therapy. "So treat with a medication first and then augment with psychotherapy." ■

Anxiety Disorders and Health Anxiety Go Hand in Hand

BY SARAH PRESSMAN LOVINGER
Contributing Writer

CHICAGO — Health anxiety is a prominent feature of all types of anxiety disorders, Jonathan S. Abramowitz, Ph.D., reported at the annual meeting of the Association for Behavioral and Cognitive Therapies.

"Health concerns are present across the anxiety disorders," said Dr. Abramowitz, professor of psychology at the University of North Carolina at Chapel Hill and director of the obsessive-compulsive disorder/anxiety disorder treatment and research program there.

In a study of 157 adults who were patients at the Mayo Clinic in Rochester, Minn., where Dr. Abramowitz previously worked, 49 had panic disorder, 32 had social phobia, 21 had generalized anxiety disorder, 18 had obsessive-compulsive disorder (OCD), 21 had hypochondriasis, and 16 had specific phobias. The researchers made these diagnoses using the Structured Clinical Interview for DSM-IV-TR or the mini international neuropsychiatric interview. More than half the participants (58%) were women, 88% were white, 52% had at least a 2-year college degree, and 55% were married.

The results showed a positive relationship between health anxiety and most other anxiety disorders. Using self-report measures to assess individual anxiety, the researchers found a significant relationship between the Health Anxiety Inventory–Short Version (SHAI) and the Body Vigilance Scale, the Anxiety Sensitivity Index–Revised Respiratory, Cardiologic, and Cognitive subscales, the Penn State Worry Questionnaire, and the Beck Anxiety Inventory.

They found no significant relationship between the SHAI and the Anxiety Sensitivity Index–Revised Social subscale, the Obsessive-Compulsive Inventory–Revised, and the Social Interaction Anxiety Scale. When the results were analyzed by diagnostic group, patients with panic disorder and OCD had the highest SHAI scores.

Dr. Abramowitz said the results indicated several new findings about health anxiety and overall anxiety. "Patients with panic disorder and OCD have the strongest beliefs about the possibility of becoming ill," he stated.

The findings underscore the importance of assessing for health-focused anxiety when treating people with anxiety, according to Dr. Abramowitz. But the study has limits, he readily admits. It relies entirely on self-reported measures of anxiety, which could introduce bias into the results. ■