LOSARTAN POTASSIUM
LIFEZAR®
50 mg & 100 mg Film-coated Tablet
ANGIOTENSIN II RECEPTOR BLOCKER

Rx

FORMULATION
Losartan 50 mg
Each film-coated tablet contains 50 mg losartan potassium

Losartan 100 mg
Each film-coated tablet contains 100 mg losartan potassium

PHARMACEUTICAL FORM
Film-coated Tablet

PRODUCT DESCRIPTION
Lifezar 50 mg: white, oval tablet with one notch on each side and embossed with a "3" on one side
Lifezar 100 mg: white, oblong tablet with three notches on both sides and embossed with a "5" on one side

CLINICAL PARTICULARS
Therapeutic indications
• Treatment of essential hypertension in adults and in children and adolescents 6-18 years of age.
• Treatment of renal disease in adult patients with hypertension and type 2 diabetes mellitus with proteinuria ≥ 0.5 g/day as part of an antihypertensive treatment.
• Treatment of chronic heart failure in adult patients when treatment with Angiotensin converting enzyme (ACE) inhibitors is not considered suitable due to incompatibility, especially cough, or contraindication. Patients with heart failure who have been stabilised with an ACE inhibitor should not be switched to losartan. The patients should have a left ventricular ejection fraction ≤ 40% and should be clinically stable and on an established treatment regimen for chronic heart failure.
• Reduction in the risk of stroke in adult hypertensive patients with left ventricular hypertrophy documented by ECG (see Pharmacodynamic properties LIFE study, Race).

Dosage and administration
Hypertension
The usual starting and maintenance dose is 50 mg once daily for most patients. The maximal antihypertensive effect is attained 3-6 weeks after initiation of therapy. Some patients may receive an additional benefit by increasing the dose to 100 mg once daily (in the morning).

Losartan may be administered with other antihypertensive agents, especially with diuretics (e.g. hydrochlorothiazide).

Hypertensive type II diabetic patients with proteinuria ≥ 0.5 g/day
The usual starting dose is 50 mg once daily. The dose may be increased to 100 mg once daily based on blood pressure response from one month onwards after initiation of therapy. Losartan may be administered with other antihypertensive agents (e.g. diuretics, calcium channel blockers, alpha- or beta-blockers, and centrally acting agents - see Contraindications, Special warnings and precautions for use, Interaction with other medicinal products and other forms of interaction and Pharmacodynamic properties) as well as with insulin and other commonly used hypoglycaemic agents (e.g.sulfonylureas, glitazones and glucosidase inhibitors).

Heart Failure
The usual initial dose of losartan in patients with heart failure is 12.5 mg once daily. The dose should generally be titrated at weekly intervals (i.e. 12.5 mg daily, 25 mg daily, 50 mg daily, 100 mg daily, up to a maximum dose of 150 mg once daily) as tolerated by the patient.

Reduction in the risk of stroke in hypertensive patients with left ventricular hypertrophy documented by ECG
The usual starting dose is 50 mg of losartan once daily. A low dose of hydrochlorothiazide should be added and/or the dose of losartan should be increased to 100 mg once daily based on blood pressure response.

Special populations
Use in patients with intravascular volume depletion:
For patients with intravascular volume-depletion (e.g. those treated with high-dose diuretics), a starting dose of 25 mg once daily should be considered (see Special warnings and precautions for use).

Use in patients with renal impairment and haemodialysis patients:
No initial dose adjustment is necessary in patients with renal impairment and in haemodialysis patients.

Use in patients with hepatic impairment:
A lower dose should be considered for patients with a history of hepatic impairment. There is no therapeutic experience in patients with severe hepatic impairment. Therefore, losartan is contraindicated in patients with severe hepatic impairment (see Contraindications and Special warnings and precautions for use).

Paediatric population
There are limited data on the efficacy and safety of Losartan Potassium in children and adolescents aged 6-18 years old for the treatment of hypertension (see Pharmacodynamic properties). Limited pharmacokinetic data are available in hypertensive children above one month of age (see Pharmacokinetic properties).

For patients who can swallow tablets, the recommended dose is 25 mg once daily in patients >20 to <50 kg. (In exceptional cases the dose can be increased to a maximum of 50 mg once daily). Dose should be adjusted according to blood pressure response.

In patients >50 kg, the usual dose is 50 mg once daily. In exceptional cases the dose can be adjusted to a maximum of 100 mg once daily. Doses above 1.4 mg/kg (or in excess of 100 mg) daily have not been studied in paediatric patients.

Losartan is not recommended for use in children under 6 years old, as limited data are available in these patient groups.

It is not recommended in children with glomerular filtration rate < 30 mL/min/1.73 m², as no data are available (see also Special warnings and precautions for use).

Losartan is also not recommended in children with hepatic impairment (see also Special warnings and precautions for use).

Use in Elderly
Although consideration should be given to initiating therapy with 25 mg in patients over 75 years of age, dose adjustment is not usually necessary for the elderly.

Method of administration
Losartan should be swallowed with a glass of water.

Losartan may be administered with or without food.

Contraindications
- Hypersensitivity to the active substance or to any of the excipients (see Special warnings and precautions for use)
- Pregnancy (see Pregnancy and lactation)
- Severe hepatic impairment
- Concomitant use of angiotensin receptor antagonists (ARBs) - including losartan - or of angiotensin-converting-enzyme inhibitors (ACEIs) with aliskiren in patients with Type 2 diabetes (see Interaction with other medicinal products and other forms of interaction, Dual blockade of the Renin- Angiotensin-System (RAS) with ACEIs, ARBs or aliskiren).

Special warnings and precautions for use
Hypersensitivity
Angioedema. Patients with a history of angioedema (swelling of the face, lips, throat, and/or tongue) should be closely monitored (see Undesirable effects).

Hypotension and Electrolyte/Fluid Imbalance
Symptomatic hypotension, especially after the first dose and after increasing of the dose, may occur in patients who are volume and/or sodium-depleted by vigorous diuretic therapy, dietary salt restriction, diarrhoea or vomiting. These conditions should be corrected prior to administration of losartan, or a lower starting dose should be used (see Dosage and administration). This also applies to children 6 to 18 years of age.

Electrolyte imbalances
Electrolyte imbalances are common in patients with renal impairment, with or without diabetes, and should be addressed. In a clinical study conducted in type 2 diabetic patients with nephropathy, the incidence of hyperkalaemia was higher in the group treated with losartan as compared to the placebo group (see Undesirable effects). Therefore, the plasma concentrations of potassium as well as creatinine clearance values should be closely monitored, especially patients with heart failure and a creatinine clearance between 30-50 ml/min should be closely monitored.
The concomitant use of potassium-sparing diuretics, potassium supplements and potassium-containing salt substitutes with losartan is not recommended (see Interaction with other medicinal products and other forms of interaction).

Hepatic impairment
Based on pharmacokinetic data which demonstrate significantly increased plasma concentrations of losartan in cirrhotic patients, a lower dose should be considered for patients with a history of hepatic impairment. There is no therapeutic experience with losartan in patients with severe hepatic impairment. Therefore losartan must not be administered in patients with severe hepatic impairment (see Dosage and administration, Contraindications and Pharmacokinetic properties).
Losartan is not recommended in children with hepatic impairment (see Dosage and administration).

Renal impairment
As a consequence of inhibiting the renin-angiotensin system, changes in renal function including renal failure have been reported (in particular, in patients whose renal function is dependent on the renin-angiotensin-aldosterone system such as those with severe cardiac insufficiency or pre-existing renal dysfunction). As with other medicinal products that affect the renin-angiotensin-aldosterone system, increases in blood urea and serum creatinine have also been reported in patients with bilateral renal artery stenosis or stenosis of the artery to a solitary kidney; these changes in renal function may be reversible upon discontinuation of therapy. Losartan should be used with caution in patients with bilateral renal artery stenosis or stenosis of the artery to a solitary kidney.

The use of ARBs - including losartan - or of ACEIs with aliskiren should be avoided in patients with severe renal impairment (GFR <30 ml/min) (see Interaction with other medicinal products and other forms of interaction, Dual blockade of the Renin-Angiotensin-System (RAS) with ACEIs, ARBs or aliskiren).

Use in paediatric patients with renal impairment
Losartan is not recommended in children with glomerular filtration rate < 30mL/min/ 1.73m² as no data are available (see Dosage and administration).

Renal function should be regularly monitored during treatment with losartan as it may deteriorate. This applies particularly when losartan is given in the presence of other conditions (fever, dehydration) likely to impair renal function.

Concomitant use of losartan and ACE-inhibitors has shown to impair renal function. Therefore, concomitant use is not recommended (see Interaction with other medicinal products and other forms of interaction).

Renal transplantation
There is no experience in patients with recent kidney transplantation.

Primary hyperaldosteronism
Patients with primary aldosteronism generally will not respond to antihypertensive medicinal products acting through inhibition of the renin-angiotensin system. Therefore, the use of losartan is not recommended.

Coronary heart disease and cerebrovascular disease
As with any antihypertensive agents, excessive blood pressure decrease in patients with ischaemic cardiovascular and cerebrovascular disease could result in a myocardial infarction or stroke.

Heart failure
In patients with heart failure, with or without renal impairment, there is - as with other medicinal products acting on the renin-angiotensin system - a risk of severe arterial hypotension, and (often acute) renal impairment.

There is no sufficient therapeutic experience with losartan in patients with heart failure and concomitant severe renal impairment, in patients with severe heart failure (NYHA class IV) as well as in patients with heart failure and symptomatic life threatening cardiac arrhythmias. Therefore, losartan should be used with caution in these patient groups. The combination of losartan with a beta-blocker should be used with caution (see Pharmacodynamic properties).

Aortic and mitral valve stenosis, obstructive hypertrophic cardiomyopathy
As with other vasodilators, special caution is indicated in patients suffering from aortic or mitral stenosis, or obstructive hypertrophic cardiomyopathy.

Dual Blockade of the Renin-Angiotensin System (RAS)
Caution is required while co-administering ARBs, including losartan, with other agents blocking the RAS such as ACEIs or aliskiren (see Interaction with other medicinal products and other forms of interaction, Dual blockade of the Renin-Angiotensin-System (RAS) with ACEIs, ARBs or aliskiren).

Other warnings and precautions
As observed for angiotensin converting enzyme inhibitors, losartan and the other angiotensin antagonists are apparently less effective in lowering blood pressure in black people than in non-blacks, possibly because of higher prevalence of low-renin states in the black hypertensive population.

Interaction with other medicinal products and other forms of interaction
Dual blockade of the Renin-Angiotensin-System (RAS) with ARBs, ACEIs, or aliskiren
The concomitant use of ARBs, including losartan, with other agents acting on the RAS is associated with an increased incidence of hypotension, hyperkalaemia, and changes in renal function compared to monotherapy. It is recommended to monitor blood pressure, renal function and electrolytes in patients on losartan and other agents that affect the RAS (see Special warnings and precautions for use).

The concomitant use of ARBs – including losartan - or of ACEIs with aliskiren, should be avoided in patients with severe renal impairment (GFR < 30 ml/min) (see Special warnings and precautions for use).

The concomitant use of ARBs - including losartan - or of ACEIs with aliskiren is contraindicated in patients with Type 2 diabetes (see Contraindications).

Other antihypertensive agents may increase the hypotensive action of losartan. Concomitant use with other substances which may induce hypotension as an adverse reaction (like tricyclic antidepressants, antipsychotics, baclofene, and amifostine) may increase the risk of hypotension.

Losartan is predominantly metabolised by cytochrome P450 (CYP) 2C9 to the active carboxy-acid metabolite. In a clinical trial it was found that fluconazole (inhibitor of CYP2C9) decreases the exposure to the active metabolite by approximately 50%. It was found that concomitant treatment of losartan with rifampicine (inducer of metabolism enzymes) gave a 40% reduction in plasma concentration of the active metabolite. The clinical relevance of this effect is unknown. No difference in exposure was found with concomitant treatment with fluvastatin (weak inhibitor of CYP2C9).

As with other medicinal products that block angiotensin II or its effects, concomitant use of other medicinal products which retain potassium (e.g. potassium-sparing diuretics: amiloride, triamterene, spironolactone) or may increase potassium levels (e.g. heparin), potassium supplements or salt substitutes containing potassium may lead to increases in serum potassium. Co-medication is not advisable.

Reversible increases in serum lithium concentrations and toxicity have been reported during concomitant administration of lithium with ACE inhibitors. Very rare cases have also been reported with angiotensin II receptor antagonists. Co-administration of lithium and losartan should be undertaken with caution. If this combination proves essential, serum lithium level monitoring is recommended during concomitant use.

When angiotensin II antagonists are administered simultaneously with NSAIDs (i.e. selective COX-2 inhibitors, acetylsalicylic acid at anti-inflammatory doses and non-selective NSAIDs), attenuation of the antihypertensive effect may occur. Concomitant use of angiotensin II antagonists or diuretics and NSAIDs may lead to an increased risk of worsening of renal function, including possible acute renal failure, and an increase in serum potassium, especially in patients with poor pre-existing renal function. The combination should be administered with caution, especially in the elderly. Patients should be adequately hydrated and consideration should be given to monitoring renal function after initiation of concomitant therapy, and periodically thereafter.

Pregnancy and lactation
Pregnancy
Due to the mechanism of action of angiotensin II antagonists, a risk for the foetus cannot be excluded. In utero exposure to ACE inhibitors (a specific class of drugs acting on the RAAS) during the second and third trimesters has been reported to cause injury and death to the developing foetus. In addition, in retrospective data, first trimester use of ACE inhibitors has been associated with a potential risk of birth defects. There have been reports of spontaneous abortion, oligohydramnios and newborn renal dysfunction, when pregnant women have inadvertently taken the angiotensin II antagonist valsartan. As for any drug that also acts directly on the RAAS, losartan should not be used during pregnancy (see Contraindications) or in women planning to become pregnant. Healthcare professionals prescribing any agents acting on the RAAS should counsel women of childbearing potential about the potential risk of these agents during pregnancy. If pregnancy is detected during therapy, losartan should be discontinued as soon as possible.

Lactation
Because no information is available regarding the use of losartan during breastfeeding, losartan is not recommended and alternative treatments with better established safety profiles during breastfeeding are preferable, especially while nursing a newborn or preterm infant.

Effects on ability to drive and use machines
No studies on the effects on the ability to drive and use machines have been performed. However, when driving vehicles or operating machines it must be borne in mind that dizziness or drowsiness may occasionally occur when taking antihypertensive therapy, in particular during initiation of treatment or when the dose is increased.

Undesirable effects
Losartan has been evaluated in clinical studies as follows:
- in a controlled clinical trials in > 3,000 adult patients 18 years of age and older for essential hypertension
- in a controlled clinical trial in 177 hypertensive paediatric patients 6 to 16 years of age
- in a controlled clinical trial in > 9,000 hypertensive patients 55 to 80 years of age with left ventricular hypertrophy (see LIFE Study, Pharmacodynamic properties)
- in a controlled clinical trial in > 7,700 adult patients with chronic heart failure (see ELITE I, ELITE II, and HEAAL study, Pharmacodynamic properties)
- in a controlled clinical trial in > 1,500 type 2 diabetic patients 31 years of age and older with proteinuria (see RENAAL study, Pharmacodynamic properties)

In these clinical trials, the most common adverse reaction was dizziness.

The frequency of adverse reactions listed below is defined using the following convention:
very common (≥ 1/10); common (≥ 1/100, to < 1/10); uncommon (≥ 1/1,000, to < 1/100); rare (≥ 1/10,000, to < 1/1,000); very rare (< 1/10,000), not known (cannot be estimated from the available data).

Hypertension

Nervous system disorders	
Common:	Dizziness
Uncommon:	Somnolence, headache, sleep disorders
Ear and labyrinth disorders	
Common:	Vertigo
Cardiac disorders	
Uncommon:	Palpitations, angina pectoris
Vascular disorders	
Uncommon:	(Orthostatic) hypotension (including dose-related orthostatic effects)‖
Gastrointestinal disorders	
Uncommon:	Abdominal pain, obstipation
Skin and subcutaneous disorders	
Uncommon:	Rash
General disorders and administration site conditions	
Uncommon:	Asthenia, fatigue, oedema
Investigations	
Common:	Hyperkalaemia
Rare:	Increased alanine aminotransferase (ALT)§

Hypertensive patients with left ventricular hypertrophy

Nervous system disorders	
Common:	Dizziness
Ear and labyrinth disorders	
Common:	Vertigo
General disorders and administration site conditions	
Common:	Asthenia, fatigue

Chronic heart failure

Blood and lymphatic system disorders	
Uncommon:	Anaemia
Nervous system disorders	
Common:	Dizziness
Uncommon:	Headache
Rare:	Paraesthesia
Cardiac disorders	
Rare:	Syncope, atrial fibrillation, cerebrovascular accident
Vascular disorders	
Common:	(Orthostatic) hypotension (including dose-related orthostatic effects)‖
Respiratory, thoracic and mediastinal disorders	
Uncommon:	Dyspnoea, cough
Gastrointestinal disorders	
Uncommon:	Diarrhoea, nausea, vomiting
Skin and subcutaneous tissue disorders	
Uncommon:	Urticaria, pruritus, rash
Renal and urinary disorders	
Common:	Renal impairment, renal failure
General disorders and administration site conditions	
Uncommon:	Asthenia, fatigue
Investigations	
Common:	Increase in blood urea, serum creatinine and serum potassium
Uncommon:	Hyperkalaemia†

Hypertension and type 2 diabetes with renal disease

Nervous system disorders	
Common:	Dizziness
Vascular disorders	
Common:	(Orthostatic) hypotension (including dose-related orthostatic effects)‖
General disorders and administration site conditions	
Common:	Asthenia, fatigue
Investigations	
Common:	Hypoglycaemia, hyperkalaemia‡

Post-marketing experience

Blood and lymphatic system disorders	
Not known:	Anaemia, thrombocytopenia
Immune system disorders	
Rare:	Hypersensitivity reactions, anaphylactic reactions, angioedema*, and vasculitis**
Psychiatric disorders	
Not known:	Depression
Nervous system disorders	
Not known:	Migraine, dysgeusia
Ear and labyrinth disorders	
Not known:	Tinnitus
Respiratory, thoracic and mediastinal disorders	
Not known:	Cough
Gastrointestinal disorders	
Not known:	Diarrhoea
Hepatobiliary disorders	
Rare:	Hepatitis
Not known:	Pancreatitis, liver function abnormalities
Skin and subcutaneous tissue disorders	
Not known:	Urticaria, pruritus, rash, photosensitivity
Musculoskeletal and connective tissue disorders	
Not known:	Myalgia, arthralgia, rhabdomyolysis
Reproductive system and breast disorders	
Not known:	Erectile dysfunction/impotence
General disorders and administration site conditions	
Not known:	Malaise
Investigations	
Not known:	Hyponatraemia

*Including swelling of the larynx, glottis, face, lips, pharynx, and/or tongue (causing airway obstruction); in some of these patients angiooedema had been reported in the past in connection with the administration of other medicines, including ACE inhibitors
**Including Henoch-Schönlein purpura
‖ Especially in patients with intravascular depletion, e.g. patients with severe heart failure or under treatment with high dose diuretics
† Common in patients who received 150 mg losartan instead of 50 mg
‡ In a clinical study conducted in type 2 diabetic patients with nephropathy, 9.9% of patients treated with losartan tablets developed hyperkalaemia >5.5 mmol/L and 3.4% of patients treated with placebo
§ Usually resolved upon discontinuation

The following additional adverse reactions occurred more frequently in patients who received losartan than placebo (frequencies not known): back pain, urinary tract infection, and flu-like symptoms.

Renal and urinary disorders
As a consequence of inhibiting the renin-angiotensin-aldosterone system, changes in renal function including renal failure have been reported in patients at risk; these changes in renal function may be reversible upon discontinuation of therapy (see Special warnings and precautions for use).

Paediatric population
The adverse reaction profile for paediatric patients appears to be similar to that seen in adult patients. Data in the paediatric population are limited.

Overdose
Symptoms of intoxication
Limited data are available with regard to overdose in humans. The most likely manifestation of overdose would be hypotension and tachycardia. Bradycardia could occur from parasympathetic (vagal) stimulation.

Treatment of intoxication
If symptomatic hypotension should occur, supportive treatment should be instituted.
Measures are depending on the time of medicinal product intake and kind and severity of symptoms. Stabilisation of the cardiovascular system should be given priority. After oral intake the administration of a sufficient dose of activated charcoal is indicated. Afterwards, close monitoring of the vital parameters should be performed. Vital parameters should be corrected if necessary.

Neither losartan nor the active metabolite can be removed by haemodialysis.

PHARMACOLOGICAL PROPERTIES
Pharmacodynamic properties
Pharmacotherapeutic group: Agents acting on the renin-angiotensin system, angiotensin II-antagonists, plain
ATC code: C09CA01

Losartan is a synthetically produced oral angiotensin-II receptor (type AT1) antagonist.

Angiotensin II, a potent vasoconstrictor, is the primary active hormone of the renin-angiotensin system and an important determinant of the pathophysiology of hypertension. Angiotensin II binds to the AT1 receptor found in many tissues (e.g. vascular smooth muscle, adrenal gland, kidneys and the heart) and elicits several important biological actions, including vasoconstriction and the release of aldosterone. Angiotensin II also stimulates smooth-muscle cell proliferation.

Losartan selectively blocks the AT1 receptor. In vitro and in vivo losartan and its pharmacologically active carboxylic acid metabolite E-3174 block all physiologically relevant actions of angiotensin II, regardless of the source or route of its synthesis.

Losartan does not have an agonist effect nor does it block other hormone receptors or ion channels important in cardiovascular regulation. Furthermore, losartan does not inhibit ACE (kininase II), the enzyme that degrades bradykinin.

Consequently, there is thus no increase in bradykinin-mediated undesirable effects.

During the administration of losartan the removal of the angiotensin II negative feedback on renin secretion leads to increased plasma-renin activity (PRA). Increase in the PRA leads to an increase in angiotensin II in plasma. Despite these increases, antihypertensive activity and suppression of the plasma aldosterone concentration are maintained, indicating effective angiotensin II receptor blockade. After the discontinuation of losartan, PRA and angiotensin II values fell within 3 days to the baseline values.

Both losartan and its principal active metabolite have a far greater affinity for the AT1 receptor than for the AT2 receptor. The active metabolite is 10- to 40-times more active than losartan on a weight for weight basis.

Hypertension Studies
In controlled clinical studies, once-daily administration of losartan to patients with mild to moderate essential hypertension produced statistically significant reductions in systolic and diastolic blood pressure. Measurements of blood pressure 24 hours post-dose relative to 5-6 hours post-dose demonstrated blood pressure reduction over 24 hours; the natural diurnal rhythm was retained. Blood pressure reduction at the end of the dosing interval was 70-80% of the effect seen 5-6 hours postdose.

Discontinuation of losartan in hypertensive patients did not result in an abrupt rise in blood pressure (rebound). Despite the marked decrease in blood pressure, losartan had no clinically significant effects on heart rate.

Losartan is equally effective in males and females, and in younger (below the age of 65 years) and older hypertensive patients.

LIFE Study
The Losartan Intervention For Endpoint reduction in hypertension (LIFE) study was a randomised, triple-blind, active-controlled study in 9,193 hypertensive patients aged 55 to 80 years with ECG-documented left ventricular hypertrophy. Patients were randomised to once daily losartan 50 mg or once daily atenolol 50 mg. If goal blood pressure (< 140/90 mm Hg) was not reached, hydrochlorothiazide (12.5 mg) was added first and, if needed, the dose of losartan or atenolol was then increased to 100 mg once daily. Other antihypertensives, with the exception of ACE inhibitors, angiotensin II antagonists or beta-blockers were added if necessary to reach the goal blood pressure.

The mean length of follow up was 4.8 years.

The primary endpoint was the composite of cardiovascular morbidity and mortality as measured by a reduction in the combined incidence of cardiovascular death, stroke and myocardial infarction. Blood pressure was significantly lowered to similar levels in the two groups. Treatment with losartan resulted in a 13.0% risk reduction (p = 0.021, 95% confidence interval 0.77-0.98) compared with atenolol for patients reaching the primary composite endpoint. This was mainly attributable to a reduction of the incidence of stroke. Treatment with losartan reduced the risk of stroke by 25% relative to atenolol (p = 0.001, 95% confidence interval 0.63-0.89). The rates of cardiovascular death and myocardial infarction were not significantly different between the treatment groups.

Race
In the LIFE-Study black patients treated with losartan had a higher risk of suffering the primary combined endpoint, i.e. a cardiovascular event (e.g. cardiac infarction, cardiovascular death) and especially stroke, than the black patients treated with atenolol. Therefore the results observed with losartan in comparison with atenolol in the LIFE study with regard to cardiovascular morbidity/mortality do not apply for black patients with hypertension and left ventricular hypertrophy.

RENAAL Study
The Reduction of Endpoints in NIDDM with the Angiotensin II Receptor Antagonist Losartan RENAAL study was a controlled clinical study conducted worldwide in 1,513 Type 2 diabetic patients with proteinuria, with or without hypertension. 751 patients were treated with losartan.

The objective of the study was to demonstrate a nephroprotective effect of losartan potassium over and above the benefit of lowering blood pressure. Patients with proteinuria and a serum creatinine of 1.3 – 3.0 mg/dl were randomised to receive losartan 50 mg once a day, titrated if necessary, to achieve blood pressure response, or to placebo, on a background of conventional antihypertensive therapy excluding ACE-inhibitors and angiotensin II antagonists.

Investigators were instructed to titrate the study medication to 100 mg daily as appropriate; 72% of patients were taking the 100 mg daily dose for the majority of the time. Other antihypertensive agents (diuretics, calcium antagonists, alpha- and beta-receptor blockers and also centrally acting antihypertensives) were permitted as supplementary treatment depending on the requirement in both groups. Patients were followed up for up to 4.6 years (3.4 years on average). The primary endpoint of the study was a composite endpoint of doubling of the serum creatinine end-stage renal failure (need for dialysis or transplantation) or death.

The results showed that the treatment with losartan (327 events) as compared with placebo (359 events) resulted in a 16.1% risk reduction (p = 0.022) in the number of patients reaching the primary composite endpoint. For the following individual and combined components of the primary endpoint, the results showed a significant risk reduction in the group treated with losartan: 25.3% risk reduction for doubling of the serum creatinine (p = 0.006); 28.6% risk reduction for end-stage renal failure (p = 0.002); 19.9% risk reduction for end-stage renal failure or death (p = 0.009); 21.0% risk reduction for doubling of serum creatinine or end-stage renal failure (p = 0.01).

All-cause mortality rate was not significantly different between the two treatment groups. In this study losartan was generally well tolerated, as shown by a therapy discontinuation rate on account of adverse reactions that was comparable to the placebo group.

HEAAL Study
The Heart Failure Endpoint Evaluation of Angiotensin II Antagonist Losartan (HEAAL) study was a controlled clinical study conducted worldwide in 3,834 patients aged 18 to 98 years with heart failure (NYHA Class II-IV) who were intolerant of ACE inhibitor treatment. Patients were randomised to receive losartan 50 mg once a day or losartan 150 mg, on a background of conventional therapy excluding ACE-inhibitors.

Patients were followed for over 4 years (median 4.7 years). The primary endpoint of the study was a composite endpoint of all cause death or hospitalisation for heart failure.

The results showed that treatment with 150 mg losartan (828 events) as compared with 50 mg losartan (889 events) resulted in a 10.1% risk reduction (p=0.027 95% confidence interval 0.82-0.99) in the number of patients reaching the primary composite endpoint. This was mainly attributable to a reduction of the incidence of hospitalisation for heart failure. Treatment with 150 mg losartan reduced the risk of hospitalisation for heart failure by 13.5% relative to 50 mg losartan (p=0.025 95% confidence interval 0.76-0.98). The rate of all cause death was not significantly different between the treatment groups. Renal impairment, hypotension, and hyperkalaemia were more common in the 150 mg group than in the 50 mg group, but these adverse events did not lead to significantly more treatment discontinuations in the 150 mg group.

ELITE I and ELITE II Studies
In the ELITE Study carried out over 48 weeks in 722 patients with heart failure (NYHA Class II-IV), no difference was observed between the patients treated with losartan and those treated with captopril was observed with regard to the primary endpoint of a long-term change in renal function. The observation of the ELITE I Study, that compared with captopril, losartan reduced the mortality risk, was not confirmed in the subsequent ELITE II Study, which is described in the following.

In the ELITE II Study losartan 50 mg once daily (starting dose 12.5 mg, increased to 25 mg, then 50 mg once daily) was compared with captopril 50 mg three times daily (starting dose 12.5 mg, increased to 25 mg and then to 50 mg three times daily). The primary endpoint of this prospective study was the all-cause mortality.

In this study, 3,152 patients with heart failure (NYHA Class II-IV) were followed for almost two years (median: 1.5 years) in order to determine whether losartan is superior to captopril in reducing all- cause mortality. The primary endpoint did not show any statistically significant difference between losartan and captopril in reducing all-cause mortality.

In both comparator-controlled (not placebo-controlled) clinical studies on patients with heart failure the tolerability of losartan was superior to that of captopril, measured on the basis of a significantly lower rate of discontinuations of therapy on account of adverse reactions and a significantly lower frequency of cough.
An increased mortality was observed in ELITE II in the small subgroup (22% of all HF patients) taking beta-blockers at baseline.

Studies in the paediatric population
Paediatric Hypertension
The antihypertensive effect of losartan was established in a clinical study involving 177 hypertensive paediatric patients 6 to 16 years of age with a body weight > 20 kg and a glomerular filtration rate > 30 mL/min/1.73 m². Patients who weighed > 20 kg to < 50 kg received either 2.5, 25 or 50 mg of losartan daily and patients who weighed > 50 kg received either 5, 50 or 100 mg of losartan daily. At the end of three weeks, losartan administration once daily lowered trough blood pressure in a dose-dependent manner.

Overall, there was a dose-response. The dose-response relationship became very obvious in the low dose group compared to the middle dose group (period I: -6.2 mm Hg vs. -11.65 mm Hg), but was attenuated when comparing the middle dose group with the high dose group (period I: -11.65 mm Hg vs. -12.21 mm Hg). The lowest doses studied, 2.5 mg and 5 mg, corresponding to an average daily dose of 0.07 mg/kg, did not appear to offer consistent antihypertensive efficacy.

These results were confirmed during period II of the study where patients were randomised to continue losartan or placebo, after three weeks of treatment. The difference in blood pressure increase as compared to placebo was largest in the middle dose group (6.70 mm Hg middle dose vs. 5.38 mm Hg high dose). The rise in trough diastolic blood pressure was the same in patients receiving placebo and in those continuing losartan at the lowest dose in each group, again suggesting that the lowest dose in each group did not have significant antihypertensive effect.

Long-term effects of losartan on growth, puberty and general development have not been studied. The long-term efficacy of antihypertensive therapy with losartan in childhood to reduce cardiovascular morbidity and mortality has also not been established.

In hypertensive (N=60) and normotensive (N=246) children with proteinuria, the effect of losartan on proteinuria was evaluated in a 12-week placebo- and active-controlled (amlodipine) clinical study. Proteinuria was defined as urinary protein/creatinine ratio of ≥0.3. The hypertensive patients (ages 6 through 18 years) were randomised to receive either losartan (n=30) or amlodipine (n=30). The normotensive patients (ages 1 through 18 years) were randomised to receive either losartan (n=122) or placebo (n=124). Losartan was given at doses of 0.7 mg/kg to 1.4 mg/kg (up to maximum dose of 100 mg per day). Amlodipine was given at doses of 0.05 mg/kg to 0.2 mg/kg (up to a maximum dose of 5 mg per day).

Overall, after 12 weeks of treatment, patients receiving losartan experienced a statistically significant reduction from baseline in proteinuria of 36% versus 1% increase in placebo/amlodipine group (p ≤ 0.001). Hypertensive patients receiving losartan experienced a reduction from baseline proteinuria of -41.5% (95% CI -29.9;-51.1) versus +2.4% (95% CI -22.2; 14.1) in the amlodipine group. The decline in both systolic blood pressure and diastolic blood pressure was greater in the losartan group (-5.5/-3.8 mm Hg) versus the amlodipine group (-0.1/+0.8 mm Hg). In normotensive children a small decrease in blood pressure was observed in the losartan group (-3.7/-3.4 mm Hg) compared to placebo. No significant correlation between the decline in proteinuria and blood pressure was noted, however it is possible that the decline in blood pressure was responsible, in part, for the decline in proteinuria in the losartan treated group.

Long-term effects of losartan in children with proteinuria were studied for up to 3 years in the open-label safety extension phase of the same study, in which all patients completing the 12-week base study were invited to participate. A total of 268 patients entered the open-label extension phase and were re-randomised to losartan (N=134) or enalapril (N=134) and 109 patients had ≥3 years of follow-up (pre-specified termination point of ≥100 patients completing 3 years of follow-up in the extension period). The dose ranges of losartan and enalapril, given according to investigator discretion, were 0.30 to 4.42 mg/kg/day and 0.02 to 1.13 mg/kg/day, respectively. The maximum daily doses of 50 mg for <50 kg body weight and 100 mg for >50 kg were not exceeded for most patients during the extension phase of the study.

In summary, the results of the safety extension show that losartan was well-tolerated and led to sustained decreases in proteinuria with no appreciable change in glomerular filtration rate (GFR) over 3 years. For normotensive patients (n=205), enalapril had a numerically greater effect compared to losartan on proteinuria (-33.0% (95%CI -47.2;-15.0) vs -16.6% (95%CI -34.9; 6.8)) and on GFR (9.4(95%CI 0.4; 18.4) vs -4.0(95%CI -13.1; 5.0) mL/min/1.73m²)). For hypertensive patients (n=49), losartan had a numerically greater effect on proteinuria (-44.5% (95%CI -64.8; -12.4) vs -39.5% (95%CI -62.5; -2.2)) and GFR (18.9(95%CI 5.2; 32.5) vs -13.4 (95%CI -27.3; 0.6)) mL/min/1.73m².

Pharmacokinetic properties
Absorption
Following oral administration, losartan is well absorbed and undergoes first-pass metabolism, forming an active carboxylic acid metabolite and other inactive metabolites. The systemic bioavailability of losartan tablets is approximately 33%. Mean peak concentrations of losartan and its active metabolite are reached in 1 hour and in 3-4 hours, respectively.

Distribution
Both losartan and its active metabolite are ≥.99% bound to plasma proteins, primarily albumin. The volume of distribution of losartan is 34 L.

Biotransformation
About 14% of an intravenously- or orally-administered dose of losartan is converted to its active metabolite. Following oral and intravenous administration of 14C-labelled losartan potassium, circulating plasma radioactivity primarily is attributed to losartan and its active metabolite. Minimal conversion of losartan to its active metabolite was seen in about 1% of individuals studied.

In addition to the active metabolite, inactive metabolites are formed.

Elimination
Plasma clearance of losartan and its active metabolite is about 600 mL/min and 50 mL/min, respectively. Renal clearance of losartan and its active metabolite is about 74 mL/min and 26 mL/min, respectively.

When losartan is administered orally, about 4% of the dose is excreted unchanged in the urine, and about 6% of the dose is excreted in the urine as active metabolite. The pharmacokinetics of losartan and its active metabolite are linear with oral losartan potassium doses up to 200 mg.

Following oral administration, plasma concentrations of losartan and its active metabolite decline polyexponentially, with a terminal half-life of about 2 hours and 6-9 hours, respectively. During once-daily dosing with 100 mg, neither losartan nor its active metabolite accumulates significantly in plasma.

Both biliary and urinary excretions contribute to the elimination of losartan and its metabolites. Following an oral dose/intravenous administration of 14C-labelled losartan in man, about 35%/43% of radioactivity is recovered in the urine and 58%/50% in the faeces.

Characteristics in patients
In elderly hypertensive patients the plasma concentrations of losartan and its active metabolite do not differ essentially from those found in young hypertensive patients.

In female hypertensive patients the plasma levels of losartan were up to twice as high as in male hypertensive patients, while the plasma levels of the active metabolite did not differ between men and women.

In patients with mild to moderate alcohol-induced hepatic cirrhosis, the plasma levels of losartan and its active metabolite after oral administration were respectively 5 and 1.7 times higher than in young male volunteers (see Dosage and administration and Special warnings and precautions for use)

Plasma concentrations of losartan are not altered in patients with a creatinine clearance above 10 mL/minute. Compared to patients with normal renal function, the AUC for losartan is about 2-times higher in haemodialysis patients.

The plasma concentrations of the active metabolite are not altered in patients with renal impairment or in haemodialysis patients.

Neither losartan nor the active metabolite can be removed by haemodialysis.

Pharmacokinetics in paediatric patients
The pharmacokinetics of losartan have been investigated in 50 hypertensive paediatric patients > 1 month to < 16 years of age following once daily oral administration of approximately 0.54 to 0.77 mg/kg of losartan (mean doses).

The results showed that the active metabolite is formed from losartan in all age groups. The results showed roughly similar pharmacokinetic parameters of losartan following oral administration in infants and toddlers, preschool children, school age children and adolescents. The pharmacokinetic parameters for the metabolite differed to a greater extent between the age groups. When comparing preschool children with adolescents these differences became statistically significant. Exposure in infants/toddlers was comparatively high.

PRECLINICAL SAFETY DATA
The preclinical studies, including conventional studies on general pharmacology, genotoxicity and carcinogenic potential revealed no special hazard for humans. In studies of repeated dose toxicity induced the administration of losartan, a decrease in red blood cell parameters (erythrocytes, haemoglobin, haematocrit), a rise in the urea nitrogen in serum and occasional rises in serum creatinine, a decrease in heart weight (without a histological correlate) and gastrointestinal changes (mucous membrane lesions, ulcers, erosions, haemorrhages).

As with other drugs that affect the renin-angiotensin system, the induction of adverse effects on late foetal development, resulting in foetal death and malformations has been shown for losartan.

PHARMACEUTICAL PARTICULARS
Incompatibilities
Not applicable

STORAGE
Keep out of the reach of children. Store at temperatures not exceeding 25°C.
Store in the original package.

ADVERSE DRUG REACTION REPORTING STATEMENT
For suspected adverse drug reaction, seek medical attention immediately and report to the FDA at www.fda.gov.ph and Unilab at (+632)858-1000 or productsafety@unilab.com.ph. By reporting undesirable effects, you can help provide more information on the safety of this medicine.

CAUTION
Foods, Drugs, Devices, and Cosmetics Act prohibits dispensing without prescription.

AVAILABILITY
Losartan® 50 mg Film-coated Tablet: Box of 30's (PVC/PVDC/Alu Blister pack x 15's)
Losartan® 100 mg Film-coated Tablet: Box of 30's (PVC/PVDC/Alu Blister pack x 15's)

DATE OF REVISION: January 2015
CDS v03

Manufactured by **Sandoz Ilac Sanayi ve Ticaret A.S.**
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for **UNILAB, Inc.**
No. 66 United Street, Mandaluyong City
Metro Manila, Philippines

Drug Registration Numbers:
Lifezar 50 mg Tablet: DRP-2183-03
Lifezar 100 mg Tablet: DRP-2184-03

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