

THE ONLY* ONE:

INNOVATIVE DRUG DESIGN AND
CO-CRYSTAL LATTICE ENGINEERING

In patients with HF



Azmarda[®]

Sacubitril/Valsartan (50mg/100mg/200mg Tablets)

The **ONE** for **PREDICTABLE** Outcomes



Global standards of quality¹



Significant future risk reduction^{1, #}



Robust clinical evidence:¹

• Efficacy • Safety • Stability



Abbreviated Prescribing Information

Azmarda[®]
COMPOSITION: Tablets - Film-coated tablets containing 50 mg, 100 mg, or 200 mg Sacubitril/Valsartan as sodium salt complex. INDICATIONS: Azmarda[®] is indicated to reduce the risk of cardiovascular death and hospitalisation for heart failure in adult patients with chronic heart failure. Benefits are most clearly evident in patients with Left Ventricular Ejection Fraction (LVEF) below normal. DOSAGE AND ADMINISTRATION: Adults - The target dose of Azmarda[®] is 200 mg twice daily. The recommended starting dose of Azmarda[®] is 100 mg twice daily. A starting dose of 50 mg twice daily is recommended for patients not currently taking an Angiotensin-Converting Enzyme (ACE) inhibitor or an Angiotensin II Receptor Blocker (ARB) and should be considered for patients previously taking low doses of these agents. Double the dose every 2-4 weeks to the target of 200 mg twice daily, as tolerated by the patient. METHOD OF ADMINISTRATION: For oral use. May be administered with or without food. CONTRAINDICATIONS: Hypersensitivity to the active substance, Sacubitril/Valsartan, or any of the excipients. Concomitant use with ACE inhibitors - Azmarda[®] must not be administered until 36 hours after discontinuing ACE inhibitors. Known history of angioedema related to previous ACE inhibitor or ARB therapy. Concomitant use with aliskiren in patients with type 2 diabetes and pregnancy. WARNINGS AND PRECAUTIONS: Dual blockade of the Renin-Angiotensin-Aldosterone System (RAAS) - Azmarda[®] must not be administered with an ACE inhibitor due to the risk of angioedema. Azmarda[®] must not be initiated until 36 hours after taking the last dose of ACE inhibitor therapy. If treatment with Azmarda[®] is stopped, ACE inhibitor therapy must not be initiated until 36 hours after the last dose of Azmarda[®]. Azmarda[®] must not be administered with aliskiren in patients with type 2 diabetes. Azmarda[®] should not be co-administered with an ARB due to the ARB-blocking activity of Azmarda[®]. Concomitant use with aliskiren should be avoided in patients with renal impairment (eGFR < 60 mL/min/1.73 m²). Hypotension - If hypotension occurs, dose adjustment of diuretics, concomitant antihypertensive drugs, and treatment of other causes of hypotension (e.g., hypovolaemia) should be considered. If hypotension persists despite such measures, the dosage of Azmarda[®] should be reduced or the product temporarily discontinued. Impaired renal function - Down titration of Azmarda[®] should be considered in patients who develop a clinically significant decrease in renal function. Caution should be exercised when administering Azmarda[®] in patients with severe renal impairment. Hyperkalaemia - Medications known to raise potassium levels (e.g., potassium-sparing diuretics and potassium supplements) should be used with caution. Monitoring of serum potassium levels is recommended, especially in patients with risk factors such as severe renal impairment, diabetes mellitus, hypoadrenalism, or receiving a high-potassium diet. Angioedema - If angioedema occurs, Azmarda[®] should be discontinued immediately and appropriate therapy and monitoring should be initiated until complete and sustained resolution of signs and symptoms has occurred. Azmarda[®] must not be used in patients with a known history of angioedema related to previous ACE inhibitor or ARB therapy. Patients with renal artery stenosis - Caution is required in patients with renal artery stenosis and monitoring of the renal function is recommended. PREGNANCY: ADVERSE DRUG REACTIONS: The very common adverse reactions are hyperkalaemia, hypotension, and renal impairment. The common adverse reactions are cough, dizziness, renal failure, diarrhoea, hypokalaemia, fatigue, headache, syncope, nausea, asthma, orthostatic hypotension, and vertigo. The events most commonly associated with dosage adjustments or treatment interruptions are hypotension, hyperkalaemia and renal impairment. INTERACTIONS: Concomitant use contraindicated - The concomitant use of Azmarda[®] with aliskiren in patients with type 2 diabetes is contraindicated, concomitant use of Azmarda[®] with ACE inhibitors is also contraindicated. Concomitant use not recommended - ARB, concomitant use of Azmarda[®] with aliskiren, should be avoided in patients with renal impairment (eGFR < 60 mL/min/1.73 m²). Interactions to be considered - Caution should be taken when used concomitantly with statins, sildenafil, lithium, potassium-sparing diuretics (including mineralocorticoid antagonists, potassium supplements, or salt substitutes containing potassium), and Nonsteroidal Anti-Inflammatory Agents (NSAIDs). SPECIAL POPULATION: Pregnancy - Azmarda[®] must not be used during pregnancy. Breastfeeding - It is not known whether Azmarda[®] is excreted in human milk. Because of the potential risk for adverse drug reactions in breastfed newborns or infants, Azmarda[®] is not recommended during breastfeeding. Geriatric patients - No dosage adjustment is required. Paediatric patients - Azmarda[®] has not been studied. Its use is not recommended. Renal impairment - No dosage adjustment is required in patients with mild to moderate renal impairment. In adult patients with severe renal impairment (eGFR < 30 mL/min/1.73 m²), start Azmarda[®] at half the usually recommended starting dose. Hepatic impairment - No dosage adjustment is required in patients with mild hepatic impairment. In adult patients with moderate hepatic impairment (Child-Pugh B classification), start Azmarda[®] at half the usually recommended starting dose. In patients with severe hepatic impairment, the use of Azmarda[®] is not recommended. PACKAGING INFORMATION: For more information, please refer to the full prescribing information. DATE OF PREPARATION: March 2023.

Azmarda[®] 50: Pack of 14 tablets (Alu-Alu strips of 2 x14)
Azmarda[®] 100: Pack of 14 tablets (Alu-Alu strips of 2 x14)
Azmarda[®] 200: Pack of 7 tablets (Alu-Alu strips of 2x7)

* HF- Heart Failure

** to reduce the risk of cardiovascular death and hospitalisation for heart failure in adult patients with chronic heart failure.

[#]Imported from the innovator (Novartis). #Significant future risk reduction related to CV/mortality/hospitalisation for HF

1) McMurray et al. N Engl J Med 2014;371(11):993-1004 2) Desai et al. Eur Heart J 2015;36(30):1990-7 3) Packer et al. Circulation 2015;131(1):54-61

2) Source Haddad H et al. The PARASAIL study-Patient reported outcomes from the Canadian real-world experience use of Vymada in patients with heart failure and reduced ejection fraction, European Journal of Heart Failure (2017) 19 (Suppl. S1), 34. Source Canu A et al. Results of a single center experience on 200 consecutive patients treated with Entresto (Vymada), European Journal of Heart Failure (2017) 19 (Suppl. S1), 413

Why Limiting Salt Intake is Important in Heart Failure



Why Limiting Salt Intake is Important in Heart Failure?

Excess salt (sodium) retains more fluid in the body which makes heart failure symptoms worse.



Limiting salt in your diet helps to prevent fluid built-up (oedema) and eases symptoms.

Ask your doctor's advice about your daily salt limit.

How to start?

Eating heart-healthy foods with limited or restricted salt (sodium) is not always easy. You can start with:



Pick the food naturally low in sodium.



Select a right cooking method.



Learn to eat and like the food low in salt.

Read food labels

Ditch the salt shaker

What are the ways to limit salt in your diet?

What to include?



Use fresh vegetables and fruits for salads and desserts.



Eat fresh meat, chicken, and fish instead of processed and smoked one.



Eat unsalted snacks and nuts. Use herbs, spices, garlic, ginger to season your food.

What to avoid?



Avoid pickles, chutney, ready-to-use sauces and ketchups & processed food like papad, chips, bread, biscuits.



Avoid salt while cooking, seasoning, in chapati dough, rice, and salads.



Avoid ready-to-cook pasta and noodles, processed cheese, butter or other salted dairy products.



Avoid food containing MSG (monosodium glutamate) and processed or canned food.

References:
<https://www.webmd.com/heart-disease/heart-failure/low-sodium-eating> as accessed on 15 May 2023
https://www.cardiosmart.org/docs/default-source/assets/worksheet/hf-ap-limitingsalt.pdf?sfvrsn=5b47b777_3 as accessed on 15 May 2023

ହାର୍ଟ ଫେଲୁଅରରେ ଲୁଣ ଗ୍ରହଣକୁ ସୀମିତ କରିବା କାହିଁକି ଗୁରୁତ୍ୱପୂର୍ଣ୍ଣ?

ଅତ୍ୟଧିକ ଲୁଣ (ସୋଡ଼ିୟମ) ହେତୁ ଆପଣଙ୍କ ଶରୀରରେ ଅଧିକ ତରଳ ବଜାୟ ରହିଥାଏ ଯାହା ହୃଦ୍‌ଘାତର ଲକ୍ଷଣ ଅଧିକ ଖରାପ ହୋଇଯାଏ



ଆପଣଙ୍କ ଖାଦ୍ୟରେ ଲୁଣ ସୀମିତ କରିବା (ଲକ୍ଷଣ) ଦ୍ୱାରା ଆପଣଙ୍କ ଶରୀରରେ ତରଳ ଜମିବା ପ୍ରତିହତ ହୋଇଥାଏ ଏବଂ ଏହା ଲକ୍ଷଣକୁ ସହଜ କରିଥାଏ

ଆପଣଙ୍କ ଦୈନିକ ଲୁଣ ସୀମା ବିଷୟରେ ଜାଣିବା ପାଇଁ ତାତ୍କାଳିକ ପରାମର୍ଶ ନିଅନ୍ତୁ

କିପରି ଆରମ୍ଭ କରିବେ?

ସୀମିତ କିମ୍ବା ନିୟନ୍ତ୍ରିତ ଲୁଣ (ସୋଡ଼ିୟମ) ସହିତ ହୃଦ୍‌ଘାତ ସୁସ୍ଥକର ଖାଦ୍ୟ ଖାଇବା ସର୍ବଦା ସହଜ ନୁହେଁ । ଆପଣ ଏହା ସହିତ ଆରମ୍ଭ କରିପାରିବେ:



ଏପରି ଖାଦ୍ୟ ବାଛନ୍ତୁ ଯେଉଁଥିରେ ସୋଡ଼ିୟମ ପ୍ରାକୃତିକ ଭାବରେ କମ୍ ଥାଏ



ଏକ ସଠିକ୍ ରନ୍ଧନ ପଦ୍ଧତି ବାଛନ୍ତୁ



ଲୁଣ କମ୍ ଥିବା ଖାଦ୍ୟ ଖାଇବା ଶିଖନ୍ତୁ ଏବଂ ପସନ୍ଦ କରନ୍ତୁ

ଖାଦ୍ୟ ସ୍ତର ପଢନ୍ତୁ

ସଲ୍ଟ ଶେକରକୁ ଡିସ୍ କରନ୍ତୁ

ଆପଣଙ୍କ ଖାଦ୍ୟରେ ଲୁଣ ସୀମିତ କରିବାର ଉପାୟ କ'ଣ?

କ'ଣ ଅନ୍ତର୍ଭୁକ୍ତ କରିବେ



ସାଲାଡ୍ ଏବଂ ଫିଠା ପାଇଁ ସତେଜ ପନିପରିବା ଏବଂ ଫଳ ବ୍ୟବହାର କରନ୍ତୁ



ପ୍ରକ୍ରିୟାକୃତ ଏବଂ ଧୂଆଁରେ ପ୍ରସ୍ତୁତ କରିବା ପରିବର୍ତ୍ତେ ତାଜା ମାଂସ, ଚିକେନ୍ ଏବଂ ମାଛ ଖାଆନ୍ତୁ



ଲୁଣ ପଡିନଥିବା ସ୍ନାକ୍ସ ଏବଂ ବାଦାମ ଖାଆନ୍ତୁ । ଆପଣଙ୍କ ଖାଦ୍ୟକୁ ସ୍ୱାଦିଷ୍ଟ କରିବା ପାଇଁ ହବ୍‌ସ, ମସଲା, ରସୁଣ, ଅଦା ବ୍ୟବହାର କରନ୍ତୁ ।

କ'ଣ ପରିହାର କରିବା ଉଚିତ



ଆଚାର, ଚଟଣୀ, ସସ୍ ଏବଂ କେଟପ୍ ଏବଂ ପାପଡ, ଚିପ୍ସ, ବ୍ରେଡ୍, ବିସ୍କୁଟ ଇତ୍ୟାଦି ପ୍ରକ୍ରିୟାକୃତ ଖାଦ୍ୟ ଠାରୁ ଦୂରେଇ ରୁହନ୍ତୁ



ରାନ୍ଧିବା ସମୟରେ, ଅଟା ଗୁଳା, ଭାତ ଏବଂ ସାଲାଡ୍‌ରେ ଲୁଣ ବ୍ୟବହାର ଠାରୁ ଦୂରେଇ ରୁହନ୍ତୁ



ରାନ୍ଧିବା ପାଇଁ ପ୍ରସ୍ତୁତ ପାସ୍ତା ଏବଂ ନୁଡୁଲ୍ସ ପ୍ରକ୍ରିୟାକୃତ ପନିର, ବଟର କିମ୍ବା ଅନ୍ୟ ଲୁଣିଆ ଦ୍ରବ୍ୟ ପରିହାର କରନ୍ତୁ



ଏମ୍‌ଏସ୍‌ଜୀ (ମୋନୋ ସୋଡ଼ିୟମ ଗ୍ଲୁଟାମେଟ୍) ଏବଂ ପ୍ରକ୍ରିୟାକୃତ କିମ୍ବା କେନ୍ଦ୍ର ଫୁଡ୍ ଠାରୁ ଦୂରେଇ ରୁହନ୍ତୁ

References:

<https://www.webmd.com/heart-disease/heart-failure/low-sodium-eating> as accessed on 15 May 2023
https://www.cardiosmart.org/docs/default-source/assets/worksheet/hf-ap-limitingsalt.pdf?sfvrsn=5b47b777_3 as accessed on 15 May 2023