

Pioglitazone may prevent recurrent stroke and heart attacks in people with insulin resistance.

Kernan WN, et al. NEJM. 2016; 374: 1321-1331.

- The identification of insulin resistance as a risk factor for stroke and myocardial infarction raised the possibility that pioglitazone, which improves insulin sensitivity, might benefit patients with cerebrovascular disease.
- In a multi-center, double-blind trial involving 3876 patients without diabetes who had insulin resistance along with a recent history of stroke, the risk of future stroke or myocardial infarction was lower among patients who received pioglitazone (target dose, 45 mg daily) than among those who received placebo. Pioglitazone was also associated with a lower risk of diabetes.

**Pioglitazone may lower risk of stroke or myocardial infarction
in patients with insulin resistance.**