

Telmisartan improves vascular endothelial function, inflammation and insulin resistance in patients with coronary heart disease (CHD) and type 2 diabetes mellitus (T2DM).

Chen T, et al. *Exp Ther Med.* 2018; 15(1): 909-913.

- In a 12 week randomized controlled study conducted in 80 CHD patients with coexisting T2DM, it was observed that subjects receiving telmisartan had significant improvements in:
 - Levels of fasting blood glucose
 - Insulin resistance
 - Markers of vascular endothelial function (vascular endothelin [ET] levels; brachial artery diameter)
 - Markers of inflammation (tumor necrosis factor- α [TNF- α], interleukin-6 [IL-6], C-reactive protein [CRP])

Telmisartan can help patients with CHD coexisting with T2DM better regulate blood glucose, reduce insulin resistance and body inflammatory responses, and improve vascular endothelial functions.