Efficacy and Safety of Candesartan 16 mg versus 64 mg Candesartan in Renal Disease Patients with Proteinuria: A Systematic Review and Meta-analysis

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Abstract

BACKGROUND: Chronic kidney disease (CKD) is a global health burden in the world. One of the complications of CKD is proteinuria. Candesartan is a drug that is often used in CKD patients to improve proteinuria. There are several studies that suggest that using a higher dose of candesartan can further improve its effectiveness in reducing proteinuria in CKD patient populations.

AIM: This paper is aimed to review the effectiveness and safety at a supramaximal dose of 64 mg to a dose of 16 mg of candesartan.

METHODS: We performed a literature search using PubMed, SCOPUS, EuropePMC, ProQuest, and Cochrane Central Databases using these keywords: “candesartan” and “16 mg” and “64 mg” or “proteinuria renal disease” or “albuminuria” and “blood pressure” that were published within the year of 1980–2021. Preferred Reporting Items for Systematic reviews and Meta-Analysis (PRISMA) protocol were used to conduct this meta-analysis. We included randomized controlled trials, prospective cohort, retrospective or clinical observational evaluating the effect of candesartan in 16 mg or 64 mg in proteinuria renal disease patients regardless of clinical status. Non-randomized, controlled trials reporting efficacy were included if these trials were in the scope of our topic. Duplicative studies were excluded. Dichotomous variables were analyzed with the Mantel-Haenszel statistical method using risk ratio as the summary statistic and reported with 95% confidence intervals (CIs).

RESULTS: Forty-six studies were initially generated using our search keyword. After applying inclusion and exclusion criteria, we included two studies in our analysis. Our pooled analysis found that candesartan 16 mg dosage administration, compared to the 64 mg, was not associated with proteinuria reduction (std mean diff: −10.92 [95% CI: −40.09–18.26], p = 0.46).

CONCLUSION: Candesartan supramaximal dosage 64 mg did not differ significantly in proteinuria reduction and blood pressure reduction against candesartan 16 mg. More studies are needed to determine this efficacy and safety.

Introduction

Chronic kidney disease (CKD) is a global health burden in the world. About 13.4% of the world’s population suffers from CKD and approximately 4902–7083 million people need hemodialysis because of CKD [1]. Reduction in renal function has been associated with proteinuria, elevated blood pressure, and deterioration of quality of life. Candesartan is one of angiotensin receptor blocker (ARB) which can decrease blood pressure and improve proteinuria, which are beneficial in patient with CKD [2].

Anti-fibrotic and antihypertensive effect of candesartan seems related with dosage of candesartan. Study from Schmieder et al. found that candesartan at supramaximal dose (64 mg) significantly reduced proteinuria compared to standard dose (16 mg). Beneficial effect of high dosage of ARB (Angiotensin Receptor Blocker) was investigated in several studies such as IRMA2 trial and Supra Maximal Atacand Renal Trial (SMART) trial [3], [4]. Candesartan cilexetil is a prodrug that is distributed globally and metabolized to candesartan during absorption in gastrointestinal tract. Maximal dosage approved by FDA is 32 mg and supramaximal dosage of 64 mg has not been approved [5]. Despite that, some studies have explored the possibilities of using higher ARB dosage to improve proteinuria in CKD patients. ROAD trial reported that by titrating losartan upward to its maximum dosage (200 mg), there was a greater proteinuria reduction compared to conventional dose. This study also reported that this high dose treatment was generally well-tolerated [6]. A study from Aranda, et al. found that long-term administration of high dose telmisartan (80 mg twice daily) could decrease proteinuria better than standard dose (80 mg once daily) in nondiabetic hypertensive nephropathy [7]. Therefore, we postulated that supramaximal dose of candesartan (64 mg) can induced greater proteinuria reduction compared to standard dose, as seen in other ARBs.

This systematic review and meta-analysis will compare candesartan 16 mg with 64 mg dosage in...
correlation with proteinuric renal disease. The primary outcome of this study is to compare candesartan 16 mg with 64 mg related proteinuria/albuminuria excretion. The secondary outcome is blood pressure improvement.

**Methods**

We systematically searched PubMed, SCOPUS, EuropePMC, ProQuest, and Cochrane Central Databases with the search terms “candesartan” and “16 mg” and “64 mg” or “proteinuria renal disease” or “albuminuria” and “blood pressure” that were published within the year of 1980–2021. Preferred Reporting Items for Systematic reviews and Meta-Analysis protocol was used to conduct this meta-analysis. Duplicate results were excluded from the study. The remaining articles were independently screened for relevance by its abstracts with all authors. The full-text of the selected abstract then was thoroughly read, and those that fulfilled our criteria were included in the study. The final inclusion of studies was based on the agreements of all investigators. Any disagreement was resolved by consensus of all authors.

The retrieved articles’ titles and abstracts were scanned for potential relevance and review inclusion eligibility. To be included, the article had to meet strict criteria, as listed in Table 1, with the search and inclusion criteria primarily targeting published studies presenting clinical efficacy and/or safety types of evaluations of candesartan in proteinuria renal disease. Pre-printed and grey literature journal in this search is also included in the article searched (until June 20th 2020).

The results of the four independent searches were matched to find the common results; the three physicians reviewed the unmatched findings once more, to check if they met the inclusion eligibility criteria. No cases of further disagreement between the physicians occurred. Should any disagreement occurred, the relative articles would have been omitted from the analysis. Only articles written or translated into English were included in this systematic review.

Data extracted from the identified publication included: Study design and outcome, number of patients, follow-up during intervention, intervention information, efficacy, and safety of the procedures. Table 2 summarized all studies that we included in our analysis.

The quality of the studies was appraised independently by two authors using the Modified Newcastle-Ottawa Scale (NOS). A score of 0–9 was allocated to each study, with studies having a total score of >7 defined as high quality. Any disagreement in the quality assessment was resolved by discussion with a third author.

To perform a meta-analysis, Review Manager 5.4 (Computer program, The Cochrane Collaboration, London, UK) and Comprehensive Meta-Analysis 3.3 (Computer program, New Jersey, USA) were used to perform all statistical analysis. The heterogeneity was considered significant for \( p < 0.05 \), and its magnitude was substantial when \( I^2 \) was greater than 50%. A random-effects model was used to report the results of heterogeneous data otherwise a fixed-effects model was used. Dichotomous variables were analyzed with the Mantel-Haenszel statistical method using risk ratio (RR) as the summary statistic and reported with 95% confidence intervals (CI). Funnel Plot was used to screen for publication bias.

**Results**

**Characteristics of included studies**

An initial search generated 46 potentially relevant studies, of which 22 were immediately excluded due to duplication. After the first screening of title and abstracts, ten studies were excluded. An additional
ten studies were excluded after full-text review, which resulted in two studies included in this systematic review and meta-analysis (Figure 1).

For quality evaluation through NOS, studies were considered high quality if they scored 7 stars or more. In this analysis, three studies considered high quality, with the remaining one receive fewer than 7 stars.

**Candesartan dosage 16 mg versus 64 mg analysis**

To test the impact of candesartan use on proteinuria outcome, we included two studies [3], [5]. These data, including candesartan dosage of 16 mg and 64 mg, demonstrate non-significant proteinuria reduction between 16 mg and 64 mg dosage (RR $-10.92$ [−40.09, 18.26], p = 0.46).

The secondary outcome cannot be measured by statistic measure because there were no available data on mean difference in the study from Schmeider [3].

**Discussion**

The objective of this study is to review the effect of higher dose ARBs in improving proteinuria. The optimal dose of candesartan as one of the most commonly used ARBs is 16–32 mg and the supramaximal dose used to pursue decreased albuminuria, decreased GFR, and decreased blood pressure has not been studied extensively by the studies mentioned in this systematic review.

A recent study from Burgess et al. through the SMART showed that the administration of candesartan...
at a dose of 64 mg and 128 mg was able to significantly reduce proteinuria up to $-22.23 \pm 6.17$ and $-36.95 \pm 7.05$ compared to candesartan at a dose of 16 mg ($-7.59 \pm 5.69$). There was also a decrease in systolic blood pressure of $-3.3 \pm 18.6$ mmHg and $-4.0 \pm 12.4$ mmHg at 64 mg and 128 mg, respectively, compared to candesartan 16 mg $-0.6 \pm 11.6$ mmHg. In all three groups, there was an increase in serum creatinine level and three patients had their treatment discontinued because of this. No eGFR changes reported by the authors [5].

This study also compared the safety of supramaximal doses of candesartan 16 mg versus candesartan 64 mg in serum potassium ($4.43 \pm 0.47, 4.57 \pm 0.64$) in patients with CKD, respectively [5].

Another study did not provide data regarding the safety effect of hyperkalemia on supramaximal use of candesartan in patients with CKD [4], [8], [9], [10], [11].

The study of this meta-analysis showed no significant effect of 64 mg candesartan against 16 mg candesartan ($p = 0.46$) with only two studies included.

Suppression of proteinuria and blood pressure is an important part in the management of CKD patients associated with improved clinical outcomes and decreased progression of CKD itself. Many studies show that ACE inhibitors and ARBs are the best regimen in patients with CKD compared to other antihypertensive groups. In some clinical trials, ARBs have had a superior effect with increasing dosage [4], [9], [12], [13], [14].

A study from Weinberg, et al. try to implement supramaximal dose of candesartan to improve its anti-proteinuria effect. In this study, patients were initially treated with 16 or 32 mg dose of candesartan. After 1–2 months, candesartan was titrated upward to 96 mg, with 16–32 mg of increment. They found that proteinuria was progressively reduced in dose-dependent fashion. No hyperkalemia event was reported in this study, all patients had similar serum potassium across all dosing range ($4.3–4.5$ mmol/l). There was slight increase of serum creatinine found in some patients, but generally this treatment was well-tolerated [10]. Another study using 8, 16, and 32 mg dosing regimen found that the two highest dose markedly reduced proteinuria compared with the lowest dose, but 16 mg group performed better compared to the 32 mg group. There was slight increase in serum potassium level in all three regimens compared to placebo ($4.2 \pm 0.1, 4.2 \pm 0.1, 4.4 \pm 0.1$, in 8, 16, and 32 mg group, respectively) but no hyperkalemia event was found. Serum creatinine level was not reported in this study, but the authors found a slight decrease of eGFR in all candesartan group. The authors argued that this decrease was caused by blood pressure reduction and it could be reversed. Finally, the authors conclude that 16 mg is the optimum dose for improving proteinuria [4], somewhat in line with our findings.

This study has several limitations. There were only two randomized controlled studies that met the systematic review and meta-analysis criteria. We were also unable to generate secondary outcomes for this review due to the absence of data on secondary outcomes such as blood pressure as a percentage of the mean. In the future, further research is needed on the supramaximal dose of candesartan on the effects of proteinuria, blood pressure, potassium levels, and eGFR.

**Conclusion**

Candesartan supramaximal dosage 64 mg did not differ significantly in proteinuria reduction and blood pressure reduction compared with candesartan in 16 mg standard dosage.

**References**

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