



**PRESS RELEASE
For immediate release**

**The Montreal Heart Institute's ÉPIC Center launches
a metabolic clinic with a program for diabetics**

Montreal, May 15, 2007 – The ÉPIC Center of the Montreal Heart Institute (MHI) has established a Metabolic Clinic to meet the needs of its clientele. The Metabolic Clinic is part of an ongoing PRIISME project at the ÉPIC Center of the MHI in collaboration with Diabetes Quebec and GlaxoSmithKline. MHI and ÉPIC Center patients with elevated blood sugar now have a program that can improve prevention and optimize treatment of type II diabetes.

Concrete needs in the prevention and treatment of diabetes

Every year at the Montreal Heart Institute, an average of 8 700 people are hospitalized, 14 300 are seen in the ER and another 36 500 are seen in outpatient clinics. Of these, approximately 20 to 50 % are diabetics. The ÉPIC Centre has 3 000 members in primary prevention and 1 600 members in secondary prevention. Of these numbers, 5 to 10 % and 10 to 20 % respectively have blood sugar levels that are borderline or higher than 7 mmol/L. Diabetes and metabolic syndrome can lead to heart problems and, through this project, patients will greatly benefit from a customized approach to the prevention and treatment of type II diabetes.

The value-add of the Metabolic Clinic

Although a number of factors predispose certain people to diabetes, lifestyle and eating habits play a major role in the development and control of the disease. The major focus of the Metabolic Clinic is thus a prevention and treatment program for type II diabetes with three components: 1) individual meetings with doctors, nurses, nutritionists and kinesiologists; 2) group classes on diabetes and lifestyle habits and supervised workouts in the gym; and 3) telephone follow-up and mailings. To this day, 53 patients have benefited from the Metabolic clinic program and 41 more are already registered.

“The goal of the Metabolic Clinic program is to optimize the treatment of diabetes and metabolic syndrome through lifestyle changes and medication. To do this, we try to equip patients with the knowledge that can help them control their disease, so they can live better with diabetes and reduce the risk of heart disease,” explains Dr. Martin Juneau, Director of Prevention at the Montreal Heart Institute.

The PRIISME program: a model for optimal management of chronic disease

PRIISME is an integrated approach to the optimal management of chronic disease such as diabetes, asthma and chronic obstructive pulmonary disease (COPD). The objectives of PRIISME are to improve the quality of life for people suffering from these diseases, to promote the optimal use of medication and to help reduce the impact of these diseases on our healthcare system.

PRIISME projects can be introduced locally or regionally. They may involve the Agence de la santé et des services sociaux, local healthcare networks (hospitals, CLSCs and CHSLDs), medical clinics and healthcare professional that deal with chronic diseases. PRIISME's other partners are Diabetes Quebec and the pharmaceutical company GlaxoSmithKline, the initiator of the PRIISME program.

Launched in 1999, the PRIISME program boasts concrete and truly significant results. To date, close to 15 000 healthcare professionals across Canada have received continuing health education through some 50 PRIISME projects, and thousands of Canadian patients have received patient education that helped them to better understand and control their disease. Host to some 30 projects, Quebec accounts for a good share of these statistics.

A two-year investment

GlaxoSmithKline (GSK) has contributed financially to make this PRIISME diabetes project possible. GSK's investment is to be used to organize services and provide education for people with diabetes.

About the Montreal Heart Institute

Founded in 1954, the Montreal Heart Institute constantly aims for the highest standards of excellence in the cardiovascular field through its leadership in prevention, ultra-specialized care, training of professionals, clinical and fundamental research and assessment of new technologies. It is affiliated with the Université de Montréal, and its clinical outcomes are among the best in the world. For more information on the Institute, please visit our website at www.icm-mhi.org.

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