CHAPTER 14

Clinical Benefits of Single-tablet Regimens

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14.1 Introduction

Management of chronic diseases requiring long-term therapy with daily medications presents unique challenges to both the patient and the provider. Although the medications themselves may be highly effective in treating disease, their clinical benefits will not be fully realized if patients do not consistently take their medications as prescribed.[1] One of the most significant limitations to effective therapy is regimen complexity. Complex regimens are associated with poor patient adherence and consequently worse health outcomes.[2] Simplification of therapy aims to reduce pill burden and dosing frequency, improve medication adherence and quality of life and ultimately reduce clinical disease progression.[3]

Coformulation of two or more existing drugs into a single pill is one strategy to facilitate regimen simplification. Treatments for several chronic diseases including type 2 diabetes mellitus, cardiovascular disease (hypertension and dyslipidemia) and human immunodeficiency virus (HIV) infection and also short-term infections such as tuberculosis have benefited from the availability of coformulated medications.[2,4–11] Several different types of coformulated medications have been developed for the purposes of regimen simplification (Table 14.1). Fixed-dose combination (FDC) therapies consist of multiple

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