



## Ethicon-Funded Study Confirming Long-Term Benefit of Bariatric Surgery for Control of Diabetes Published in *New England Journal of Medicine*

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CINCINNATI - May 22, 2014 - A study funded primarily by Ethicon and published in the [May 22](#) issue of *The New England Journal of Medicine* demonstrates that at 3-year follow-up, improved glycemic control and reduction in diabetes medications seen in patients with type 2 diabetes mellitus (T2DM) who underwent bariatric surgery is maintained over time. The ongoing STAMPEDE (Surgical Therapy And Medications Potentially Eradicate Diabetes Efficiently) trial is being conducted by the Cleveland Clinic (Cleveland, Ohio, USA) and led by Philip Schauer, MD, director of the Bariatric and Metabolic Institute at the Cleveland Clinic.<sup>1</sup>

The study adds to the growing body of evidence demonstrating that bariatric surgery represents a potentially useful strategy for the management of T2DM, allowing many patients to reach and maintain therapeutic targets of glycemic control that otherwise would not be achievable with intensive medical therapy alone. Some patients in the study experienced complete diabetes remission, whereas others experienced a marked reduction in the need for pharmacologic treatment. Reduction in cardiovascular risk factors was sustained, allowing for reductions in lipid-lowering and antihypertensive therapies. Other benefits of surgery included a significant improvement in quality of life.<sup>1</sup>

"Ethicon-funded research, including clinical studies like STAMPEDE, has contributed to a tipping point in the scientific discussion around obesity treatment, placing bariatric surgeons on the leading edge of a paradigm shift toward surgical solutions for chronic disease states," said Dr. Elliott Fegelman, Director, Medical Affairs at Ethicon. "To change the practice of medicine, consistent, cost-effective outcomes must be demonstrated in many clinical settings over the long term, particularly in the case of T2DM. Our continued collaboration with leading bariatric surgeons and investment in long-term research is leading to new approaches to care that stand to provide potentially significant benefits to patients, reduced costs to healthcare systems, and powerful new solutions in controlling the global health challenges of obesity and diabetes."

Through its Metabolic Applied Research Strategy ([MARS](#)) program, Ethicon has led the development and fielding of global courses to help drive understanding of the physiologic and metabolic changes that occur after bariatric and metabolic surgery (i.e., how bariatric surgery works to resolve comorbidities).

To bring the critical insights from MARS to healthcare practitioners on the front line of treating obese patients, Ethicon has partnered with edX, the non-profit educational initiative founded by Harvard University and MIT, to launch a [massive open online course](#) (MOOC) for surgeons, endocrinologists, primary care physicians, and any healthcare practitioners with interest in understanding more about the science of obesity and its co-morbidities. The course is the first of its kind in the industry and currently is open for registration in the US and Europe.

Also as part of its commitment to helping healthcare practitioners talk to patients about potential treatment options, Ethicon has launched an interactive tool designed to help patients evaluate whether or not bariatric surgery is right for them. The [Ethicon Bariatric Surgery Comparison Tool](#) is an online educational tool developed to help patients make informed decisions about undergoing bariatric surgery. Users anonymously enter information such as their height, weight, ethnicity, age and gender, and then see results people similar to them have had with different types of bariatric surgeries. The personalized tool provides users with a side-by-side comparison of bariatric surgery options and possible outcomes, offering a starting point of information for patients and doctors to discuss surgery as a potential option.

### About MARS

The Metabolic Applied Research Strategy ([MARS](#)) program is part of Ethicon's focus on innovation to resolve the obesity epidemic. The company has made a multi-year, multi-million dollar commitment to support basic and applied research into obesity and other metabolic diseases. MARS represents a comprehensive approach to developing an understanding of the mechanisms that drive the significant improvements in health associated with metabolic and bariatric surgery. The groundbreaking insights generated through MARS research are redefining the management of obesity, associated metabolic conditions and patient care.

### About Ethicon

Ethicon, Inc. and Ethicon Endo-Surgery, Inc., two companies with long histories of medical innovation, do business under the Ethicon brand. Their surgical technologies and products (including sutures, staplers, energy devices, clip appliers, trocars and meshes) are used around the world to treat colorectal and thoracic conditions, women's health conditions, hernias, cancer and obesity. Ethicon, Inc. and Ethicon Endo-Surgery, Inc. are part of the Johnson & Johnson Family of Companies. For more information please visit <http://www.ethicon.com/>.

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Dr. Schauer is a paid consultant for Ethicon.

The STAMPEDE study was funded by Ethicon, part of the Johnson & Johnson family of companies, through its Metabolic Applied Research Strategy (MARS) program.

<sup>1</sup> Schauer PR, Bhatt DL, Kirwan JP, et al. Bariatric Surgery versus Intensive Medical Therapy for Diabetes - 3-Year Outcomes. *NEJM*. 2014;370:2002-2013. <http://www.nejm.org/doi/full/10.1056/NEJMoa1401329>. Accessed May 22, 2014.