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Title: Once-daily QVA149 reduces exacerbations and improves health status in comparison with glycopyrronium and tiotropium in patients with severe-to-very severe COPD: The SPARK study

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Body: Introduction QVA149 is a once-daily dual bronchodilator containing a fixed-dose combination of the long-acting β₂-agonist (indacaterol) and long-acting muscarinic antagonist glycopyrronium (GLY), for the treatment of COPD. We evaluated the overall rate of exacerbations and the health status with QVA149 in comparison with GLY and tiotropium (TIO). Methods In this 64-week multicenter study, patients aged ≥40 yrs with severe-to-very severe COPD were randomized to receive once-daily, double-blind QVA149 110/50 μg, GLY 50 μg, or open-label TIO 18 μg. Overall exacerbation rates and health status via the St George's Respiratory Questionnaire (SGRQ) scores were determined. Results Of 2224 patients randomized, 75% of patients completed the study. QVA149 resulted in a rate reduction of 15% versus GLY (Rate ratio [RR] 0.85; 95% CI 0.77−0.94; p=0.001) and 14% versus TIO (RR 0.86; 95% CI 0.78−0.94; p≤0.01). SGRQ total score was significantly improved with QVA149 at Week 64 compared with both GLY (mean difference −2.07; p<0.01) and TIO (mean difference −2.69; p<0.001). SGRQ symptoms, activity and impacts component scores also showed greater improvement with QVA149 than with GLY or TIO at all visits. Conclusion Once-daily QVA149 was superior to glycopyrronium and tiotropium in lowering the rate of exacerbations and similarly provided significant and clinically meaningful improvements in health status (SGRQ) in patients with severe-to-very severe COPD.