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Title: Underuse of long-term antithrombotic and anti-inflammatory therapies: a cross-national comparison between Switzerland and Germany

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Introduction

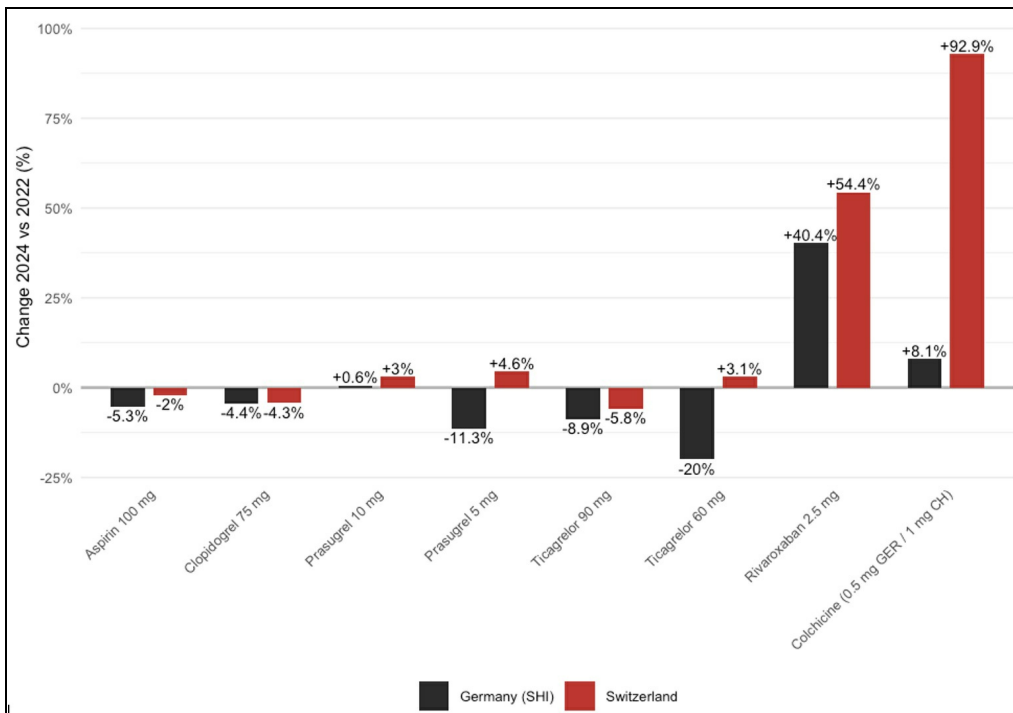
Prolonged low-dose antithrombotic and anti-inflammatory therapies have shown to reduce cardiovascular events and are guideline-recommended in patients with coronary artery disease at high ischemic risk. However, their real-world uptake remains uncertain. This study aimed to quantify and compare the use of these therapies in Switzerland and Germany from 2022 to 2024.

Material & Methods

We analyzed national pharmaceutical delivery data from Switzerland and outpatient prescription data from Germany for low-dose monotherapy products containing aspirin (100 mg), clopidogrel (75 mg), prasugrel (5 mg and 10 mg), ticagrelor (60 mg and 90 mg), rivaroxaban (2.5 mg), and colchicine (0.5 mg in Germany, 1 mg in Switzerland). Drug utilization was standardized as the number of tablets per 1,000 persons per year. Cross-country comparisons and time trends were assessed.

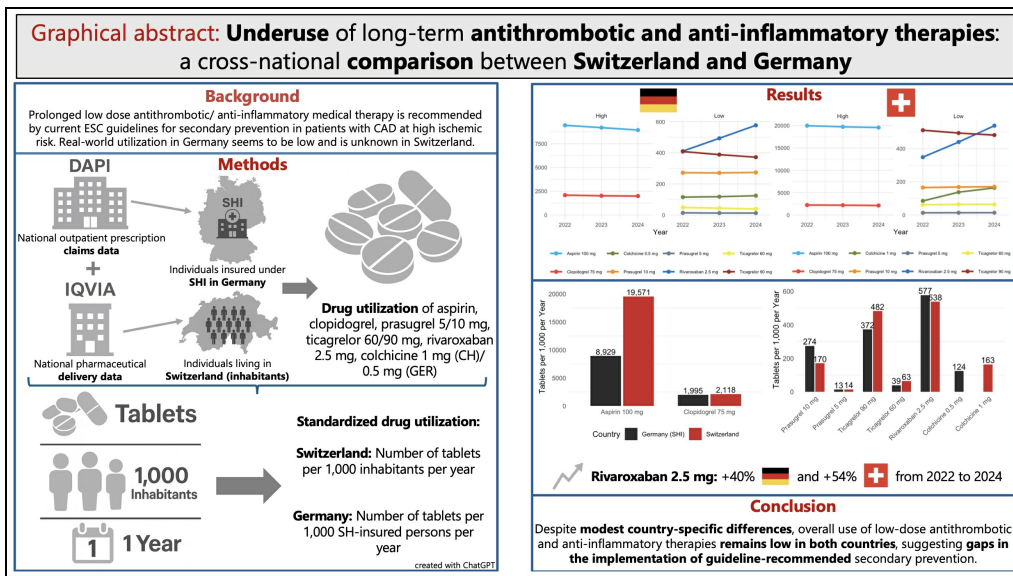
Results

Aspirin 100 mg was the most frequently dispensed drug in both Switzerland and Germany (both >8,000 tablets/ 1,000 persons/ year). Clopidogrel ranked second in both countries. Ticagrelor (60 mg and 90 mg) was more frequently dispensed in Switzerland, whereas prasugrel 10 mg was more frequently dispensed in Germany. However, absolute use of both agents remained low (all <500 tablets/ 1,000 persons/ year). Rivaroxaban 2.5 mg was the only agent that showed a consistent increase over time (+54.4% Switzerland; +40.4% Germany). Colchicine use was low in both countries.



Conclusion

Despite minor country-specific differences in cardiovascular disease prevalence, the use of low-dose antithrombotic and anti-inflammatory therapies remains low in Switzerland and Germany, suggesting gaps in implementing guideline-recommended treatments in clinical practice.



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