

# Adjunctive Tongxinluo therapy aids ST-segment elevation myocardial infarction outcomes: Study

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In patients with ST-segment elevation myocardial infarction (STEMI), the traditional Chinese medicine Tongxinluo, as an adjunctive therapy to

guideline-directed treatment, is associated with significantly improved clinical outcomes, according to a study published in the Oct. 24/31 issue of the *Journal of the American Medical Association*.

Yuejin Yang, M.D., Ph.D., from Peking Union Medical College in Beijing, and colleagues investigated whether adjunctive Tongxinluo therapy could improve [clinical outcomes](#) in [patients](#) with STEMI.

The analysis included 3,797 patients who were randomly assigned (1:1) to receive either Tongxinluo or placebo orally for 12 months (a loading dose of 2.08 g after randomization, followed by the maintenance dose of 1.04 g, three times a day). In the primary analysis, 3,777 patients were included.

The researchers found that 30-day major adverse cardiac and cerebrovascular events (MACCEs) occurred in 3.4% of patients in the Tongxinluo group versus 5.2% in the [control group](#) (relative risk [RR], 0.64). The Tongxinluo group also had a lower risk for individual components of 30-day MACCEs, including cardiac death (3.0 versus 4.2%; RR, 0.70) compared with the [placebo group](#).

The Tongxinluo group continued to have lower rates of MACCEs at one year (5.3 versus 8.3%; hazard ratio [HR], 0.64) and cardiac death (4.5 versus 6.1%; HR, 0.73). For secondary end points, including 30-day stroke, major bleeding at 30 days and one year, one-year all-cause mortality, and in-stent thrombosis (

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