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Comparison of Therapies with GLP1 Analogues in Type 2 Diabetic Patients Without Control

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Abstract

Background: Type 2 Diabetes (T2D) is a chronic disease in the aspect of insulin resistance in the adulthood, that requires continuous medical attention and represents a therapeutic challenge beyond glycemic control. Glucagon-like Peptide-1 receptor analogues (GLP-1) have a favorable effect in modifying cardiovascular risk factors. the objective is to analyze the clinical benefits of there. Methods: Comparison of three descriptive, retrospective cohort studies, conducted between June-2013 and June-2016, 52 week follow-up, including patients with uncontrolled T2D, with different therapies, who were added to the treatment GLP-1 analogues, in a high complexity center in the city Cali, Colombia. Three specific therapies where compared: Liraglutide 1.8 mg/day; exenatide 2 mg/week, and exenatide 2 mg/week plus dapagliflozin/metformina 10/2000 mg/day, respectively. Repeated measurements were made over time of glycated hemoglobin (A1C), weight, and blood pressure (BP). Results: The mean age was 60.6 years. The onset of T2D was 6.2 years. Combination therapy showed an average decrease of: A1C of 1.8% for Liraglutide (IC 95%, 1.52-2.04; P<0.0001), 1.7% for exenatide (IC 95%, 1.45-1.94, p<0.000) and 0.70% for exenatide plus dapagliflozin/metformin (CI 0.58 to 0.82, p <0.001); weight loss of: 5.1 kg, 5.8 kg and 3.04 kg respectively; and decrease of systolic BP of: 6.7mmHg, 15.6 mmHg and 16.3 mmHg, respectively. The largest decrease in A1C occurred between first and second visit and no serious adverse events were observed. Conclusion: GLP-1 analogues are a favorable therapeutic option for patients with uncontrolled T2D, with beneficial effect on body weight and BP with statistically significant results.

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