



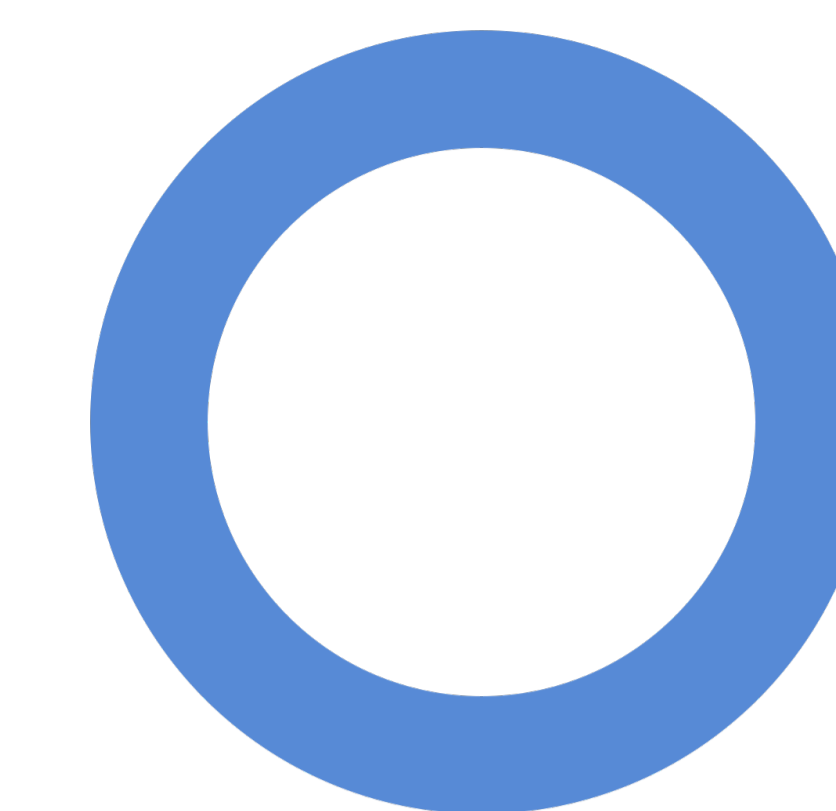
# Markers of the Effectiveness of Antidiabetic Treatment

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## Introduction

The incretin Glucagon-like Peptide (GLP-1), secreted by intestinal enteroendocrine L-cells, stimulates insulin secretion, suppresses secretion of glucagon and stomach emptying and increases the satiety after food intake. In type 2 Diabetes (T2D) secretion of GLP1 is disturbed. This fact makes the GLP1 receptor agonist drugs (RAs) (liraglutide or its fixed combination with basal insulin IDegLira) suitable candidates for a pathophysiologic treatment.

## Aim of the study

to compare the effectiveness of IDegLira administration with that of Continuous Subcutaneous Insulin Infusion (CSII) using HbA1c, BMI, LDL, TAG, HDL as surrogate markers.

## Methods

Data was obtained from 8 individuals aged 49-77 years with T2D, DM duration 12-28 years (4 men).

The individuals, who were undergoing treatment with CSII, converted to a new drug regimen with GLP1 RAs. The group was assessed by counting numbers of improvements in individual markers ( $\Delta$  HbA1C,  $\Delta$  BMI,  $\Delta$  TAG,  $\Delta$  HDL) before the conversion from CSII to IDegLira and at their last visit, after a period of 23 (8-36) months. Statistical analysis was not performed due to small N=8.

## Results

Charts 1-4 show the changes in individual markers of therapeutic effectiveness:  $\Delta$  HbA1C,  $\Delta$  BMI,  $\Delta$  TAG,  $\Delta$  HDL, for every individual person, respectively.

Chart 1:  $\Delta$  HbA1C per Individual

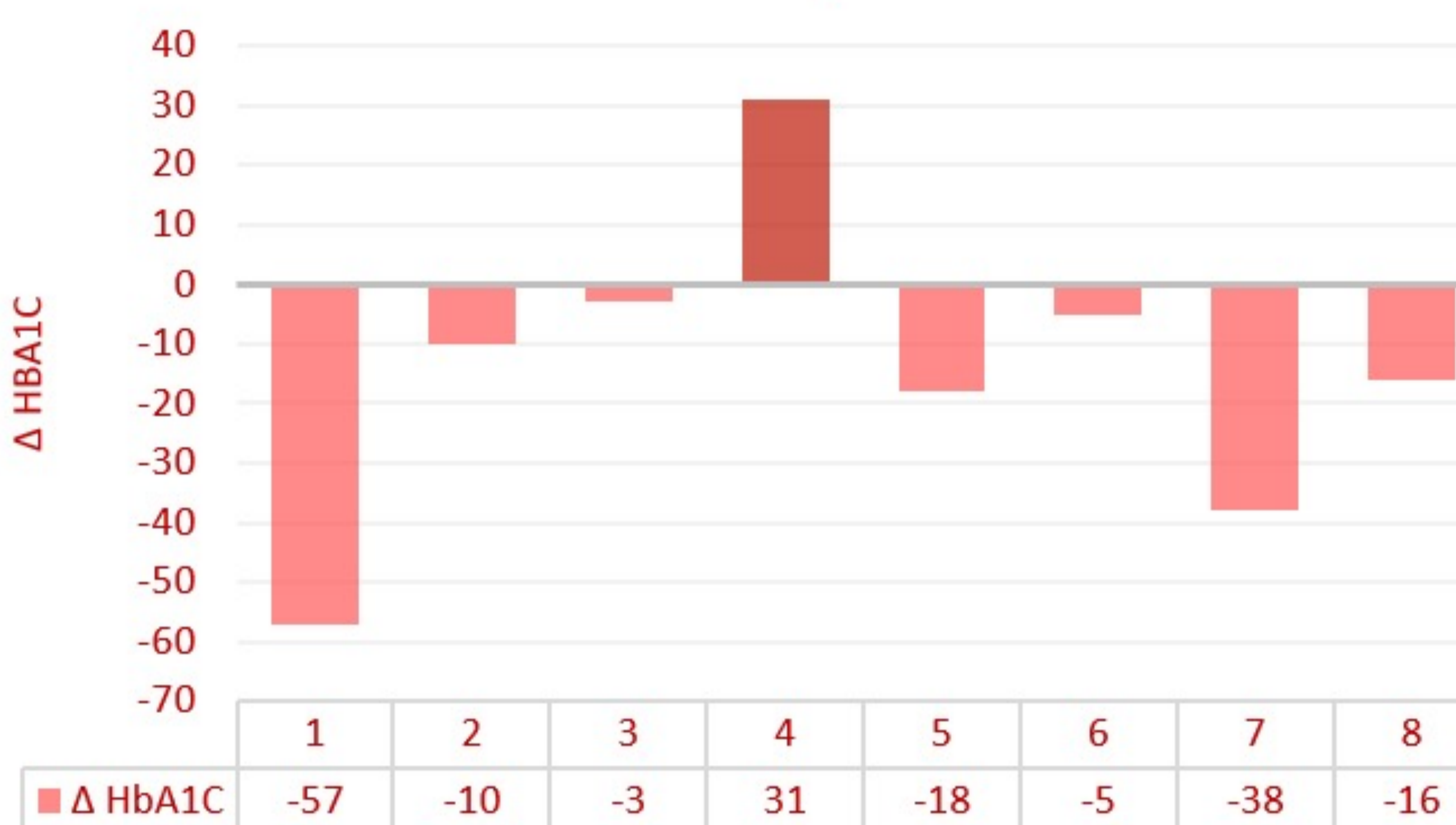


Chart 2:  $\Delta$  BMI per Individual

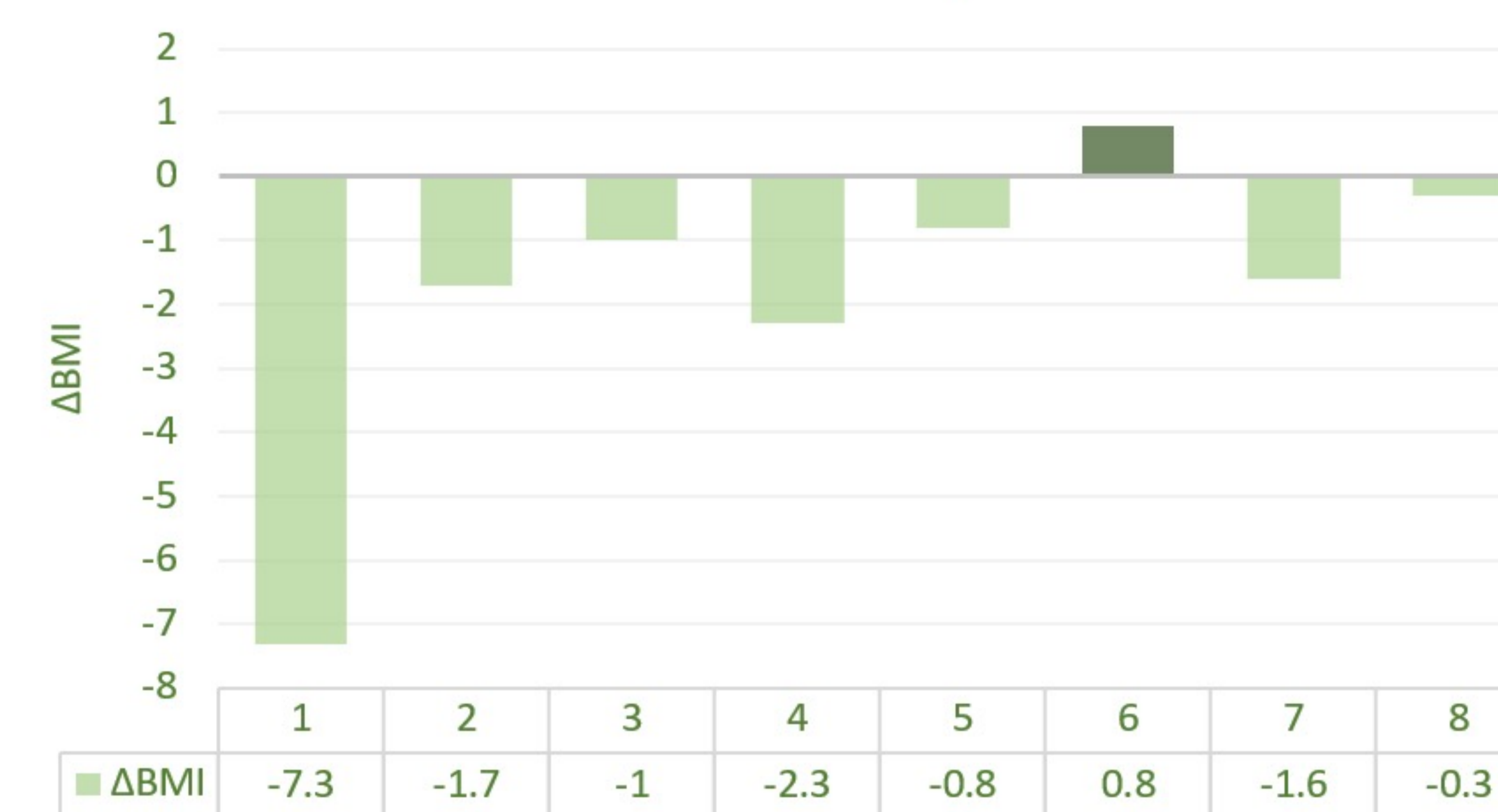


Chart 3:  $\Delta$  TAG per Individual

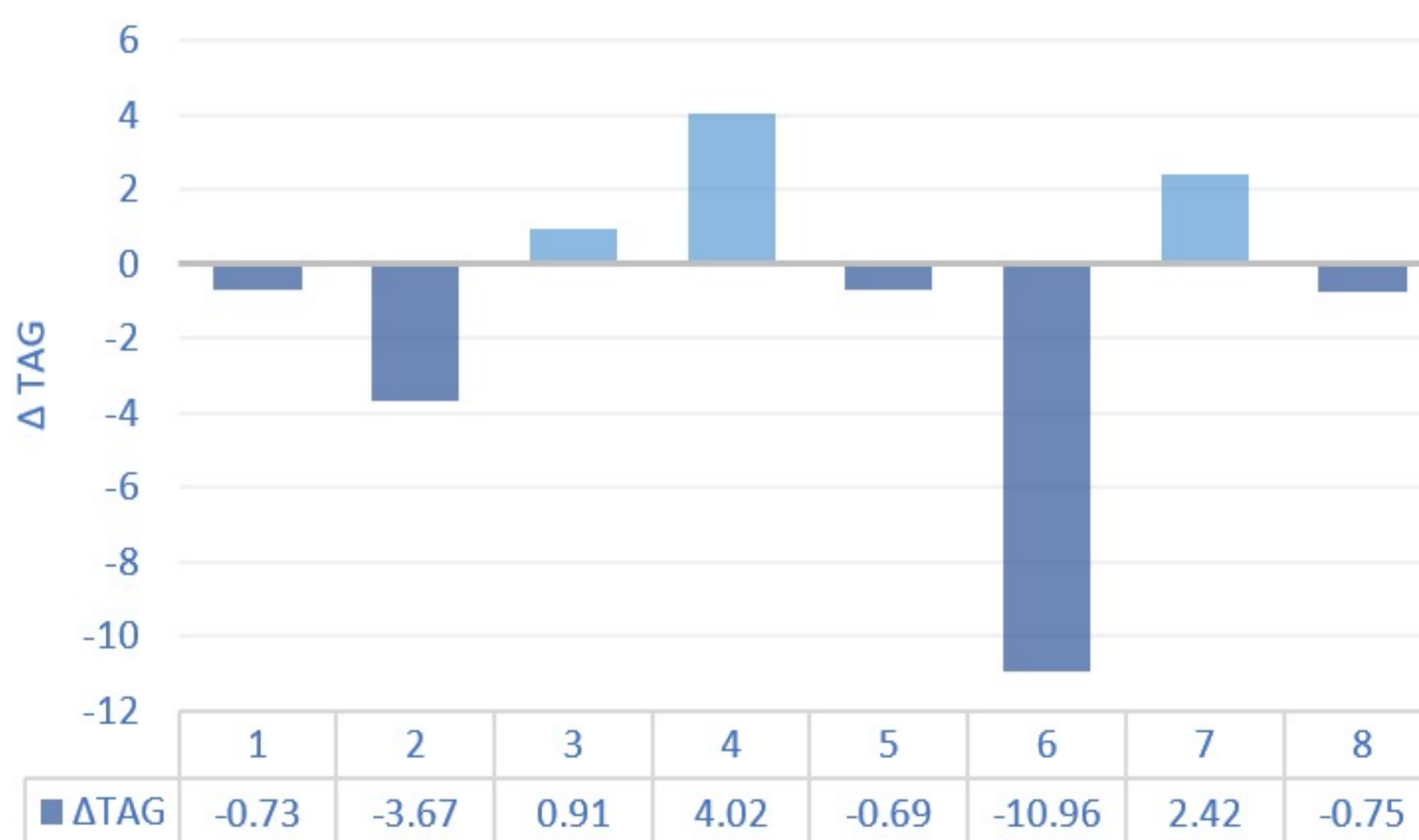
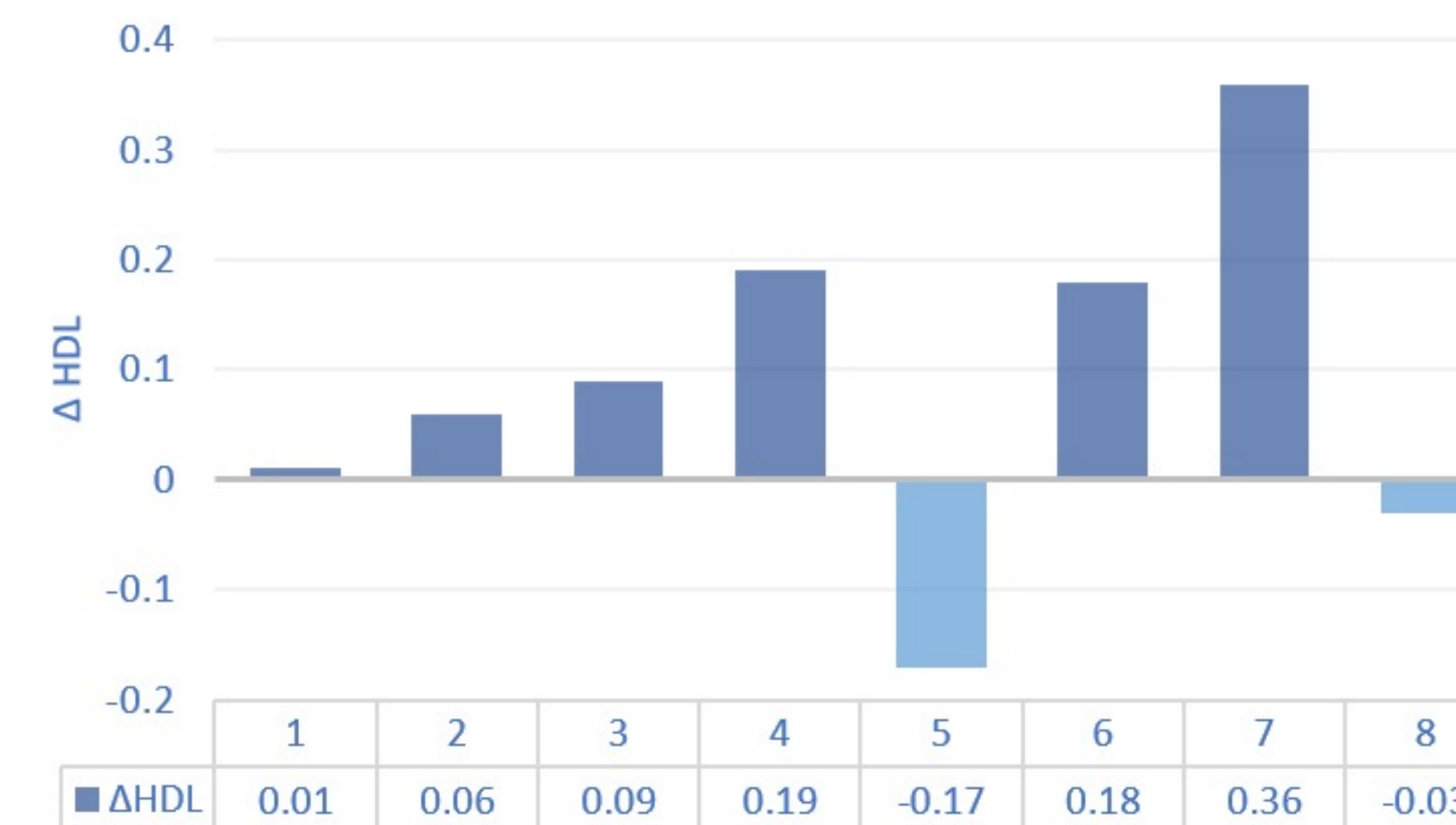


Chart 4:  $\Delta$  HDL per Individual



## Conclusion

The management of T2D using IDegLira appears to be effective due to desired **reduction of HbA1c (7/8), BMI, (7/8), TAG (5/8), LDL (3/8) and beneficial increase of HDL (6/8)** when compared to previous CSII. Patients' satisfaction was good. The used markers appear to be reliable.