

# **An audit of the real life use of Liraglutide 3 mg to treat obesity in patients of Arab descent**

Mohamed Suliman<sup>1</sup>, Adam Buckley<sup>2</sup>, Alia Al Tikriti<sup>2</sup>, Tricia Tan<sup>3</sup>,

Carel le Roux<sup>4</sup>, Nader Lessan<sup>2</sup> and Maha Barakat<sup>2</sup>

Imperial College London Diabetes Centre (ICLDC), Al Ain<sup>1</sup> and Imperial College London Diabetes Centre (ICLDC), Abu Dhabi<sup>2</sup>, United Arab Emirates; Division of Diabetes, Endocrinology and Metabolism, Imperial College London, London, UK<sup>3</sup>; Diabetes Complications Research Centre, Conway Institute, University College Dublin, Dublin, Ireland<sup>4</sup>

## **BACKGROUND**

Liraglutide 3 mg is one of two licenced anti-obesity drugs in the UAE. However, there are no efficacy data on Arab populations.

## **OBJECTIVE**

To assess the effectiveness and tolerability of Liraglutide 3 mg as a treatment for obesity in patients of Arab descent.

## **METHODS**

Prospective collection of data on the use of Liraglutide 3 mg in obese non-diabetic patients attending the ICLDC (Abu Dhabi and Al Ain, UAE)

## **RESULTS**

2,114 patients were treated with Liraglutide 3 mg between 1<sup>st</sup> January and 31<sup>st</sup> December 2017. Their mean age was 37.5 ( $\pm 10.1$ ) years and 77% were females. Their mean baseline weight was 98.5 ( $\pm 28.3$ ) kg, BMI 37.5 ( $\pm 5.7$ ) kg/m<sup>2</sup> and waist circumference 107( $\pm 13.5$ ) cm. After a mean period of 65 ( $\pm 76$ ) days, the mean weight loss was 4.1 ( $\pm 4.9$ ) kg, equivalent to 4.2 ( $\pm 4.8$ )% of baseline weight.

494 patients were treated for at least 16 weeks. They were treated for a mean period of 183 ( $\pm 45.9$ , range: 112-301) days. Mean weight loss was 5.7 ( $\pm 5.6$ ) kg, equivalent to 5.9 ( $\pm 5.5$ )% of baseline weight. Mean reduction in BMI was 2.2 ( $\pm 2.3$ ) and in waist circumference 3.7 ( $\pm 6.5$ ) cm ( $p < 0.001$  for all comparisons).

296 (60%) of the patients treated for at least 16 weeks achieved a weight loss of at least 5% of baseline weight while 115 (23%) achieved at least 10% weight loss.

The treatment was well-tolerated apart from minor gastrointestinal symptoms.

## **CONCLUSIONS**

Liraglutide 3 mg resulted in weight loss in patients of Arab descent as predicted by the randomized controlled trials.