

Category:

Clinical care: management

Poster heading:

Type 2 diabetes

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Abstract title

The effect of combined treatment with sodium-glucose co-transporter 2 inhibitors and glucose like peptide – 1 agonists on weight and glycaemic control: analysis of data on 1688 patients with type 2 diabetes

Abstract text**Objective**

Investigating the effects of combining SGLT2 inhibitors and GLP1 agonists on weight and glycaemic control in a large cohort of patients with diabetes attending a Diabetes Centre in the UAE.

Methods

Relevant baseline information and 3, 6, 9 and 12 months follow-up data on all patients seen between October 2014 and March 2016 (n=1688) whose treatment included both a GLP1 agonist (lirglutide, exenatide, lixisenatide or dulaglutide) and an SGLT2 inhibitor (dapagliflozin or canagliflozin) for a minimum of 3 months were retrieved, irrespective of the order of introduction of the drugs.

Results

Mean age, BMI, duration of diabetes, and duration of combination therapy were 50.5 ± 10.0 years, 37.5 ± 11.7 kg/m² and 12.0 ± 6.9 years respectively. With combination therapy, there was a significant reduction in HbA1c from $8.5 \pm 1.5\%$ at baseline to $7.9 \pm 1.4\%$ at 3 months ($p < 0.0001$) with no further change afterwards. Mean weight dropped significantly from a baseline of 96.4 ± 18.8 kg to 94.7 ± 18.6 kg ($p < 0.0001$, Δ weight 1.7 kg, 95% CI 1.5-1.8) at 3 months. A further modest but statistically significant weight loss occurred by month 6 ($p < 0.0001$, Δ weight 0.7kg, 95% CI 0.49-0.85) when compared with month 3, with no significant weight change thereafter.

Conclusions

In the Emirati population studied, combination treatment with SGLT2 inhibitors and GLP1 agonists had a synergistic effect with nadir for HbA1c and weight at 3 and 6 months respectively.