



INDICATIONS FOR IDEGLIRA IN INDIAN CLINICAL PRACTICE- INSIGHTS GAINED FROM OUR EXPERIENCE



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BACKGROUND AND AIMS

IDegLira is a fixed-ratio combination of insulin Degludec and Liraglutide, with complimentary benefits of GLP-1 RA and ultra-long acting basal insulin. Though the individual components are time tested molecules, the fixed drug combination is not yet positioned as to when to be used in T2DM.

Aim of the study was to evaluate the indications for and characteristics of T2DM individuals who were initiated on IDegLira in a real-world setting of Indian clinical practice, and to assess the clinical outcomes.

MATERIALS AND METHODS

Clinical characteristics and demographics of all T2DM individuals who had been prescribed with IDegLira at our clinic till July 2018 were extracted from our EMRs.

RESULTS

n = 44	Previous medications before prescribing IDegLira: 9.09% on OHAs, 22.73% on OHAs+basal insulin, 20.45% on OHAs+basal bolus insulin, 18.18% on OHAs+biphasic insulin, 2.27% on OHAs+basal insulin+GLP1 RA and 2.27% on OHAs+GLP1 RA; 22.73% of patients started on IDegLira and 2.27% of patients started on IDegLira+insulin within 1 year of diabetes onset
Age = 54.63±11.93 years; majority (61.36%) between 45 and 65 years	
Males= 72.73%	
T2DM duration= 7.81±6.34 years	
BMI= 28.76±3.80 kg/m ²	
HbA1c= 7.81±1.17 % (32.35% <7%, 26.47% 7-7.9%, 23.53% 8-8.9%, 17.65% >9%)	
IDegLira treatment duration= 6.88±4.17 months	
IDegLira dose: initial= 10.63±4.85 dose steps, current= 12.66±5.55 dose steps	
Insulin TDD of those patients (28.57%) on IDegLira+insulin: initial= 24.7±12.11U, current= 24.7±12.52U	

Table 1. Demographics and clinical characteristics of T2DM individuals prescribed with IDegLira

CONCLUSION

IDegLira treatment resulted in significant improvements in FBS, PPBS and HbA1c. Analysis of prescription data of IDegLira indicated that the combination was used across a range of clinical profiles. Outcomes confirm that IDegLira could be an option in any stage of T2DM and can be intelligently positioned along with other oral therapies (except DPP-4 inhibitors). In our experience, we have successfully combined IDegLira with metformin, SGLT2i, rapid-acting insulins, IDegAsp and other OHAs with commendable improvements in glycaemic parameters, hypoglycemic episodes etc.

REFERENCES

Gough SC, Jain R, Woo VC. Insulin degludec/liraglutide (IDegLira) for the treatment of type 2 diabetes. Expert Review of Endocrinology & Metabolism. 2016;11(1):7-19.



**indicates p<0.01, *indicates p<0.05

Table 2. Clinical parameters of T2DM individuals before and after IDegLira treatment

PARAMETER	INITIAL	FINAL
FBS, mg/dL	147.10±60.61	129.50±39.23*
PPBS, mg/dL	162.20±32.69	136.70±26.49**
HbA1c, %	7.81±1.17	7.18±1.07*
LDL, mg/dL	75.00±20.42	74.08±21.12
HDL, mg/dL	44.69±10.92	46.63±9.42
TG, mg/dL	145.10±52.93	150.50±89.79
TC, mg/dL	148.60±25.68	140.80±22.35
BMI, kg/m ²	28.76±3.80	28.66±3.65
Body Weight,kg	83.41±14.12	83.11±13.57