

ADEQUACY AND EFFECTIVENESS OF LIRAGLUTIDE IN PATIENTS WITH TYPE-2 DIABETES MELLITUS



González Rosa V, Sierra Torres MI, Atienza Gil E, Morillo Mora AB, Pajares Alonso M, Zaragoza Rascón M,
Servicio de Farmacia, Hospital Serranía de Ronda (Málaga)



Background

Liraglutide is a human glucagon-like peptide-1 analog (GLP-1) indicated in the treatment of adults with type 2 diabetes mellitus to achieve glycemic control, combined with oral antidiabetic agents, increases insulin secretion and decreases glucagon secretion, in a glucose-dependent manner.

Purpose

To analyze the adequacy and effectiveness of liraglutide in patients with type 2 diabetes mellitus.

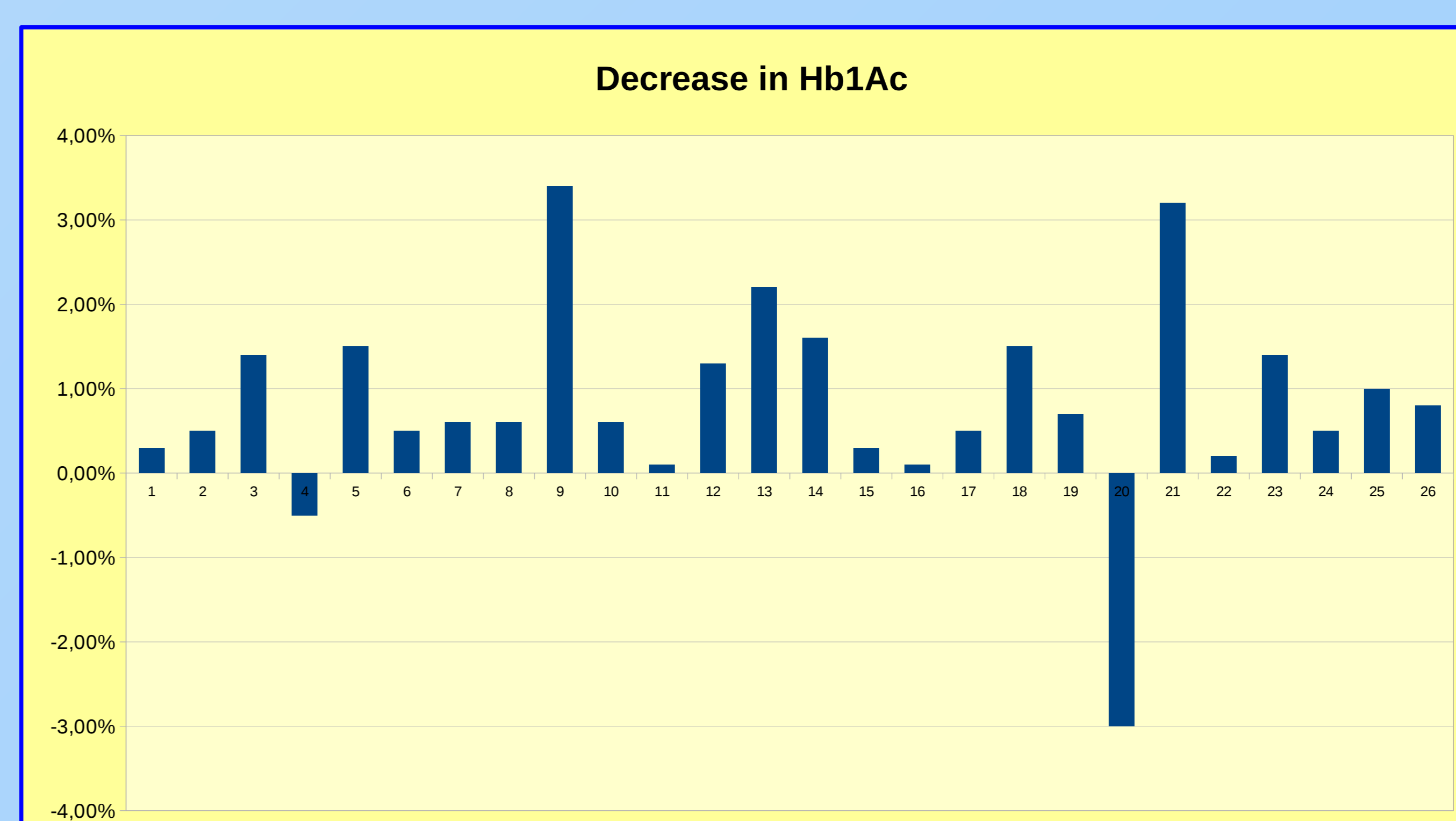
Material and methods

Retrospective 2-year observational study (September 2014 - September 2016) of all patients with type 2 diabetes mellitus treated with liraglutide for at least 6 months. Data were obtained from the application of laboratory tests, electronic medical records (DIRAYA) and the application of endorsement. The variables collected were: sex, age, time of initiation of treatment with liraglutide and value of glycosylated hemoglobin (HbA1c) before and after 6 months of treatment. Adequate use of liraglutide was considered when baseline HbA1c was greater than or equal to 7.5% and treatment was effective if reduction of HbA1c at 6 months was greater than or equal to 1%.

Results

The total number of patients with type 2 diabetes mellitus treated with liraglutide during the study period was 32. Six patients were excluded due to lack of data. Of the remaining 26 patients, 14 (54%) were women with a median age at the start of treatment of 51 years (37-68). According to the HbA1c values, 73% of the patients met criteria of adequacy of liraglutide use.

Median HbA1c at baseline: 8.6% (5.4-13.6) and median HbA1c at 6 months of treatment: 7.4% (5.2-10.6). For 11 patients (42%), treatment with liraglutide was considered effective. In all but 2, there was a decrease in HbA1c. The mean decrease in HbA1c in successful patients was 1.03%.



Conclusions

Several studies have shown that the addition of liraglutide to oral antidiabetic drugs is associated with better glycemic control in patients with type 2 diabetes mellitus. In our study, despite adequate use in most patients, the decrease in HbA1c was not sufficient to be considered effective in more than half of patients.

