

## American Diabetes Association 75<sup>th</sup> Scientific Sessions® 2015

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### Liraglutide shows improvements in weight loss and blood glucose during Ramadan

Liraglutide (Victoza®) improved blood glucose control for adults with type 2 diabetes during Ramadan, results from the LIRA-Ramadan™ study show.

Presented at the American Diabetes Association 75<sup>th</sup> Scientific Sessions®, a 33-week, open-label, randomised study was conducted comparing "liraglutide plus metformin" with "sulphonylurea plus metformin" in adults, and the LIRA-Ramadan™ sub-study included those with intent to fast for 4 weeks during Ramadan.

Those in the liraglutide plus metformin group ( $n=172$ ) experienced similar improvements in blood glucose control, had fewer confirmed cases of hypoglycaemia and greater weight loss observed compared to the sulphonylurea plus metformin group ( $n=171$ ).



### GLP-1 receptor agonist therapy alters brain function

Researchers have found that glucagon-like peptide-1 (GLP-1) receptor agonist therapy may affect brain function and the brain's response to food, possibly reducing cravings and increasing satisfaction while eating. This is in addition to their already established role in modulating gut hormone levels.

The research team in Amsterdam, The Netherlands, used functional magnetic resonance imaging to look at the reward systems in the brains of obese people with and without type 2 diabetes and measured the response to the anticipation, and drinking, of chocolate milk while being given GLP-1 analogue treatment versus placebo intravenously.

### Encouraging long-term results after an intensive weight loss intervention

Results from the Why WAIT programme, a real-world study of obese people with type 2 diabetes, published encouraging 5-year follow-up data after an initial 12-week intensive lifestyle intervention.

The data suggest those who lost at least 7% of their weight with the programme and kept it off for a year maintained this weight loss long term and saw improvements in certain cardiovascular risk factors. The data also suggested that weight loss was due to loss of fat rather than muscle mass.

The current study was designed to evaluate the long-term impact of sustained weight loss versus weight regain on cardiovascular risk factors in a clinical-practice setting as opposed to a clinical trial. The authors note that the intervention itself was more intensive than the Look AHEAD study, which was terminated early due to futile results.

### Latest cardiovascular safety results are announced at American Diabetes Association conference for anti-diabetes medicine trials

The most recent results from cardiovascular safety trials of anti-diabetes medicines were announced at the 75<sup>th</sup> American Diabetes Association Scientific Sessions®.

ELIXA (The Evaluation of Lixisenatide in Acute Coronary Syndrome) is the first study to publish cardiovascular safety results of a glucagon-like peptide-1 receptor agonist. Manufactured and marketed by Sanofi, lixisenatide (Lyxumia®) was found to provide

no cardiac risk or benefit. It was found to have a modest benefit on weight control, and no increase of risk for hypoglycaemia or pancreatic injury.

Also at the conference, MSD announced the primary results of TECOS (Trial Evaluating Cardiovascular Outcomes with Sitagliptin), a placebo-controlled study investigating the cardiovascular safety of sitagliptin (Januvia®), a dipeptidyl peptidase-4 inhibitor. In the trial

sitagliptin was added to usual care in more than 14 000 people with type 2 diabetes.

The study achieved its primary end composite cardiovascular endpoint of non-inferiority compared to usual care without sitagliptin, and there was no increase in hospitalisation for heart failure in the sitagliptin group and rates of all-cause mortality were also similar in both treatment groups.