The Real-World Observational Prospective Study of Health Outcomes with Dulaglutide and Liraglutide in Type 2 Diabetes Patients (TROPHIES): Country-Specific Baseline Characteristics

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OBJECTIVE
To describe the baseline characteristics of patients with type 2 diabetes (T2D), starting their first injectable treatment with glaglucon-like peptide-1 receptor agonists (GLP-1 RA) either with once-weekly dulaglutide (dula) or once-daily liraglutide (lira), in France, Germany, and Italy

STUDY DESIGN

- **TROPHIES** is a 24-month, prospective, observational study conducted in France, Germany, and Italy
- Adult patients with T2D initiating their first injectable antihyperglycemic treatment with either dula or lira, and who were naïve to any injectable treatment were included
- At baseline, demographics, duration of T2D, HbA1c levels, reported HbA1c targets, pre-existing diabetes-related diagnoses, and concomitantly used oral glucose lowering medications (GLMs) were assessed

KEY RESULT

Baseline demographics and glycemic characteristics by country

<table>
<thead>
<tr>
<th>Characteristic</th>
<th>France</th>
<th>Germany</th>
<th>Italy</th>
<th>P-value</th>
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<tbody>
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**BACKGROUND**
- The treatment of patients with T2D involves a stepwise approach, beginning with lifestyle interventions, to achieve glycemic targets.
- Single agent or combination treatment is recommended when targets are not achieved.
- GLP-1 RA have emerged as the first injectable therapy recommended for T2D, starting their first injectable treatment with glucagon-like peptide-1 receptor agonists (GLP-1 RA).

**STUDY OBJECTIVES**
- Primary objective is to estimate the time patients remain on their first GLP-1 RA without a significant treatment change due to treatment- or diabetes-related factors.
- Secondary objectives include patient characteristics, treatment patterns, factors associated with the first significant treatment change, key clinical outcomes, health-related quality of life, and other patient reported outcomes and resource use associated with treatment for T2D

**STUDY POPULATION**
- Selection of physicians and key selection criteria for patients
- Physicians eligible to participate in TROPHIES treat patients with T2D, and are allowed to prescribe GLP-1 RA. Physician specialists and selection process were dependent on country regulatory requirements and healthcare systems.
- Patient key selection criteria
  - Age ≥18 years with T2D
  - Presented during the normal course of care
  - New to injectable treatment for T2D

**ADDITIONAL RESULTS**
- The class of biguanides is the most prescribed GLM class across the different patient groups. The next most prescribed GLM class in both France and Italy is the class of sulfonylurea/Sodium glucose cotransporter-2 (SGLT2) inhibitors, which are not available in France, are the second most prescribed in Germany.

**OTHER MEDICATIONS BASED ON BASELINE**

**CONCLUSIONS**
For each country, TROPHIES highlights the patient characteristics at baseline, who were prescribed dulaglutide or liraglutide.
- At baseline, for all cohorts of patients from France, Germany, and Italy
  - Age and gender distribution were similar between cohorts, in France, Germany, and Italy.

Additional Results
- The mean age and gender distribution were similar between cohorts, in France, Germany, and Italy.

GLMs recorded at baseline

- Cardiovascular medications are the most prescribed non-diabetes-related medications in both cohorts and in all countries.

Country-specific macrovascular and microvascular diabetes-related conditions experienced by patients (%) at baseline

- Myocardial infarction was most prevalent in lira cohorts in both France and Italy (10.1% and 8.5%, respectively), whereas neuropathy was reported more often in Germany (16.2% and 10.7% of the dula and lira cohorts, respectively).

- Differences were observed in prescribed oral GLMs, in addition to lipid lowering and antithrombotic medications, which may be due to country-specific clinical guidelines and restrictive reimbursement policies.

- Diabetes-related conditions varied in patient cohorts across countries.

- TROPHIES highlights the country-specific differences of patients at baseline and prescribed dulaglutide or liraglutide.