OBJECTIVE

TROPHIES is a 24-month, prospective, observational study in patients with type 2 diabetes (T2D) initiating their first injectable therapy with the glucagon-like peptide-1 receptor agonists (GLP-1 RA) dulaglutide (DULA) or liraglutide (LIRA).

The objective of this poster is to report the 6-month analysis results, with a particular focus on the change in HbA1c and weight in T2D patients 6 months after starting DULA or LIRA.

The treatment patterns at Baseline and 3-month and utilization of oral glucose lowering medication (GLM) at 1-month is also presented.

STUDY DESIGN

- Key eligibility criteria
  - Aged ≥18 years and diagnosed with T2D
  - Presented during the normal course of care when a decision was made to initiate treatment with DULA or LIRA
  - Not eligible for injectable treatment for T2D

- Key exclusion criteria
  - Patients who started insulin simultaneously with GLP-1 RA at Baseline

- Design: 24-month, prospective, non-comparative, observational study
- Location: France, Germany, Italy, and Spain
- Population: Adult patients with T2D initiating their first injectable antihyperglycemic treatment with either DULA or LIRA, and who were naïve to any injectable treatment included

Background

- Treatment of T2D involves the use of GLM to achieve glycemic targets combined with healthy lifestyle changes.
- GLP-1 RA are an injectable therapy recommended for T2D that offer improved glycemic control plus additional benefits including weight reduction.
- Several GLP-1 RA are available each displaying different profiles with regards to effectiveness, tolerability, and ease of dosing.

Study Objectives

- Primary objective: 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 objective: To report 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.

KEY RESULT

- HbA1c and weight change from Baseline to 6-month
- HbA1c targets and changes
- Summary of GLP-1 RA dose at Baseline and 3-month
- Utilization of oral GLM at 1-month
- Limitations

CONCLUSIONS

- The current results are descriptive and further analyses with the necessary adjustments are required.
- Limitations are due to the observational / non-interventional nature of the study.

Additional Results

HbA1c targets and changes

- The majority of DULA patients were taking 1.5mg DULA at Baseline and at 3-month.
- By 3-month, 4.7% of DULA patients increased their dose while 8.7% remained on the dose prescribed at Baseline.
- The most common dose of LIRA at Baseline was 0.6mg while at 3-month the most common dose was 1.2mg.
- In the LIRA group, 40.1% of patients increased their dose by 3-month with 48.4% remaining on the dose prescribed at Baseline.
- Maximum GLP-1 RA dose between Baseline and 3-month:
  - The maximum DULA dose was 1.5mg for 90% of patients, 1.2mg for 5% and 1.8mg for 1%.
  - The maximum LIRA dose was 0.6mg for 36% of patients, 1.2mg for 51% and 1.8mg for 13%.

Utilization of oral GLM at 1-month

- Between Baseline and 1-month, the number of patients taking 3 oral GLM decreases (from n=145 to n=63) while the number of patients with one oral GLM increases (from n=1152 to n=1258).
- Metformin remains the main oral GLM at 1-month (77.4% of patients).

- The number of patients taking sulfonylureas and DPP-4 inhibitors decreases between Baseline and 1-month.
- Metformin remains the main oral GLM at 1-month (77.4% of patients).
- The maximum LIRA dose was 0.6mg for 36% of patients, 1.2mg for 51% and 1.8mg for 13%

Limitations

- The current results are descriptive and further analyses with the necessary adjustments are required.
- Limitations are due to the observational / non-interventional nature of the study.

CONCLUSIONS

- At 6-month, patients in the DULA or LIRA cohort showed a decrease in HbA1c and a weight change in line with clinical trial results.
- From Baseline to 6-month, HbA1c decreased by -1.3 (SD±1.4)% in both the DULA and LIRA cohort.
- 35.9% of DULA patients and 31.0% of LIRA patients reached their individual HbA1c target set by the physician.
- At 6-month, the mean weight change for DULA was -3.44kg while the mean weight change for LIRA was -2.97kg.

References


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Conflict of Interest

- Sponsored by Eli Lilly and Company for writing and editorial contributions.