Male Patients Benefit from Initial Exenatide Treatment: A Real-World Experience

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OBJECTIVES

The purpose of this study was to describe the outcome after initiation of exenatide therapy and to determine whether the impact of adverse drug reactions on compliance was affected by gender.

METHODS

A retrospective study was performed of 18 diabetic patients (8 males) that were prescribed exenatide between June 2013 and September 2014. Each included patient received exenatide for ≥1 month. Age, disease course, race, body mass index, medical history, chronic complications associated with diabetes, and the state of pretreatment glycemic control were analyzed. Both 1 and 4 weeks after treatment, data such as blood glucose, blood lipids, and body weight were collected to determine any adverse drug reactions and the impact of gender on exenatide withdrawal.

RESULTS

The incidence of adverse drug reaction was significantly higher in female than male patients following exenatide treatment (P < .05). Although there was no significant difference between the male and female group 1 week, adverse drug reactions continued longer in females and the incidence of adverse drug reaction was significantly higher in female patients 4 weeks after initiating treatment (P < .01). As a result, four female patients stopped taking the medication, whereas only one male patient stopped taking the medication because the patient was unaccustomed to the drug injection process. The efficacy of exenatide was similar between the two groups at both 1 and 4 weeks.

CONCLUSIONS

Exenatide, a glucagon-like peptide-1 agonist often causes relatively significant gastrointestinal reactions during its initial application. Gender difference in adverse drug reactions may be due to the impact of this drug on the feeding center in the central nervous system.