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OBJECTIVES

1. To detect the changes in quality of life after initiation of injectable treatment for diabetes.
2. To evaluate the changes in anthropometrics (BW, WC, BMI), glycemic control (Random PG, Hba1c), lipids profile (TC, TG, LDL, HDL), kidney function (creatinine, microalbumin/creatinine ratio), systolic and diastolic blood pressure (SBP/DBP) and hypoglycemic episodes (number and severity) after GLP-1 analogs or insulin commencement.

METHODS

123 patients with DM-2 that accordingly to the based on evidence clinical judgment, needed injectable treatment for the achievement of good glycemic control were enrolled (insulin 102: glargine 60 / detemir 42 – GLP 1 analog 21: liraglutide 16 / exenatide 5).

The ADDQoL19 (Greek for Greece 19.5.09A from standard UK English rev. 1.3.06) was filled out before and 6 months after commencement of injectable treatment. Clinical parameters were estimated at the enrollment and at 6 months after.

Frequency of hypoglycemic episodes was estimated with numbers of hypos at the last 2 weeks and severity was evaluated depending on the ability of hypos resolved the patient his own (h.r.o.), resolved with other person assistance but not professional (h.n.prof.ass.) and resolved with professional assistance (h.prof.ass.).

Dose adjustment of insulin or GLP -1 analog was done after phone conducts at regular intervals.

RESULTS

GLP vs Detemir:
- Total sample, glargine sub., detemir sub. NS
- p < 0.05, detemir vs glargine NS
- p < 0.001, detemir vs glargine h.r.o. p < 0.05, h.n.prof. ass. NS, h.prof. ass. NS

REFERENCES:


