

Once-weekly exenatide in a real-world clinical setting: clinical outcomes and analysis of potential predictors of response

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Objectives

The aim of this study is to evaluate the effectiveness of once-weekly exenatide on metabolic control, weight, blood pressure and lipid profile in obese patients with type 2 diabetes (T2DM), and to assess possible predictive factors of response

Material and methods

- Retrospective observational study, conducted with adult obese (BMI ≥ 30 kg/m²) T2DM subjects that had been initiated once-weekly exenatide following routine clinical practice.
- Anthropometric measures, blood analysis, and blood pressure measures were collected at the initiation of once-weekly exenatide (V0) and after 16 \pm 4 weeks of treatment (V1).
- Predictors of target metabolic response (HbA1c <7%), were evaluated by using a multiple logistic model.

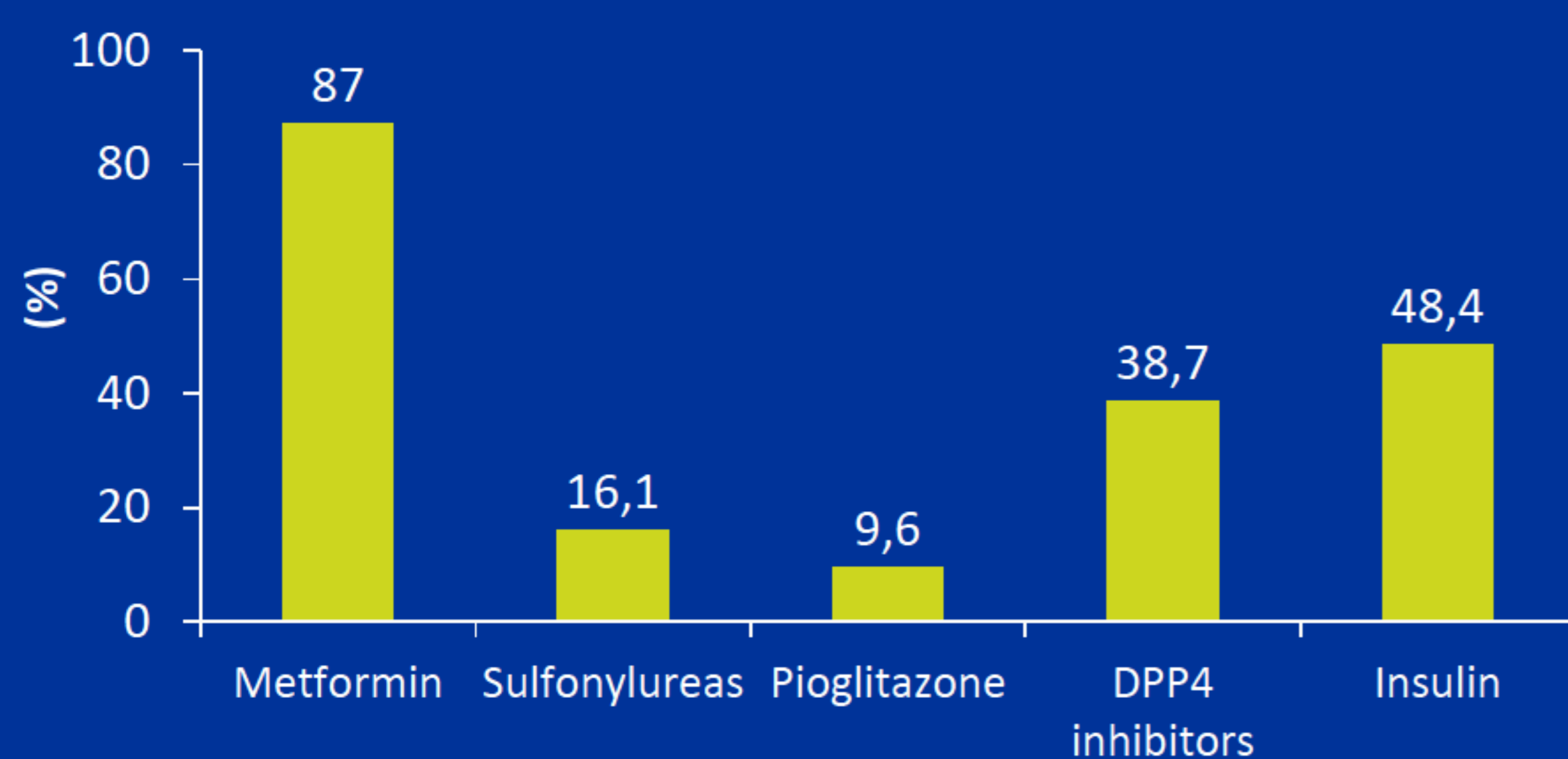
Baseline characteristics - 1

	n - 31
Age (years)	54.4 \pm 10.7
Women (%)	54.8
Weight (kg)	108.1 \pm 28.8
BMI (kg/m ²)	41.2 \pm 8
TD2M evolution (years)	7.9 \pm 6.1
Hypertension (%)	83.8

Baseline characteristics - 2

	n - 31
HbA1c (%)	8.6 \pm 1.6
Cholesterol (mg/dl)	206.4 \pm 37
HDL cholesterol (mg/dl)	39.4 \pm 10.7
LDL cholesterol (mg/dl)	124.3 \pm 35.8
Triglycerides (mg/dl)	288.1 \pm 125.7

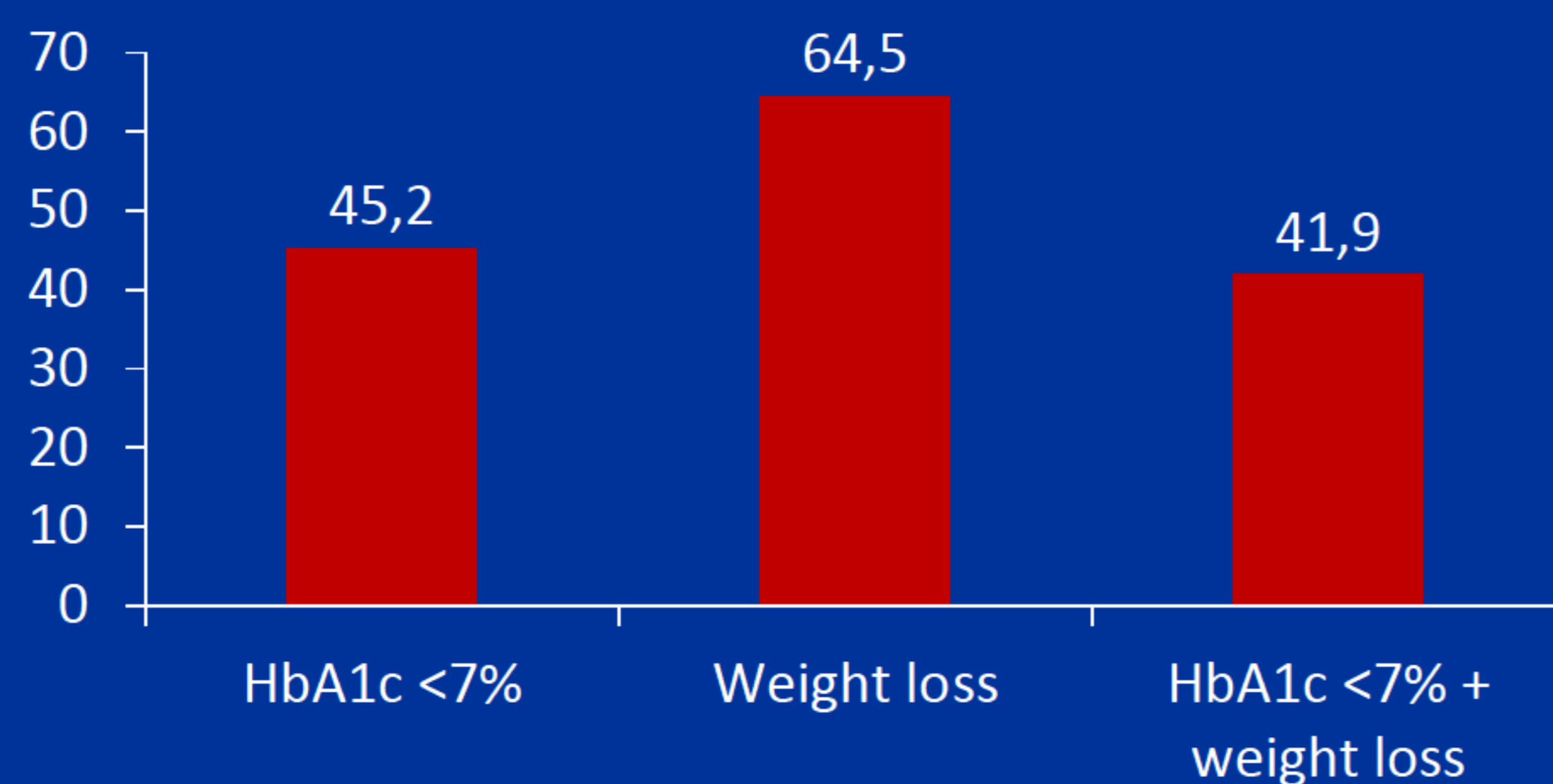
Baseline antidiabetic treatment



Results - 1

	V0	V1	p
Weight (kg)	108.1 \pm 28.8	101.3 \pm 22.3	<0.001
BMI (kg/m ²)	41.2 \pm 8	39.3 \pm 7.3	<0.001
HbA1c (%)	8.6 \pm 1.6	7.3 \pm 1.3	<0.001
Cholesterol (mg/dl)	206.4 \pm 37	181 \pm 41.5	0.002
HDL cholesterol (mg/dl)	39.4 \pm 10.7	40.7 \pm 10.3	ns
LDL cholesterol (mg/dl)	124.3 \pm 35.8	101.6 \pm 39.2	0.003
Triglycerides (mg/dl)	288.1 \pm 125.7	195.1 \pm 80	0.01

Results - 2



- No differences in blood pressure (systolic or diastolic) or number of antihypertensive drugs were found.
- None of the studied variables (age, sex, duration of diabetes, baseline HbA1c, and BMI) were confirmed as predictors of response.

Conclusion

- In obese patients with T2DM, once-weekly exenatide increases metabolic control, decreases body weight and improves lipid profile. However, once-weekly exenatide does not exert beneficial effects on blood pressure.
- Age, sex, duration of diabetes, baseline HbA1c, and BMI were not predictors of efficacy of once-weekly exenatide.

