



## NEW INSULIN DEGLUDEC REDUCES HYPOGLYCEMIA IN PATIENTS WITH TYPE 1 DIABETES AT HIGH RISK OF HYPOGLYCEMIA



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### Objectives

Intensive Insulin Therapy (IIT) is a therapeutic regimen for the treatment of type 1 diabetes (T1D). It is a common notion that more frequent hypoglycemia is a disadvantage of intensive regimens. Many patients, who have had diabetes for a long time, do not notice the signs of hypoglycemia or they do not recognize the condition as it occurs without associated symptoms or during sleep. Severe hypoglycemia can be life-threatening.

### Materials and methods

In 10 T1D patients suffering from frequent severe hypoglycemia receiving treatment in the form of conventional IIT. We have replaced their conventional basal insulin with a new ultra-long-acting basal insulin analogue degludec (IDeg).

### Results

This exploratory analysis included 10 T1D patients (30% female) with frequent low glucose concentrations and the following baseline characteristics: mean ( $\pm$ SD) age  $49.9 \pm 11.8$  years, duration of T1D  $17 \pm 8.5$  years,  $HbA_{1c} < 8.52 \pm 1.5\%$ , BMI  $25.5 \pm 4.6 \text{ kg/m}^2$ , waist  $94.7 \pm 10.1$  cm, weight  $77.3 \pm 12.1$  kg.  $HbA_{1c}$  decreased from 8.52% to 8.07% after 10 months without any changes in other parameters without hypoglycemia in the total treatment period with IDeg.

### Conclusions

Hypoglycemia represents a great challenge for both the patient and the healthcare professional; however, hypoglycemia can be successfully managed. After replacing the conventional basal insulin with an ultra-long-acting basal insulin analogue degludec this resulted in a consistent reduction in hypoglycemia with improved glycemic control in T1D on IIT patients at high risk of hypoglycemia.