



EFFECT OF EXENATIDE-2MG WEEKLY IN EDERLY PATIENTS WITH TYPE 2 DIABETES

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ABSTRACT

- Type-2 Diabetes (T2D) represents a therapeutic challenge in patients over 60 years of age. Glucagon-like Peptide-1 receptor agonists (GLP-1) have a favorable effect in modifying cardiovascular risk factors.
- Exenatide improve adherence due to its weekly application.

METHODS

Descriptive, retrospective cohort study, conducted between June 2013 and June 2016, one year follow-up, 4 visits, in a specialized center. We included 39 outpatients with poorly controlled T2D, who were added to the treatment, exenatide-2mg weekly. Repeated measurements were made over time of glycated hemoglobin (A1C), baseline glycemia, weight, body mass index (BMI) and blood pressure (BP). Paired T-Test were compared, and performed generalized estimation equations and quadratic predictions with confidence intervals.

RESULTS

The mean age was 71 years. The onset of T2D was 7.6 years. Combination therapy with exenatide showed an average decrease of: A1C of 1.7% (8.9% of admission value and 7.2% at 12 months; 95% CI, 1.45-1.94, $p < 0.0001$); glycemia 106 milligrams per deciliter (95% CI, 87-125, $p < 0.00001$); Systolic BP 15.6 mmHg (95% CI 8.6-22.6, $p 0.0002$) and Diastolic BP 5.8 mmHg (95% CI, 2.8-8.7, $p 0.0002$). The largest decrease in A1C occurred between first and second visit and no serious adverse events were observed.

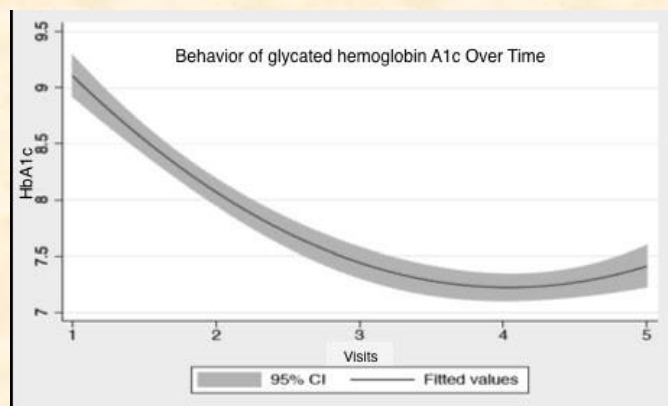


Figure 1. The behavior of HbA1c shows a decrease of 1.7% during follow-up, with greater variation in visits 1 and 2.

CONCLUSION

Exenatide is a favorable therapeutic option in diabetic patients over 60 years of age, with a favorable impact on blood pressure.