



Luchando contra la DM: perspectiva endocrinológica

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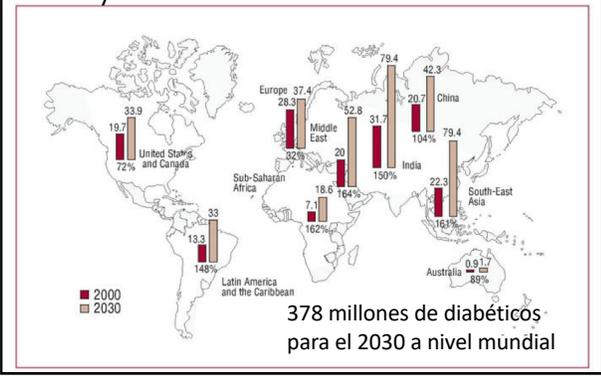
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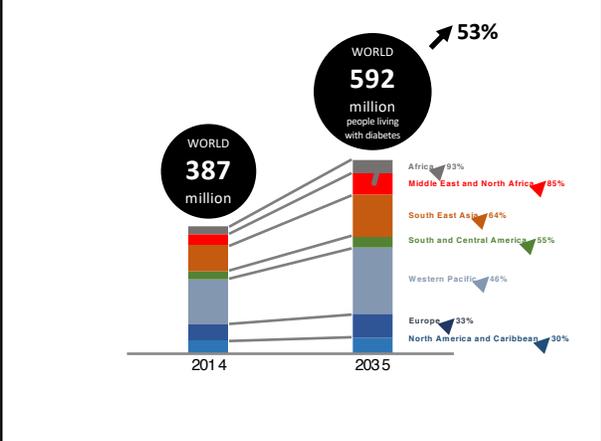
Conflictos de interés

- Conferencista: Astra Zeneca, Abbott Nutrición, Novartis Oncology, Novartis Pharma, Novo Nordisk, Merck Sharp & Dohme, Roche, Glaxo SmithKline, Sanofi Aventis, Bayer, Boehringer Ingelheim, Janssen
- Advisory Board: Novartis Oncology, Sanofi Aventis, Astra Zeneca, Novo Nordisk, Stendhal, Pfizer, Janssen
- Investigación clínica: Astra Zeneca, Novartis Oncology, Novartis Pharma Logistics Inc., Merck Sharp & Dohme, Glaxo SmithKline, Organon, Boehringer Ingelheim, Roche, Novo Nordisk

Introducción: epidemiología local

Proyecciones en el año 2000





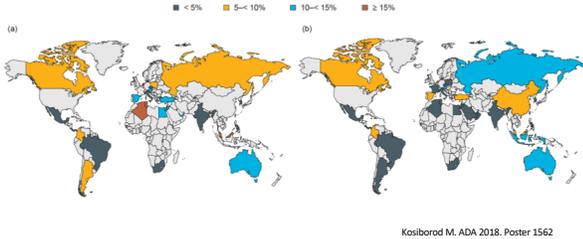
Costos para América Latina y Caribe en 2015

- Costo indirecto \$57.100.000.000
 - \$27.500.000.000 por muerte prematura
 - \$16.200.000.000 por discapacidad permanente
 - \$13.300.000.000 por discapacidad temporal
- Costo directo \$45.000.000.000 a \$66.000.000.000
 - Tratamiento complicaciones: \$26.000.000.000
 - Costo insulina: \$6-11.000.000.000
 - Antidiabéticos orales: \$4-6.000.000.000

Barcelo A. J Glob Health. 2017;7:201410

Tasa de eventos micro y macrovasculares al año

Figure 2. Proportion of patients for whom newly occurring (a) microvascular and (b) macrovascular complications were documented in the first year of follow-up, by country.



Kosiborod M. ADA 2018. Poster 1562

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Objetivos y tratamiento de dislipidemias

Risk categories

Very high-risk	<p>Subjects with any of the following:</p> <ul style="list-style-type: none"> Documented CVD, clinical or unequivocal on imaging. Documented clinical CVD includes previous AMI, ACS, coronary revascularization and other arterial revascularization procedures, stroke and TIA, aortic aneurysm and PAD. Unequivocally documented CVD on imaging includes significant plaque on coronary angiography or carotid ultrasound. It does NOT include some increase in continuous imaging parameters such as intima-media thickness of the carotid artery. DM with target organ damage such as proteinuria or with a major risk factor such as smoking or marked hypercholesterolaemia or marked hypertension. Severe CKD (GFR <30 mL/min/1.73 m²). A calculated SCORE ≥10%.
High-risk	<p>Subjects with:</p> <ul style="list-style-type: none"> Markedly elevated single risk factors, in particular cholesterol >8 mmol/L (>310 mg/dL) (e.g. in familial hypercholesterolaemia) or BP ≥180/110 mmHg. Most other people with DM (with the exception of young people with type 1 DM and without major risk factors that may be at low or moderate risk). Moderate CKD (GFR 30-59 mL/min/1.73 m²). A calculated SCORE ≥5% and <10%.
Moderate-risk	SCORE is ≥1% and <5% at 10 years. Many middleaged subjects belong to this category.
Low-risk	SCORE <1%.

Qué tienen en común las guías?

	ACC/AHA	ESC	NLA	AACE
DM sin lesión de órgano blanco		alto riesgo (LDL 100-155 mg/dl), drogas para mayoría		LDL <100 mg/dl
DM con lesión de órgano blanco		Muy alto riesgo (LDL 70-100), drogas para mayoría		LDL <70 mg/dl
DM sin otros factores de riesgo	Si ASCVD <7.5%, estatinas de intensidad moderada		LDL <100 mg/dl Colesterol no HDL <130 mg/dl	
DM con más 2 factores de riesgo	Si ASCVD >7.5%, estatinas de alta intensidad		LDL <70 mg/dl, colesterol no HDL <100 mg/dl	

Objetivos y tratamiento de HTA en DM

Metas de PA en DM

Guideline/society	Target (mmHg)	First drug class recommendation
UK NICE [18] ^a	130/80	ACEI/ARB
CHEP [21]	130/80	ACEI/ARB
WHO [22]	130/80	ACEI/ARB
IDF [23] ^b	130/80	ACEI/ARB
JSH [24]	130/80	ACEI/ARB
IGH [25]	140/80	ACEI/ARB
ESC/ESH [19]	140/85	ACEI/ARB
ADA [4] ^c	140/90	ACEI/ARB
JNC-8P [20]	140/90	ACEI/ARB
ASH/ISH [26, 27]	140/90	ACEI/ARB
AHA/ACC/ASH [26]	140/90	ACEI/ARB

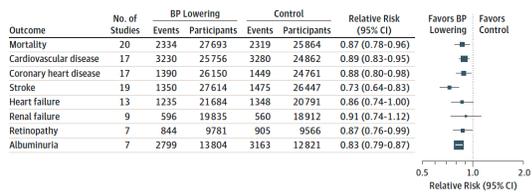
Shaikh A. Diabetes Ther. 2017;8:891

Metas en DM

Medical Society	BP Target
ADA 2018	< 140/90 mmHg
ESC/ESH Diabetes guideline 2013	< 140/85 mmHg
JNC 8 2014	< 140/90 mmHg
NICE (UK 2013)	< 140/80 mmHg, but if retinopathy, cerebrovascular disease, or microalbuminuria is present: < 130/80 mmHg

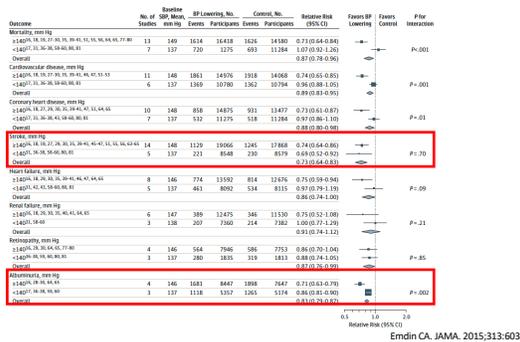
Metanálisis: reducción de PA en DM

Figure 2. Standardized Associations Between 10-mm Hg Lower Systolic BP and All-Cause Mortality, Macrovascular Outcomes, and Microvascular Outcomes in Diabetic Patients



Ermdin CA, JAMA. 2015;313:603

Reducción de eventos según PA inicial



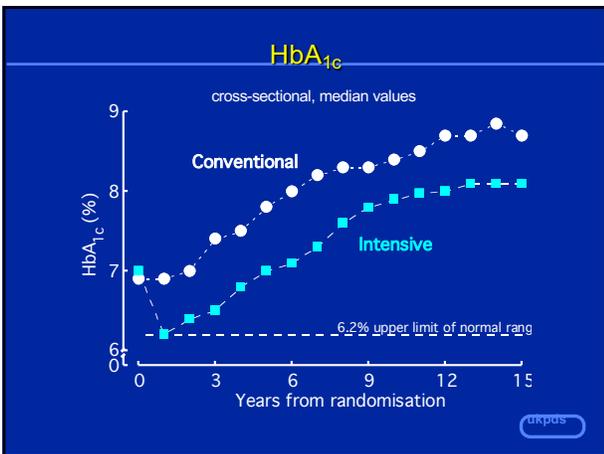
Ermdin CA, JAMA. 2015;313:603

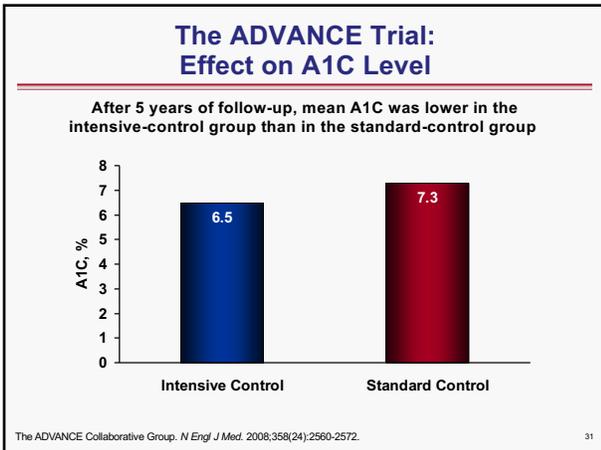
Objetivos y tratamiento de control glicémico en DM

Impact of Intensive Therapy for Diabetes: Summary of Major Clinical Trials

Study	Microvasc		CVD		Mortality	
	Initial Trial	Long Term Follow-up	Initial Trial	Long Term Follow-up	Initial Trial	Long Term Follow-up
UKPDS	↓	↓	↔	↓	↔	↓
DCCT / EDIC*	↓	↓	↔	↓	↔	↔
ACCORD	↓		↔		↑	
ADVANCE	↓		↔		↔	
VADT	↓		↔		↔	

Kendall DM, Bergstein RL. © International Diabetes Center 2009. Initial Trial
 UK Prospective Diabetes Study (UKPDS) Group. *Lancet* 1998;352:854.
 Holman RR et al. *N Engl J Med* 2008;359:977-986. DCCT Research Group. *N Engl J Med* 1993;329:977.
 Nathan DM et al. *N Engl J Med* 2005;353:2643. Gerstein HC et al. *N Engl J Med* 2008;358:2545.
 Patel A et al. *N Engl J Med* 2008;358:2560. Duckworth W et al. *N Engl J Med* 2009;360:129. (erratum:
 Moritz T. *N Engl J Med* 2009;361:1024) * in T1DM





The ADVANCE Trial: Primary Endpoints

	Intensive Control n=5571	Standard Control n=5569	Relative Risk Reduction, % (95% CI)
Combined major macrovascular and microvascular events	1009 (18.1)	1116 (20.0)	10 (2 to 18)
Major macrovascular events	557 (10.0)	590 (10.6)	6 (-6 to 16)
Nonfatal myocardial infarction	153 (2.7)	156 (2.8)	2 (-23 to 22)
Nonfatal stroke	214 (3.8)	209 (3.8)	-2 (-24 to 15)
Death from cardiovascular events	253 (4.5)	289 (5.2)	12 (-4 to 26)
Major microvascular events	526 (9.4)	605 (10.9)	14 (3 to 23)
New or worsening nephropathy	230 (4.1)	292 (5.2)	21 (7 to 34)
New or worsening retinopathy	332 (6.0)	349 (6.3)	5 (-10 to 18)

Data are n (%).
The ADVANCE Collaborative Group. N Engl J Med. 2008;358(24):2560-2572. 32

Impacto de agentes antidiabéticos

Reducción de eventos cardiovasculares/mortalidad	Neutros en eventos cardiovasculares
Empagliflozina	Insuling glargina
Canagliflozina	Insulina degludec
Liraglutide	Sitagliptina
Semaglutide	Saxagliptina (aumento de hospitalización por ICC?)
Pioglitazona	Alogliptina (aumento de hospitalización por ICC?)
Exenatide semanal	Lixisenatide

Antihyperglycemic Therapy in Adults with Type 2 Diabetes

At diagnosis, initiate lifestyle management, set A1C target, and initiate pharmacologic therapy based on A1C:

A1C is less than 9%, consider **Monotherapy**.

A1C is greater than or equal to 9%, consider **Dual Therapy**.

A1C is greater than or equal to 10%, blood glucose is greater than or equal to 300 mg/dL, or patient is markedly symptomatic, consider **Combination Injectable Therapy** (See Figure 8.2).

Monotherapy Lifestyle Management + Metformin

Initiate metformin therapy if no contraindications* (See Table 8.1)

A1C at target after 3 months of monotherapy?
Yes: - Monitor A1C every 3-6 months
No: - Assess medication-taking behavior
 - Consider Dual Therapy

Dual Therapy Lifestyle Management + Metformin + Additional Agent

ASCVD?
Yes: - Add agent proven to reduce major adverse cardiovascular events and/or cardiovascular mortality (see recommendations with * on p. 575 and Table 8.1)
No: - Add second agent after consideration of drug-specific effects and patient factors (See Table 8.1)

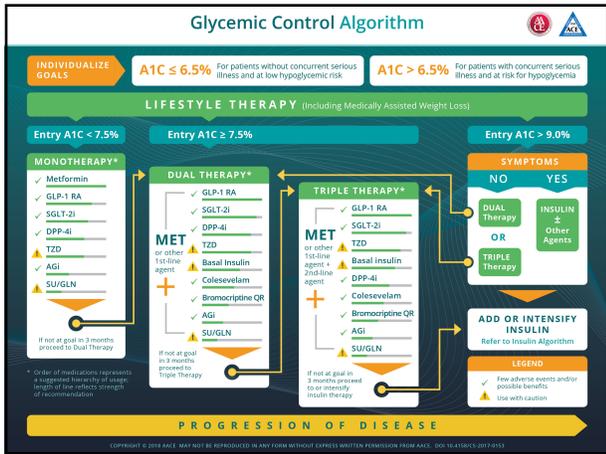
A1C at target after 3 months of dual therapy?
Yes: - Monitor A1C every 3-6 months
No: - Assess medication-taking behavior
 - Consider Triple Therapy

Triple Therapy Lifestyle Management + Metformin + Two Additional Agents

Add third agent based on drug-specific effects and patient factors* (See Table 8.1)

A1C at target after 3 months of triple therapy?
Yes: - Monitor A1C every 3-6 months
No: - Assess medication-taking behavior
 - Consider Combination Injectable Therapy (See Figure 8.2)

Combination Injectable Therapy (See Figure 8.2)



Preguntas...

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Puede descargar la presentación en:

www.EndoDrChen.com
