



Rompiendo el paradigma de la inerzia clínica: intensificación con iDPP4 en pacientes con DM-2

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Conflictos de interés

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

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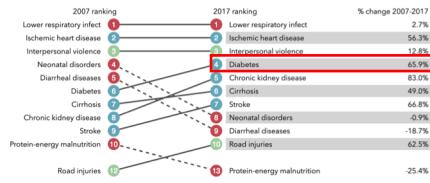
Agenda

- Epidemiología latinoamericana
- Por qué terapia combinada inicial? Pros y contras

Guatemala



What causes the most deaths?



<http://www.healthdata.org/guatemala>

Muerte prematura



What causes the most premature death?



<http://www.healthdata.org/guatemala>

Discapacidad



What health problems cause the most disability?



<http://www.healthdata.org/guatemala>

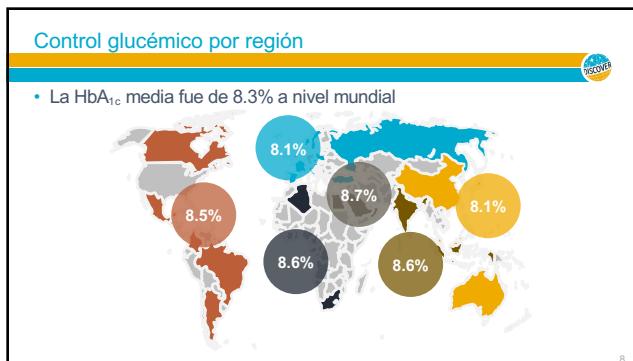
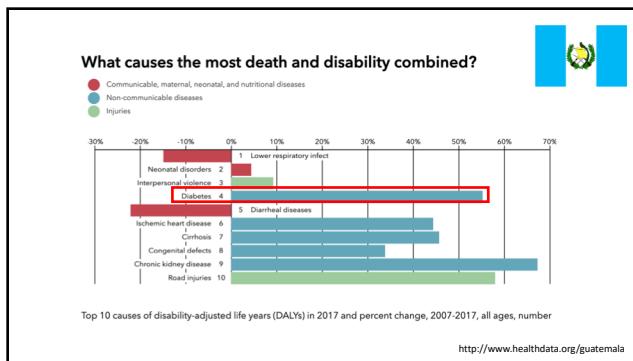


Table 1. Baseline characteristics of patients in the DISCOVER-LA study by country or region

Characteristic	Central America* (n=191) [mean ± SD**]	Mexico (n=458) [mean ± SD]	Colombia (n=200) [mean ± SD]	Argentina (n=302) [mean ± SD]	Brazil (n=444) [mean ± SD]
Males	39.3%	40.8%	51.5%	51.3%	46.8%
Age (months)	58.7 ± 12.8	56.8 ± 10.7	60.4 ± 10	59.9 ± 10.8	58.6 ± 11.5
Ethnicity					
Hispanic	88.5%	98.3%	66.8%	42.3%	6.1%
Caucasian	7.3%		8.0%	47%	67.3%
Black	0.5%		3.5%		11.9%
Mixed	3.7%		20.6%		12.6%
Tobacco use					
Smoker	1.4%	9.4%	7.1%	12.7%	8.6%
Ex-smoker	15.7%	22.3%	25.8%	24.7%	33.1%
BMI (kg/m ²)					
<25	25 (19.6%)	86 (19.0%)	49 (25.0%)	28 (10.0%)	56 (13.2%)
25 to <30	61 (40.2%)	182 (40.2%)	82 (41.8%)	88 (31.4%)	170 (40.1%)
≥ 30	71 (40.1%)	185 (40.8%)	65 (33.2%)	164 (58.6%)	198 (46.7%)
Waist circumference (cm)	99.5 ± 16.6	97.6 ± 12.6	96.5 ± 11.4	107.1 ± 14.4	102.7 ± 12.4
High blood pressure (>130/90mmHg)	69 (38.6%)	118 (26.2%)	54 (27.3%)	114 (40.7%)	238 (56.5%)

Chen-Ku CH. Endocrine Practice. 2019;25:994.

Table 2. Baseline laboratory results of patients in the DISCOVER-LA study by country or region

Characteristic	Central America* [mean ± SD**]	México [mean ± SD]	Colombia [mean ± SD]	Argentina [mean ± SD]	Brazil [mean ± SD]
Baseline HbA1c (%)	7.7 ± 1.8	8.9 ± 1.6	8.4 ± 2.1	8.8 ± 1.9	8.4 ± 1.9
<7	54 (32.7%)	14 (5.6%)	36 (20.2%)	33 (12.8%)	58 (14.4%)
7-10	95 (58.4%)	176 (70.7%)	110 (61.8%)	162 (63.0%)	279 (69.1%)
>10	14 (8.8%)	59 (23.7%)	32 (18.0%)	62 (24.1%)	67 (16.6%)
Total Cholesterol high(>180mg/dL)	50 (54.0%)	99 (50.5%)	72 (51.8%)	118 (57.3%)	139 (47.3%)
HDL low (<40M/50W)	54 (58.1%)	78 (72.9%)	82 (60.3%)	85 (49.1%)	156 (55.3%)
LDL high(>70 mg/dL)	78 (82.3%)	92 (84.4%)	70 (72.2%)	133 (89.9%)	211 (79.0%)
Triglycerides (mg/dL)	186.6 ± 131	209.8 ± 151.7	191.3 ± 136.3	180.4 ± 98.5	187.0 ± 127.1
Serum creatinine	0.9 ± 0.4	1.3 ± 2.0	1.2 ± 1.5	1.2 ± 1.4	1.0 ± 0.9

Chen-Ku CH. Endocrine Practice. 2019;25:994

Table 3. General medical condition of patients in the DISCOVER-LA study by country or region

Characteristic	Central America* [mean ± SD**]	México	Colombia	Argentina	Brazil
Time since diagnosis (months) [mean ± SD**]	78.0 ± 83.6	96.6 ± 91.9	71.9 ± 64	77.7 ± 75.9	79.2 ± 69.8
Years stayed on 1st line [mean ± SD]	6.0±6.4	7.2 ± 7.5	4.7 ± 4.6	5.4 ± 5.8	5.7 ± 4.9
Patient come to a diagnosis of diabetes					
Symptoms appeared	31.1%	64.8%	31%	21.2%	18.5%
Routine monitoring	60.3%	31.4%	60.5%	68.9%	76.6%
Referred by another physician *	8.7%	3.7%	8.5%	9.9%	5.0%
Any macrovascular disease	9.6%	13.5%	17%	13.2%	15.3%
Hypertension	59.8%	46.3%	52%	57.3%	63.7%
Hyperlipidemia	38.8%	40.6%	48.5%	43%	55.9%

Chen-Ku CH. Endocrine Practice. 2019;25:994

Table 5. Reason for changing First Line Therapy in the DISCOVER-LA study by country or region

Reasons for change of first line:	Central America* %	México %	Colombia %	Argentina %	Brazil %
Lack of efficacy	66.7%	92.1%	84.5%	91.1%	90.3%
Hypoglycemic event	2.3%	0.9%	2.5%	1.0%	0.5%
Weight gain	5.9%	3.9%	7.0%	4.3%	11.7%
Side effect	17.8%	4.6%	5.0%	3.3%	7.7%
Affordability	1.4%	4.6%	4.0%	2.3%	5.4%
Reasons for choosing second line					
Efficacy	43.8%	52%	65.5%	58.6%	48.4%
Tolerability	26.5%	21.2%	16%	14.2%	32.4%
Weight	33.3%	15.9%	12.5%	16.9%	29.7%
Hypoglycemia	17.4%	16.2%	13%	19.2%	30.4%
Patient request	0.5%	0.7%	3.5%	0.7%	3.6%
Convenience	10.5%	20.3%	10%	8.3%	25.2%
Access	10.5%	7.4%	16%	14.2%	16%
cost	4.1%	17.5%	2.5%	13.2%	27%

Chen-Ku CH. Endocrine Practice. 2019;25:994

Table 6. Diabetes Treatment: Second Line Therapy in the DISCOVER-LA study by country or region					
Second line therapy	Central America*	Mexico	Colombia	Argentina	Brazil
Met mono	2.7%	5.2%	4.0%	1.7%	4.3%
SU mono	1.8%	8.5%	11.5%	7.3%	13.7%
DPP4 mono	13.7%	2.8%	9.0%	16.6%	6.1%
SGLT mono	13.7%	1.3%	6.0%	4.6%	3.8%
Met + SU	4.1%	36.7%	7.5%	23.8%	29.1%
Met + DPP4	36.1%	16.2%	22%	22.5%	16.7%
Met + SGLT	7.8%	4.4%	1.0%	1.7%	16.4%
SU + TZD	0.5%	3.1%	7.0%	6.0%	0.5%
Insulin	0.5%	10.9%	19.5%	6.6%	2.0%
Antihypertensive drugs	61.2%	46.7%	53.5%	57%	62.2%
Lipid lowering drugs	47%	45.4%	52%	41.4%	48%
Antiplatelet drugs	15.1%	24.9%	34.5%	23.2%	19.6%

Chen-Ku CH. Endocrine Practice. 2019;25:984

Rompiendo la inercia... con terapia combinada desde un inicio

Introducción

- La mayoría de las guías recomiendan iniciar con terapia combinada si Hba1c >8.5% ó >2% sobre las metas
 - Esto con el fin de lograr control glicémico
 - No basados en desenlaces
- Donde es más controversial es si en un paciente con Hba1c ligeramente alto, p.e. 6.5-7.5%, vale la pena iniciar con terapia combinada?

Terapia combinada inicial

- Pros
 - Mayor reducción de Hba1c
 - 2 medicamentos en una combinación fija
 - Mayor tiempo antes de falla terapéutica?
 - Impacto en complicaciones?
 - Mayor adherencia?
 - Menos efectos adversos?
- Contras
 - Dar 2 medicamentos
 - Costo?
 - Bajar más Hba1c desde un inicio... Tiene impacto en desenlaces duros?
 - Adherencia?
 - Eventos adversos de 2 fármacos

Vamos a tratar de hacer
un análisis crítico

Control glicémico temprano: impacto en desenlaces

Reducir Hba1c a menos de 6.5%.. Reducción de lesión de órgano blanco?

Numerically larger HbA1c difference with insulin glargine vs standard care in those with baseline HbA1c $\geq 6.4\%$

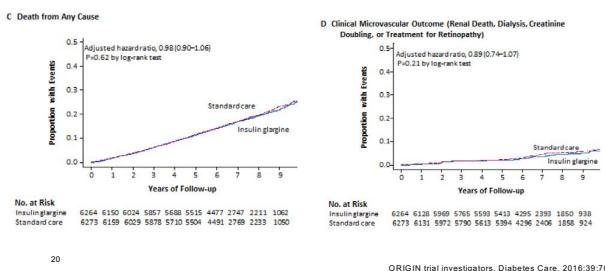
- In participants with baseline HbA1c $\geq 6.4\%$, the median HbA1c difference was 0.33% with insulin glargine vs standard care ($P<0.00001$)
- In participants with baseline HbA1c $<6.4\%$, the median HbA1c difference was 0.22% with insulin glargine vs standard care ($P<0.00001$)

	HR for microvascular outcome (95% CI)	Median (IQR) HbA1c difference post-randomisation, %		Median HbA1c difference between groups, %
		Insulin glargine	Standard care	
HbA1c <6.4%	1.07 (0.95 to 1.20)	+0.06 (-0.21; +0.40)	+0.27 (-0.02; +0.64)	-0.22; $P<0.0001$
HbA1c $\geq 6.4\%$	0.90 (0.81 to 0.99)	-0.65 (-0.16; -0.91)	-0.33 (-0.83; +0.13)	-0.33; $P<0.0001$

ORIGIN trial investigators. Diabetes Care. 2016;39:709

ORIGINALE Trial

Results (5) – Glargine: Outcome events over time



Impacto en reducción de Hba1c y riesgo cardiovascular

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

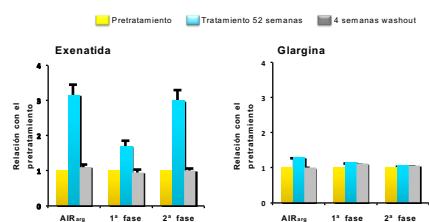
Study	Microvasc	CVD	Mortality
UKPDS	↓	↔	↔ ↓ ↔
DCCT / EDIC*	↓ ↓	↔ ↓	↔ ↔
ACCORD	↓	↔	↑
ADVANCE	↓	↔	↔
VADT	↓	↔	↔

Source: UKPDS Group and NIDDK International Diabetes Center, 2009
 UK Prospective Diabetes Study (UKPDS) Group. *Lancet* 1998;352:884.
 Holman RR et al. *N Engl J Med* 2008;359:1577. DCCT Research Group. *N Engl J Med* 1993;329:977.
 National DMD and NIDDK. *N Engl J Med* 2008;359:2843. Gerstein HC, et al. *N Engl J Med* 2008;358:2245.
 Paul A, et al. *N Engl J Med* 2008;358:2252. Deuckwirth W, et al. *N Engl J Med* 2009;361:129. (erratum:
 Moerz T. *N Engl J Med* 2009;361:1024)

Initial Trial Long Term Follow-up
 * in T1DM

Preservación de células beta

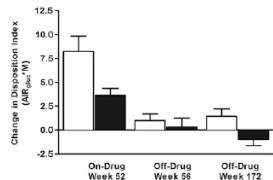
Tratamiento con exenatide y función célula β



Bunck, et al. *Diabetes Care* 2009; 32:762-768

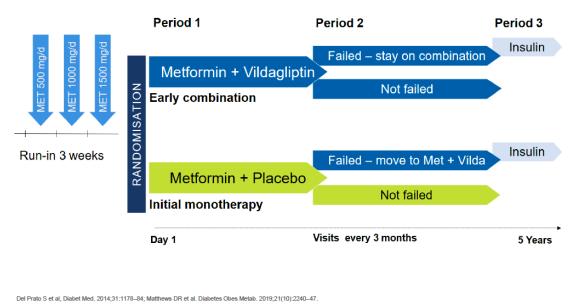
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Exenatide 3 años y función células beta



Burck, et al. Diabetes Care 2011; 34:2071

VERIFY study design



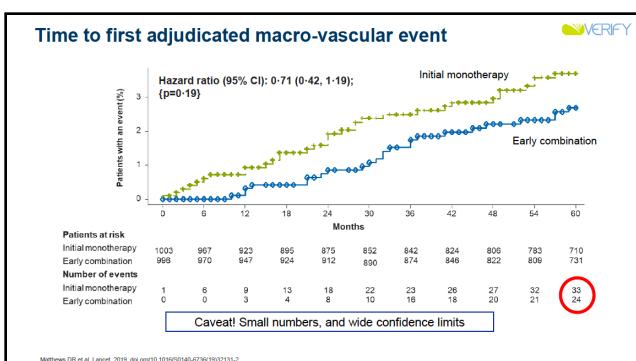
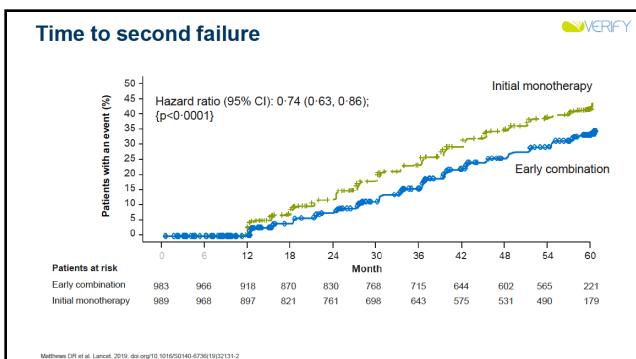
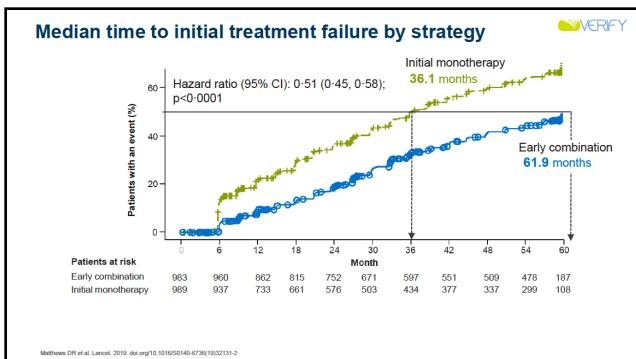
Del Prado S et al. Diabet Med. 2014;31:1178–84; Matthews DR et al. Diabetes Care. 2019;21(10):2240–47.

Baseline characteristics

Variable	Early combination N=998	Initial monotherapy N=1003
Women	55%	51%
Age	54.1 (9.5)	54.6 (9.2)
T2DM duration, months*	3.3 (1.0–9.8)	3.4 (0.9–10.4)
HbA1c, %	6.7 (0.4)	6.7 (0.5)
FPG (mmol/L)*	6.9 (6.1–7.8)	6.9 (6.2–7.9)
BMI (kg/m ²)	31.2 (4.8)	31.0 (4.7)
Weight (kg)*	85.0 (72.8–97.3)	84.0 (72.0–97.0)
Baseline eGFR (MDRD), mL/min/1.73m ²		
Normal (≥90)	43.3%	44.3%
Current smoker	15.4%	13.6%

Data is presented as mean (SD), unless specified. *Median (IQR). The baseline demographics and clinical characteristics were similar between the treatment arms.

Matthews DR et al. Lancet. 2019; doi.org/10.1016/S0140-6736(19)32131-2



Beneficios de terapia combinada temprana

- Menos inercia clínica
- Menos posibilidad de falla terapéutica
- Mayor tiempo antes de agregar otro agente terapéutico
- Memoria metabólico y posible impacto cardiovascular a largo plazo
- En combinación fija, facilita adherencia por parte de paciente

Diferencias con el mundo real

- Usualmente hay un retardo en la intensificación
 - P.e. no muchos van a intensificar con Hba1c en 7.1-7.2% a pesar de que saben que hay que hacerlo
 - En estudios clínicos, por protocolo, hay que hacerlo
 - Esto expondría a los pacientes aún más a glucotoxicidad
- Tenemos estudios de la “vida real” para apoyar estas nociones?

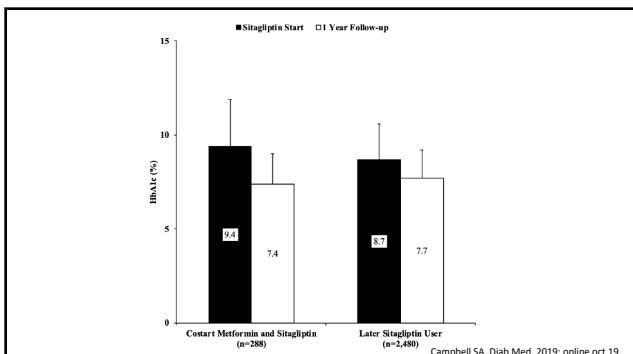
Estudio de la vida real

- Canadá
- Metformin + sitagliptina combinado inicial (n = 1153) vs metformin + sitagliptina de forma secuencial (n = 7611)
- Desenlace primario: necesidad de uso de insulina
 - Combinado inicial: 15%
 - Combinado secuencial: 19.1%
 - OR 0.75 (0.63-0.89, p<0.01), ajustado 0.76 (0.64-0.90, p<0.01)
- Análisis sensibilidad:
 - Cuando se compara con terapia combinada con metformin + SU, más pacientes de éste grupo requirieron insulina

Campbell SA. Diab Med. 2019; online oct 19.

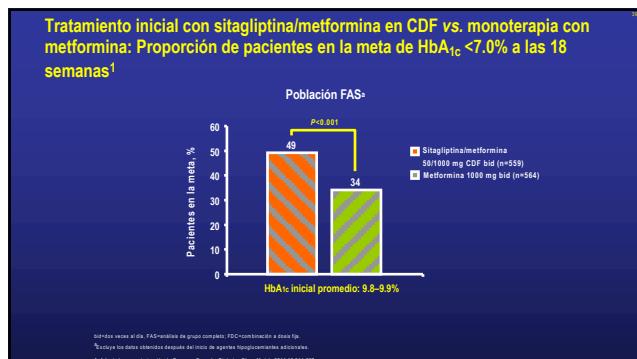
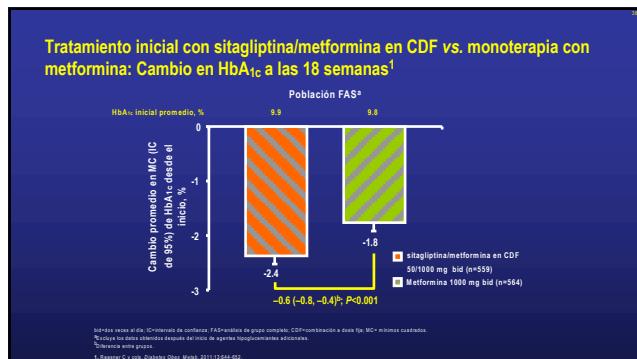
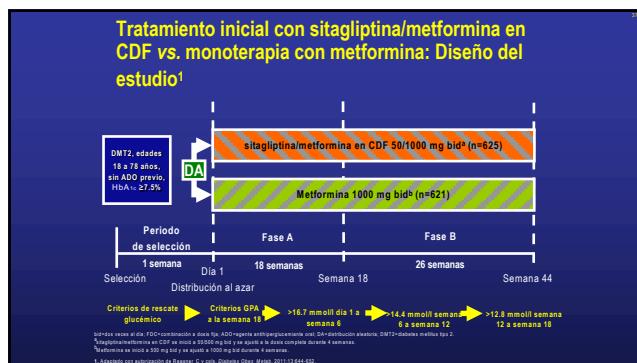
	Costart <i>n</i> = 1153	Later start <i>n</i> = 7611	Total <i>n</i> = 8764	Standardized difference	<i>P</i> *
<hr/>					
Age, years	51.2 (10.8)	52.2 (11.1)	52.1 (11.1)	9	<0.01
Men, <i>n</i> (%)	843 (73.1)	4822 (63.4)	5665 (64.6)	21	<0.01
HbA _{1c} at metformin initiation					
mmol/mol	79	79	79	2	0.61
%	9.4 (2.4)	9.4 (2.4)	9.4 (2.4)		
Elixhauser chronic conditions	3.1 (2.0)	3.2 (1.9)	3.2 (1.9)	3	0.32
Hypertension, <i>n</i> (%)	591 (51.4)	3913 (51.4)	4504 (51.4)	<1	0.92
Heart failure, <i>n</i> (%)	30 (2.6)	241 (3.2)	271 (3.1)	3	0.30
Obesity, <i>n</i> (%)	260 (22.6)	1568 (20.6)	1828 (20.9)	5	0.13
Cancer, <i>n</i> (%)	52 (4.5)	337 (4.4)	389 (4.4)	<1	0.90
Hypothyroidism, <i>n</i> (%)	63 (5.6)	528 (6.9)	592 (6.8)	6	0.08

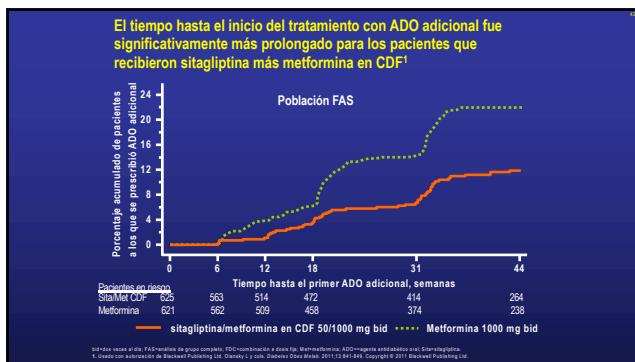
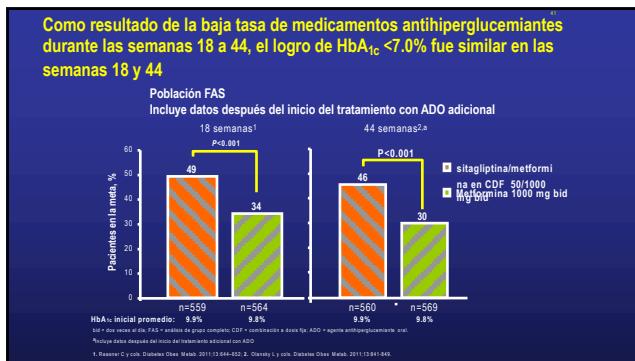
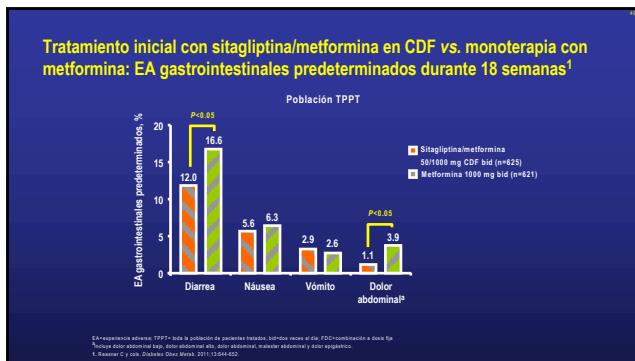
Campbell SA. Diab Med. 2019; online oct 19.

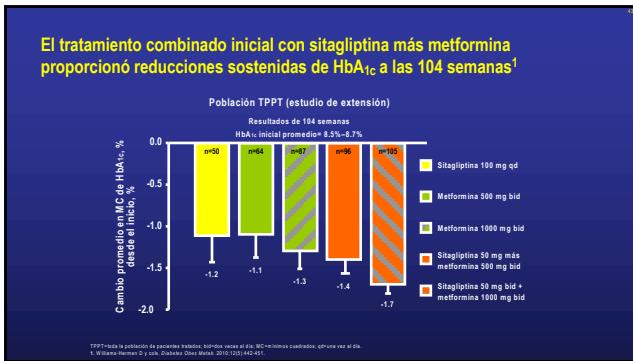


Campbell SA. Diab Med. 2019; online oct 19.

Qué nos dicen los RCT sobre terapia combinada y efectividad?



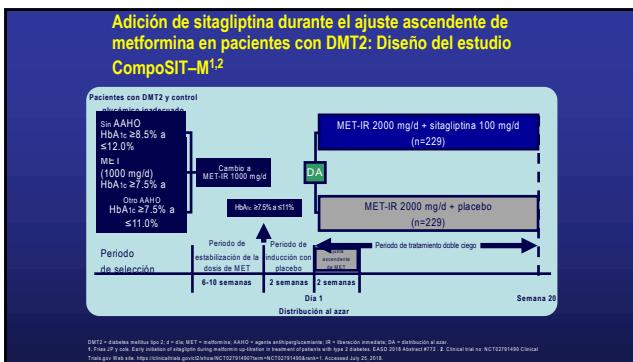


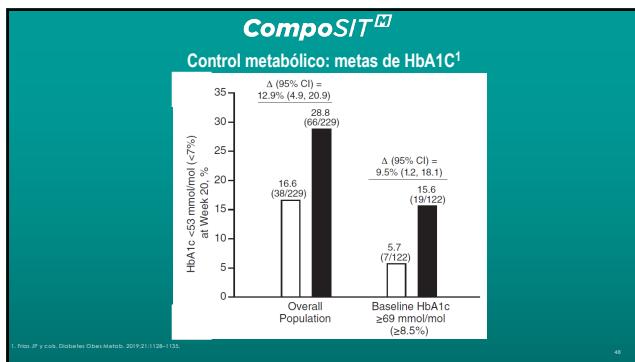
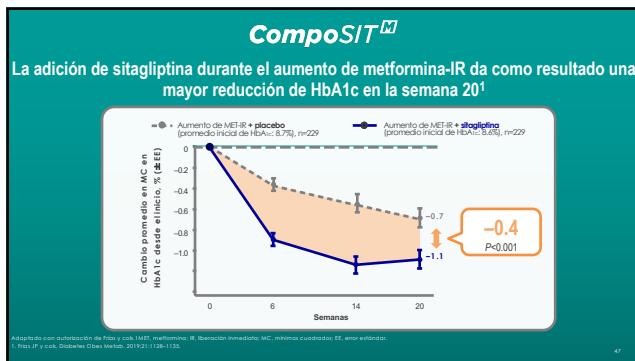
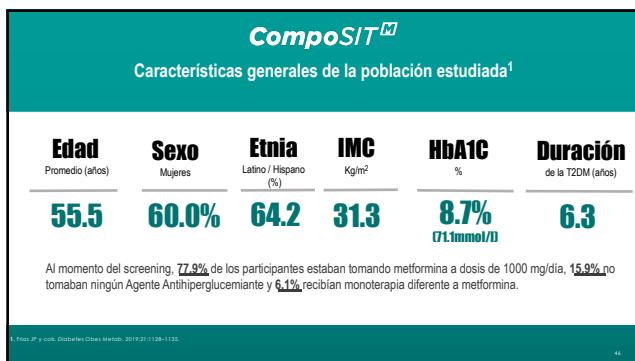


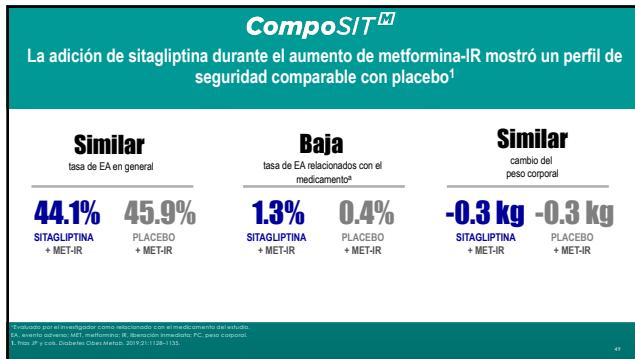
El perfil de EA del tratamiento con sitagliptina más metformina fue similar al de cualquiera de los agentes solos durante 104 semanas^{1,a}

EA	Sitagliptin 100 mg qd (n=179)	Metformin 500 mg bid (n=162)	Metformin 1000 mg bid (n=182)	Sitagliptin 50 mg + metformin 500 mg bid (n=190)	Sitagliptin 50 mg bid + metformin 1000 mg bid (n=182)
Uno o más EA	108 (60)	117 (64)	135 (74)	135 (71)	137 (75)
EA relacionadas con el medicamento	17 (10)	27 (15)	35 (19)	33 (17)	37 (20)
EA serios	13 (7)	7 (4)	9 (5)	12 (6)	11 (6)
Suspendidos debido a EA	5 (3)	8 (4)	7 (4)	6 (3)	4 (2)
Suspendidos debido a EA serios	4 (2)	5 (3)	1 (1)	1 (1)	0 (0)
Muertes	0 (0)	1 (1)	0 (0)	1 (1)	1 (1)

a. Excluyendo adversas reacciones graves y fatales. qd = una vez al día.
b. Los resultados incluyen todos los pacientes distribuidos al azar que tomaron por lo menos 1 dosis del medicamento del estudio.
1. Alzogre con autorización de Williams-Herman S y cols. Diabetes Obes Metab. 2010;12(5):442-451.







Lo podemos generalizar?

Consideraciones

- Definitivamente no lo podemos extrapolar a pacientes que tengan más tiempo de evolución de DM porque ha tenido mayor caída de células beta... puede ser que ya sea muy tarde
- Por lo menos a nivel privado, muchas veces el costo de metformin vs metformin + IDPP4 en combinación fija no es muy diferente
- Tiene la ventaja de ser muy bien tolerado, por lo que los efectos adversos no serían consideración
 - SU: mayor riesgo de hipoglicemias al bajar más HbA1c?
 - iSGLT2: infecciones genitales vs pérdida peso? Tendrá alguna ventaja la pérdida de peso?
 - aGLP1: náuseas vs pérdida de peso? Precio?

Conclusiones

Terapia combinada inicial

- | | |
|--|---|
| <ul style="list-style-type: none"> • Pros ✓ • Mayor reducción de Hba1c ✓ • 2 medicamentos en una combinación fija ✓ • Mayor tiempo antes de falla terapéutica? ? • Impacto en complicaciones? ? • Mayor adherencia? ✓ • Menos efectos adversos? | <ul style="list-style-type: none"> • Contras X • Dar 2 medicamentos X • Costo? ? • Bajar más Hba1c desde un inicio... Tiene impacto en desenlaces duros? ? • Adherencia? X • Eventos adversos de 2 fármacos |
|--|---|

Preguntas...

chenku2409@gmail.com

Puede descargar la presentación en:



www.EndoDrChen.com
