Diabetes care – a clinician’s point of view

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  – Private office as **internal medicine/diabetes specialist**

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  – Representing Eli Lilly and Co in RHAPSODY
Agenda

• Caring for patients with diabetes:
  – In the past
  – Today
  – In the future
Diabetes 1990`s: treatment options

- sulfonylureas
- metformin
- insulin
Diabetes 2021: treatment options

- hybrid closed loop
- insulin pumps
- SU/sulfonylureas
- NPH insulin
- glinides
- DPP IV-inhibitors

- pioglitazone
- acarbose
- SGLT 2-inhibitors
- metformin
- GLP 1-receptor agonist
- GLP-1/RA/basal

- ultra-rapid insulin
- prandial insulin
- basal insulin
- bariatric surgery

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Caring for patients with type 2 diabetes:
Tremendous progress (but still formidable challenges)

- Over the past 15 years, a number of new drugs have been developed and approved for clinical use.

- These drugs have been tested in clinical trials and shown substantial benefits - typically based on a comparison of the average treatment effect.
Although mean values (seem to) paint a clear picture the individual response may vary substantially.

Average $\Delta$ was 2.7kg

Mac Cornell et al. ADA Poster session 2012
Caring for patients with type 2 diabetes: Tremendous progress but still formidable challenges

• An individual’s response to any given (pharmacological) intervention is largely unknown and difficult to predict

• Therefore, in the clinic, we typically use “clinical judgement” (based on our knowledge of the evidence, guidelines and own clinical experience) to make specific treatment recommendations/decisions

• Will treatment guidelines improve clinical decision making?
  – Yes, but ...
EASD/ADA Guidelines to treat diabetes
Example: First injectable (GLP-1 agonist or insulin)

Consensus recommendation

- In patients who need the greater glucose-lowering effect of an injectable medication, GLP-1 receptor agonists are the preferred choice to insulin. For patients with extreme and symptomatic hyperglycemia, insulin is recommended.
EASD/ADA Consensus to treat diabetes

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Caring for patients with type 2 diabetes: 2021 and beyond

• **Better diagnosis of diabetes** - from type 1 or 2 to type XYZ/ subtypes - based on:
  – Clinical features /phenotype
  – Genes/genotype
  – Lab measurements/biomarkers

• Better diagnosis should yield precise information about
  – *Treatment response to pharmacotherapy*  
    • Which drug / combination of drugs should I give?
  – *Clinical course / progression of the disease*
  – Risk of complications / co-morbidities
    • How aggressively do I need to treat (eg HbA1c tx target)?
Caring for patients with type 2 diabetes: 2021 and beyond

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