

12th European Diabetes Congress

September 15-17, 2016 Berlin, Germany

The clinical effect of dapagliflozin in poorly controlled Korean type 2 diabetics with obesity: Retrospective analysis in a real practice setting

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A limitation with randomized controlled trials is that, while they provide unbiased evidence of the efficacy of interventions, they do so under unreal conditions and in a very limited and highly selected patient population. Our aim was to provide data about the effectiveness of dapagliflozin treatment in a real-world and clinical practice setting. In a retrospective and observational study, data from 210 patients (mean age : 53 ± 9 yr, male 47%) with a minimum 6 months of dapagliflozin therapy were analyzed, who visited Huh's Diabetes Center from Jan. 2015 to Dec. 2015. Mean baseline glycated hemoglobin (HbA1c) was $8.4 \pm 1.2\%$ and mean body mass index (BMI) was 28.3 ± 3.3 kg/m². After 6 months of treatment with dapagliflozin, we observed a change in HbA1c of $-1.2 \pm 0.9\%$, -2.9 ± 2.4 kg in weight and -1.1 ± 0.9 kg/m² in BMI ($p < 0.001$ for all). Compared to baseline, there was a significant reduction in systolic blood pressure (-7.4 mmHg, $p < 0.001$), LDL cholesterol (-5.7 mg/dl, $p = 0.005$) and triglycerides (-24.3 mg/dl, $p < 0.001$). In patients treated with dapagliflozin as an add-on therapy, a decrease of -1.4% in HbA1c ($p < 0.001$) and a weight reduction of -2.8 kg ($p < 0.001$) were observed. In patients switched from other anti-diabetic drug, dapagliflozin induced a decrease of -1.1% in HbA1c ($p < 0.001$) and a reduction in weight (-2.9 kg, $p < 0.001$). Our study confirms the effectiveness of dapagliflozin in a clinical practice setting.

Biography

Kap Bum Huh, MD, PhD is a Chief Director of Huh's Diabetes Center and 21st Century Diabetes and Vascular Research Institute. He served for more than 30 years as a Physician, Professor, and Primary Investigator in the Department of Endocrinology and Metabolism, Yonsei University College of Medicine. During his tenure, he served as Dean of the Medical School at Yonsei University, Head of Diabetes Center at Severance Hospital, and President's Doctor in Korea. He authored the book, "*Tailored Therapies of Korean Diabetes*" and "*Metabolic Syndrome*" in addition to many scientific and public policy articles.

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