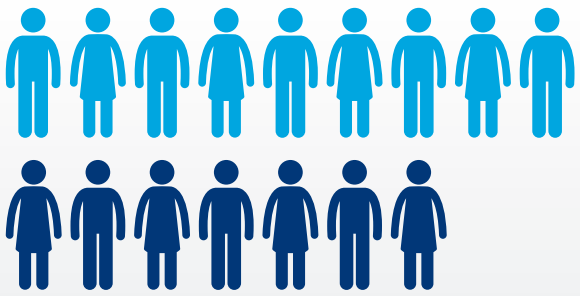
Why combine basal insulin and a GLP-1 RA

More than half of people with type 2 diabetes (T2D) on basal insulin **do not achieve the blood glucose targets** set by their doctor **(HbA_{1c}* ≤7.0%)**, and are at an increased risk of developing complications[1–4]



It's important to control blood glucose levels long-term

If **blood glucose** in people with T2D remains **too high** or drops **too low** for periods of time, it can lead to disabling and life-threatening health complications, such as:[1]

Blindness

Kidney failure

Amputations

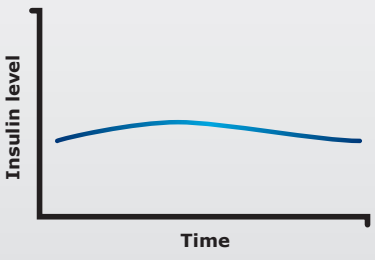
Treating type 2 diabetes

T2D is a complex, **multi-organ disease** with many treatment options available[5–8]

2 commonly used treatments after oral antidiabetic (OAD) therapy to help control blood glucose levels are:[6–8]

Basal insulin

Controls blood glucose levels in between meals (fasting glycaemic control)



Glucagon-like peptide-1 receptor agonist
(GLP-1 RA)

Controls blood glucose levels during and in-between meals (postprandial and fasting glycaemic control)

Potential benefits of combining a basal insulin and a GLP-1 RA

Improves blood glucose levels overall[5]

May lower risk of hypoglycaemia compared to insulin intensification[9‡]

Lowers insulin-associated weight gain or even results in weight loss[6]

*HbA_{1c} *is a test that shows a person's average level of blood glucose for the previous 2–3 months. It is a common test used to monitor long-term diabetes control.*[10]

‡ *Addition of mealtime insulin.*

1. International Diabetes Federation. 2013. Available at: http://www.idf.org/diabetesatlas (Last accessed: 17 February 2014). **2.** Blak BT, *et al. Diabet Med* 2012; 29:e191–e198. **3.** Dale J *et al. Prim Care Diabetes* 2010;4:85-9. **4.** Giugliano D *et al. Diabetes Care* 2011;34:510–517. **5.** Hirsch IB, *et al. Diabetes Obes Metab* 2014; 16:206–214. **6.** Inzucchi SE, *et al. Diabetologia* 2012; 55:1577–1596. **7.** Garber AJ, *et al. Endocr Pract* 2013; 19:327–336. **8.** International Diabetes Federation. 2014. Available at: https://www.idf.org/treatment- algorithm-people-type-2-diabetes (Last accessed: 17 February 2014). **9.** Mathieu C, *et al. Diabetes Obes Metab* 2014. Available from: http://onlinelibrary.wiley.com/doi/10.1111/dom.12262/abstract (Last accessed: 28 April 2014). **10.** MedlinePlus. Available from: http:// www.nlm.nih.gov/medlineplus/ency/article/003640.htm (Last accessed 21 January 2014).

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