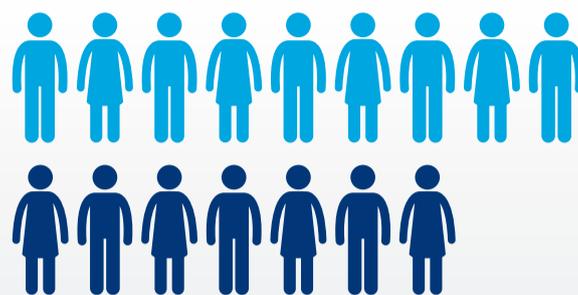


# Why combine basal insulin and a GLP-1 RA

**More than half** of people with type 2 diabetes (T2D) on basal insulin do not achieve the blood glucose targets set by their doctor ( $HbA_{1c}^* \leq 7.0\%$ ), and are at an increased risk of developing complications<sup>1-4</sup>



## 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:<sup>1</sup>

Blindness



Kidney failure



Amputations



## Treating type 2 diabetes

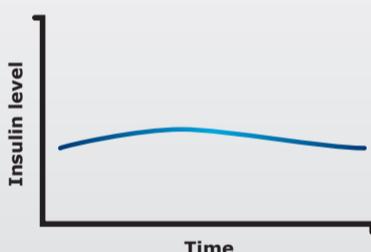
T2D is a complex, multi-organ disease with many treatment options available<sup>5-8</sup>



2 commonly used treatments after oral antidiabetic (OAD) therapy to help control blood glucose levels are:<sup>6-8</sup>

### 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<sup>5</sup>



May lower risk of hypoglycaemia compared to insulin intensification<sup>9†</sup>



Lowers insulin-associated weight gain or even results in weight loss<sup>6</sup>



\* $HbA_{1c}$  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.<sup>10</sup>

† Addition of mealtime insulin.

This material is intended for medical non-UK media only. For journalistic assessment and preparation before publication.

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).