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P-063 - LIRAGLUTIDE VS. LIXISENATIDE: DIFFERENT CONTINUOUS GLUCOSE MONITORING EFFECTS

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Resumen

Objectives: To analyze effects of glucagon-like peptide 1 (GLP-1) receptor agonist (Liraglutide or Lixisenatide) in different continuous glucose monitoring (CGM) variables in obese type 2 diabetes mellitus (T2DM) patients.

Material and methods: Patient were assigned through free medical decision to be treated with Liraglutide or Lixisenatide during 24 weeks. Basal and final retrospective CGM datas were obtained from CGMS Gold (Medtronic Inc.).

Results: One-hundred patients were enrolled and treated with Liraglutide (50) or Lixisenatide (50). Mean age was 56.4 yr. (range 29-74 yr.), T2DM duration of 8.7 ± 6.9 yr. and body mass index of 38.2 ± 5.9 Kg/m^2. Both treatment groups showed similar reduction of glycated haemoglobin A1c (HbA_{1c}) and body weight. Only Liraglutide patients experimented a reduction in high glucose excursion frequency (-4.5 events/retrospective CGM; 95%CI -8.6, -0.5; p = 0.03) and area under the curve (AUC) > 180 mg/dL (-31.4 mg/dL/day; 95%CI -52.1, -10.7; p = 0.005). Nevertheless, Lixisenatide group showed a reduction in the AUC < 70 mg/dL (DMC -0.1 mg/dL/day; 95%CI -0.3, -0.1; p = 0.033).

Conclusions: GLP-1 receptor agonists, Liraglutide and Lixisenatide, produced different glycemic effects registered through CGM system despite major classic clinical results (HbA1c and weight).