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The era of combined basal insulin and GLP1 receptor agonist in the treatment of type 2 diabetes mellitus

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The present review, basal insulin is a highly effective treatment in reducing fasting blood glucose, but it is associated with considerable risk of hypoglycemia and weight gain. Glucagon like peptide 1 receptor agonists (GLP-1 RAs) is also effective in terms of glycemic control and associated with weight loss and low risk of hypoglycemia. The potential benefits of combining GLP-1RAs with basal insulin are contemplated in the current position statement of both the American Diabetes Association (ADA) and the American Association of Clinical

Endocrinologists (AACE). The add-on of short acting insulin to an existing basal insulin therapy enabled similar HbA1c reductions to the add-on of a GLP-1 RA, but simultaneously increased the number of episodes of hypoglycaemia and might lead to more unfavourable body weight developments. A fixed combination of basal and GLP1 agonist showed an effective and rather steady blood glucose reduction in a 24-hour interval vs. basal insulin or GLP-1 RA alone.

Biography

Ihab El tayeb has completed his Master degree from Faculty of medicine Ain Shamus University in the year 2000 and his doctorate degree from faculty of medicine Al azhar University, Egypt 2007. He is currently a consultant of endocrinology, Prime Hospital Dubai. He has published more than 20 papers in reputed national and international journals.

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