EFFECT OF INSULIN TREATMENT INTENSIFICATION WITH INSULIN GLULISINE ADDED TO INSULIN GLARGINE IN TYPE 2 DIABETES PATIENTS IN ROMANIA

Cristian GUJA¹,², Sorin IOACĂRĂ²,³, Doina CATRINOIU⁴, Gabriela NEGRİŞANU⁵, Amorin POPA⁶ for the IMPACT Study Group
¹“Prof. N. C. Paulescu” National Institute of Diabetes, Nutrition and Metabolic Diseases, Bucharest, Romania
²“Carol Davila” University of Medicine and Pharmacy, Bucharest, Romania
³Department of Endocrinology, Diabetes and Metabolic Diseases “Elias” Emergency University Hospital
⁴Diabetes Clinic, Emergency Clinical County Hospital, Constanţa, Romania
⁵“Victor Babes” University of Medicine and Pharmacy, Timişoara, Romania
⁶Diabetes and Internal Medicine Clinic, Emergency Clinical County Hospital, Oradea, Romania

Abstract: We aimed to assess in real life setting the effect on glycemic control in T2DM patients of insulin treatment intensification according to the 2008 ADA/EASD algorithm, using insulin glulisine on top of insulin glargine. We analyzed 1707 adult T2DM patients treated with glargine and glulisine for 6±1 months. Insulin glulisine was added if HBA1C>7%. Comparison between quantitative variables was made with the Student t test or Fisher exact test using the SPSS v21 software. HBA1C decreased significantly with 1.55% (p<0.001) while mean FBG decreased to 119.2 mg%. Overall 42.6% of patients reached the HBA1C target<7%. Mean number of documented hypoglycemic episodes (glycaemia<72 mg/dl) was 0.79/patient. In 1235 patients (72.3%) no hypoglycemic episodes have been registered. In conclusion our data suggest the efficacy and safety of treatment intensification with insulin glulisine in T2DM patients not controlled with glargine basal insulin combined with oral drugs.

Keywords: diabetes, insulin treatment, insulin glargine, insulin glulisine real-life clinical practice