

Where do Gliptins (DPP-IV inhibitors) fit in the management of type 2 diabetes?

With the advent of newer therapies for the treatment of type 2 diabetes that offer cardiovascular / renal benefit as well as glucose lowering, the position of the Gliptin class has become less clear.

Advantages of Gliptins

- well tolerated
- minimal risk of hypoglycaemia [1]
- weight-neutral / associated with reductions in body weight
- CV safety - neutral effect on CV death, MI, CVE and hospitalisation for heart failure [2], **apart from Saxagliptin** (avoid due to increased risk of hospitalisation from heart failure)
- Renal safety – safe at appropriate dose
- frail elderly - efficacy and safety profile similar to that seen in younger adults [3]

Who would benefit from a gliptin? - frail (especially frail elderly) people with type 2 diabetes

1. Buse JB, Wexler DJ, Tsapas A, et al. 2019 Update to: management of hyperglycemia in type 2 diabetes, Diabetes Ther (2021) 12:1227–1247 1245 2018. A consensus report by the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD). Diabetes Care. 2018;2020(43):487–93.
2. Sinha B, Ghosal S. Meta-analyses of the effects of DPP-4 inhibitors, SGLT2 inhibitors and GLP1 receptor analogues on cardiovascular death, myocardial infarction, stroke and hospitalization for heart failure. Diabetes Res Clin Pract. 2019;150:8–16.
3. Strain WD, Lukashevich V, Kothny W, Hoellinger MJ, Palda'nius PM. Individualised treatment targets for elderly patients with type 2 diabetes using vildagliptin add-on or lone therapy (INTERVAL): a 24 week, randomised, double-blind, placebo-controlled study. Lancet. 2013;382:409–16.