2016

Impact of Increasing GLP-1 on Markers of Inflammation, Glucose Control and Cardiovascular Risk Factors in Patients With Type 2 Diabetes

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Recommended Citation
Sandstedt, Kristina, "Impact of Increasing GLP-1 on Markers of Inflammation, Glucose Control and Cardiovascular Risk Factors in Patients With Type 2 Diabetes" (2016). Physician Assistant Scholarly Project Posters. 86.
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Applicability to Clinical Practice

- The findings of this research project are applicable to several areas of clinical practice. The literature supports the anti-inflammatory effect of both DPP-IV inhibitors and GLP-1. While these pharmacologic therapies have been on the market for over a decade, their utilization is not maximized.

- Given the minimal risk of hypoglycemia associated with both DPP-IV inhibitors and GLP-1 analogs, as well as their impact on HbA1c reduction, it seems most appropriate for practitioners to be aware of these medications for their potential benefits. The GLP-1 analogs may be more appropriate for patients with type 2 diabetes to achieve better glycemic control and reduce their risk of cardiovascular disease.

- Clinicians will be assisting patients with not only managing their diabetes but also cardiovascular risk factors. Lifestyle modification, alongside pharmacologic therapy, should remain part of the treatment plan.

- Physicians should work with patients to enhance management of comorbidities associated with diabetes, especially cardiovascular disease. It seems reasonable to select diabetes medications that will target both chronic diseases. There are oral medications that are available on the market that have combined DPP-IV inhibitors with metformin.

- Clinicians need to be current and relevant in both medical and pharmacologic knowledge, which impacts their prescribing habits and quality of patient care.

References


Acknowledgements

The author expresses sincere appreciation to both Terri Wold and Dr. Sue Kuntz who served as faculty advisors and mentors for this project. It has been a pleasure working with both of you as well as the rest of the faculty and staff within the Department of Physician Assistant Studies at the University of North Dakota School of Medicine and Health Sciences.