

Influence Of DPP-4 Inhibitors On Weight In Newly Diagnosed Type-2 Diabetic Patients In Egypt

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Abstract

Background :The prevalence of type-2 diabetes mellitus (T2DM) is rapidly increasing and the majority of diabetics are obese . Many of the therapeutic options for T2DM can cause further weight gain. Concerns about weight gain adversely affect patients' willingness to begin and continue treatment with glucose-lowering medications, such as thiazolidinediones insulin, and sulfonylureas . **The aim of this work** was to study the influence of DPP-4 inhibitors on weight of newly diagnosed T2DM patients in Egypt. **Subjects and methods** This study included 357 newly diagnosed T2DM patients from the private sector of Cairo & Fayoum . They were divided into three groups according to the treatment strategy. **Results** patients treated with DPP4-1 +/- metformin achieved a reduction of A1c by 1.2 -1.7 gm % and weight loss of 3.2-4.6 kgs in one year compared to the control group who achieved greater HbA1c (1.5 -2.2 gm% p < 0.05) and weight gain(2.2 – 3.5 kgs p < 0.0001) the weight changes started within the first month , reached its maximum in 6 months then followed by a slight rebound weight gain **Conclusion** Dipeptidyl peptidase-4 (DPP-4) inhibitors were effective in improving glycemic control with significant weight reduction in newly diagnosed Egyptian T2DM patients specially when combined with metformin

Key words Diabetes ; Obesity ; BMI ; Incretin ; DPP4-I ; Weight ;