



Diabetes care – a clinician's point of view

Andreas Festa

MD, diabetologist

Andreas Festa - Disclosures

- **Clinician:**
 - Head of the **outpatient diabetes clinic**, Stockerau Hospital, Lower Austria (public hospital)
 - Private office as **internal medicine/diabetes specialist**
- Independent **consultant** for pharmaceutical companies
 - **Representing Eli Lilly and Co in RHAPSODY**



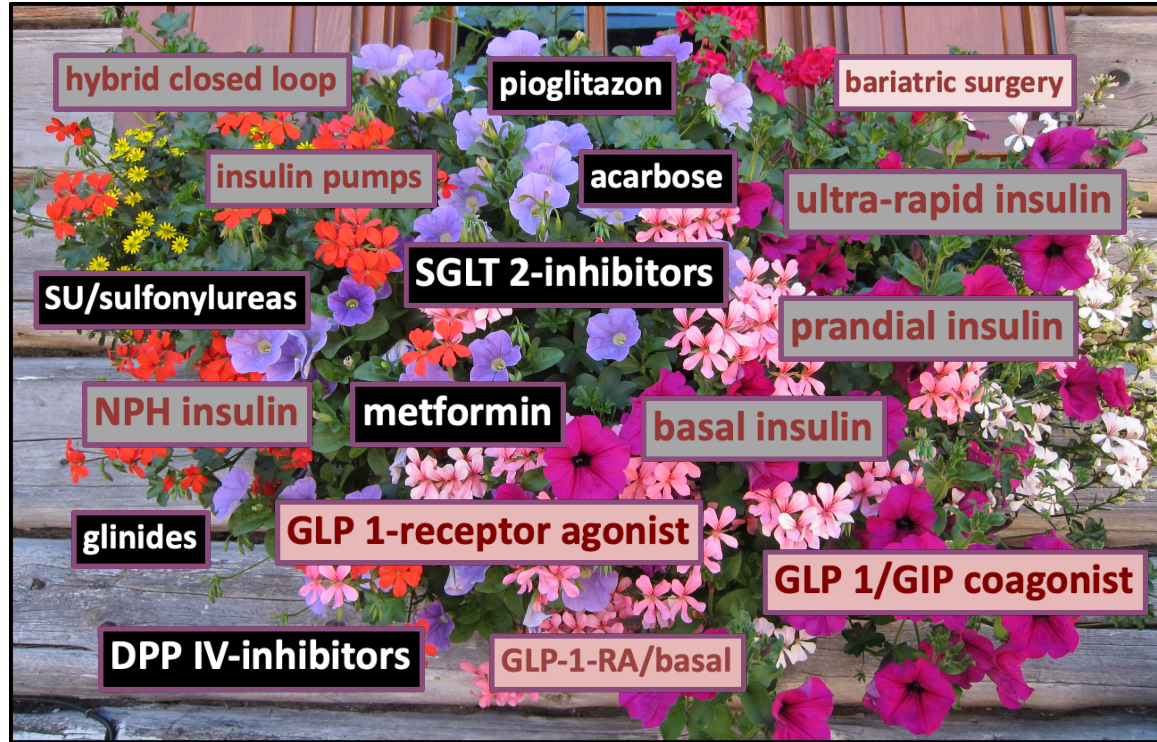
Agenda

- Caring for patients with diabetes:
 - In the past
 - Today
 - In the future

Diabetes 1990`s: treatment options



Diabetes 2021: treatment options

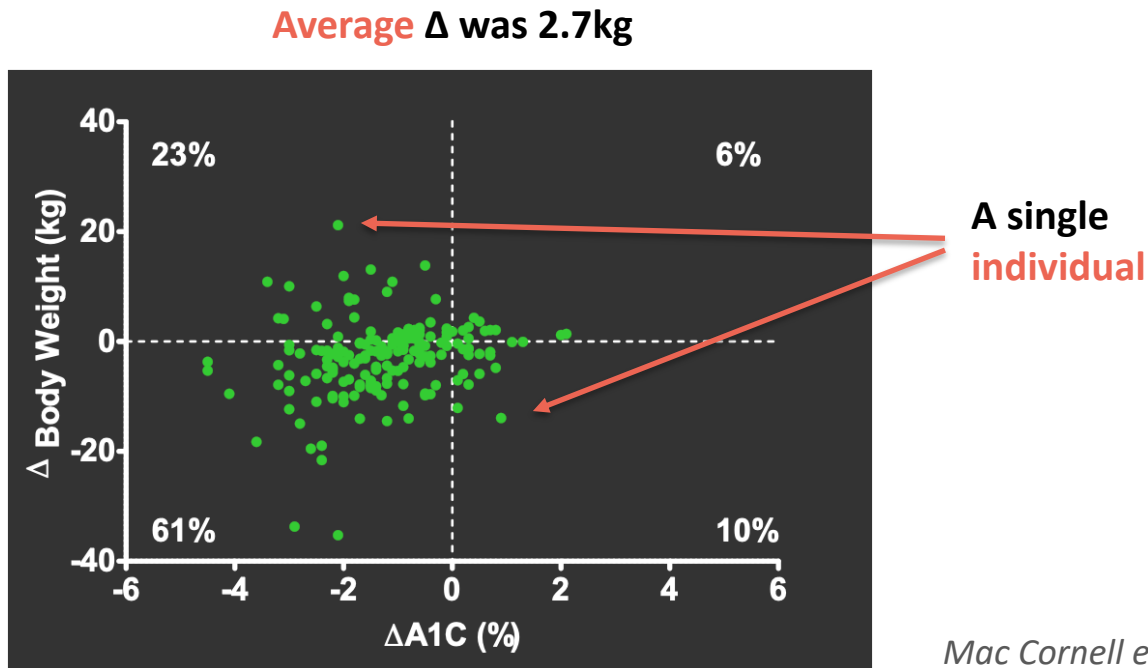


Caring for patients with type 2 diabetes:

Tremendous progress (but still formidable challenges)

- Over the past 15 years, a **number of new drugs** have been developed and approved for clinical use
- These drugs have been **tested in clinical trials** and shown substantial benefits - *typically based on a comparison of the average treatment effect*

Although mean values (seem to) paint a clear picture the individual response may vary substantially



Mac Cornell et al. ADA Poster session 2012

Caring for patients with type 2 diabetes:

Tremendous progress but still formidable challenges

- An **individual's response** to any given (pharmacological) intervention is **largely unknown** and difficult to predict
- Therefore, in the clinic, we typically use **“clinical judgement”** (based on our knowledge of the evidence, guidelines and own clinical experience) to make specific treatment recommendations/decisions
- Will **treatment guidelines** improve clinical decision making?
 - Yes, but ...

EASD/ADA Guidelines to treat diabetes

Example: First injectable (GLP-1 agonist or insulin)

Consensus recommendation

- In patients who need the greater glucose-lowering effect of an injectable medication, GLP-1 receptor agonists are the preferred choice to insulin. For patients with extreme and symptomatic hyperglycemia, insulin is recommended

EASD/ADA Consensus to treat diabetes

Example: First injectable



80 yrs
HbA1c 10.8%
BMI 22.2

Consensus recommendation

- In patients who need the greater glucose-lowering effect of an injectable medication, GLP-1 receptor agonists are the preferred choice to insulin. For patients with extreme and symptomatic hyperglycemia, insulin is recommended



46 yrs
HbA1c 9.8%
BMI 38.6

Caring for patients with type 2 diabetes: 2021 and beyond

- ***Better diagnosis of diabetes*** - from type 1 or 2 to type XYZ/ subtypes - based on:
 - Clinical features /phenotype
 - Genes/genotype
 - Lab measurements/biomarkers
- Better diagnosis should yield precise information about
 - ***Treatment response to pharmacotherapy***
 - Which drug / combination of drugs should I give?
 - ***Clinical course / progression of the disease***
 - Risk of complications / co-morbidities
 - How aggressively do I need to treat (eg HbA1c tx target)?

Caring for patients with type 2 diabetes: 2021 and beyond

- **Better diagnosis of diabetes** - from type 1 or 2 to type XYZ/ subtypes - based on:
 - Clinical features /phenotype
 - Genes/genotype
 - Lab measurements/biomarkers
- Better diagnosis should yield precise information about
 - **Treatment response to pharmacotherapy**
 - Which drug / combination of drugs should I give?
 - **Clinical course / progression of the disease**
 - Risk of complications / co-morbidities
 - How aggressively do I need to treat (eg HbA1c tx target)?





Thank you for your attention!

This project has received funding from the Innovative Medicines Initiative 2 Joint Undertaking under grant agreement No 115881 (RHAPSODY). This Joint Undertaking receives support from the European Union's Horizon 2020 research and innovation programme and EFPIA.

This work is supported by the Swiss State Secretariat for Education, Research and Innovation (SERI) under contract number 16.0097-2. The opinions expressed and arguments employed herein do not necessarily reflect the official views of these funding bodies.

IMI-RHAPSODY.EU



Schweizerische Eidgenossenschaft
Confédération suisse
Confederazione Svizzera
Confederaziun svizra

Swiss Confederation

Federal Department of Economic Affairs,
Education and Research EAER
**State Secretariat for Education,
Research and Innovation SERI**