

MODULE 5: Which Treatments for Diabetes? Getting to the “Heart” of the Matter

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Program Description

Cardiovascular disease accounts for much of the mortality and significant morbidity in patients with type 2 diabetes. Data supporting cardiovascular risk reduction from diabetes drugs had not been convincing until the 2008 FDA Guidance mandating robust cardiovascular safety data for new glucose-lowering drugs led to large cardiovascular outcome trials that have demonstrated cardiovascular risk reduction with 2 new classes of diabetes drugs. We now have new diabetes drugs with indications for cardiovascular risk reduction in patients with established cardiovascular disease, with new promise for lowering cardiovascular events and mortality significantly for our patients. I will describe the highlights of key trials now incorporated into recent statements and guidelines from leading professional societies, with practical management recommendations.

Learning Objectives

At the conclusion of this activity, participants should be able to:

- Describe key aspects of the recent history of diabetes drug approval by the FDA.
- Outline a practical approach to selection of glucose-lowering drugs in patients with cardiovascular disease.

Bibliographic Sources to Allow for Further Study

- Marso SP, et al. Liraglutide and cardiovascular outcomes in type 2 diabetes. *N Engl J Med* 2016;375(4):311-322.
- Davies, MJ, Management of hyperglycemia in type 2 diabetes. 2018. A consensus report by the ADA and EASD. *Diabetes Care* 2018;41(12):2669-2701.

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