

Dual Therapy Appears Superior to Monotherapy for Low-Income Individuals With Newly Diagnosed Type 2 Diabetes.

Vaughan EM, et al. *J Prim Care Community Health*. 2017; 8(4): 305-311.

- There are variable recommendations regarding initiating monotherapy or dual therapy in patients with newly diagnosed type 2 diabetes (T2DM). Clear initial strategies are of particular importance in underserved settings where access to care and financial burdens are significant barriers.
- A 12-month retrospective chart review of 309 low-income individuals with newly diagnosed T2DM initiated on oral anti-diabetic drugs (i.e., mono-, dual-, transition [from mono to dual or vice versa] therapy) indicated that patients on dual therapy had a greater change of HbA1c compared to those taking monotherapy with metformin. Patients who transitioned therapies did not differ in change of HbA1c vs. monotherapy.

Initiation of dual therapy was superior to metformin monotherapy or transitioning therapies and may be preferred for low-income individuals with newly diagnosed T2DM.