

Vildagliptin is a safe and powerful oral antidiabetic drug for elderly adults with type 2 diabetes

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- 386 Elderly adults (aged more than 60 years) with type 2 diabetes and elevated HbA1c ($> 8\%$) were enrolled in this study.
- They were administered vildagliptin 50 mg twice daily in addition to their existing therapy and were evaluated 6 months later.
- Mean FPG and PPG were 149.5 ± 47.1 mg/dl and 221.0 ± 61.8 mg/dl respectively, which declined to 128.5 ± 235.4 mg/dl and 186.8 ± 50.5 mg/dl in order after 6 months' treatment. The change in HbA1c was $1.7 \pm 1.6\%$ from a baseline HbA1c of $9.8 \pm 2.3\%$, which was significant.
- Overall incidences of hypoglycaemia was not frequent, more number of cases occurred among individuals who were on sulfonylurea therapy ($P < 0.05$). There was no significant increase in the liver enzymes post treatment.

Vildagliptin is a safe agent for the management of elderly diabetics and was found to reduce the glycemic parameters significantly.