

## **Glycaemic durability of an early combination therapy with vildagliptin and metformin versus sequential metformin monotherapy in newly diagnosed type 2 diabetes (VERIFY): a 5-year, multicentre, randomised, double-blind trial**

*David R Matthews, et al. J Assoc Physicians India. 2021 Jan; 69(1):61-70.*

- A randomised, double-blind, parallel-group study of newly diagnosed patients with type 2 diabetes conducted in 254 centres across 34 countries.
- 2001 eligible participants were randomly assigned to either the early combination treatment group (n=998) or the initial metformin monotherapy group (n=1003).
- 1598 Patients completed the 5 years follow up study. 811 (81.3%) in the early combination therapy group and 787 (78.5%) in the monotherapy group.
- A significant reduction in the relative risk for time to initial treatment failure was observed in the early combination treatment group compared with the monotherapy group over the 5-year study duration.

**Early intervention with a combination therapy of vildagliptin plus metformin provides greater & durable long-term benefits.**