



BLUGLIP TABLETS

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The effects of Vildagliptin on glycemic variability in patients with type 2 diabetes on premixed insulin therapy.

Kong et.al; *Frontiers in Endocrinology*; 2025.

- Premixed insulin simplifies the dosing regimen, but it leads to less flexibility in managing glucose levels. This reduced flexibility can result in a mismatch between insulin action and meal timing, increasing the likelihood of both mild and severe hypoglycemia.
- This real-world study included patients with type 2 diabetes mellitus (T2DM), who were poorly glycemic controlled on premixed insulin therapy and were subsequently added vildagliptin.
- The control group consisted of patients who only had their insulin doses adjusted without adding vildagliptin, matched for age, diabetic duration, HbA1c, and BMI. All patients underwent Fasting glucose, glycated hemoglobin (HbA1c), and glycated albumin (GA) measurements at baseline and three months after the treatment adjustment.
- Patients receiving vildagliptin treatment demonstrated significant reductions in HbA1c and GA levels ($P<0.001$ and $P=0.009$, respectively). The vildagliptin group exhibited a remarkable decrease in the mean amplitude of glycemic excursion (MAGE) ($P<0.001$), along with notable reductions in mean blood glucose (MBG) ($P<0.001$) and time above the target range (TAR) ($P<0.001$) compared to the control group.

Vildagliptin added to premixed insulin effectively lowers blood glucose levels and reduces glycemic variability in patients with type 2 diabetes mellitus.

