

6<sup>th</sup> International Conference on

# DIABETES AND ENDOCRINOLOGY

December 05-07, 2016 Dallas, USA



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### Efficacy and tolerance of cost effective teneligliptin with metformin in type 2 diabetes mellitus- A short study

Teneligliptin is a novel, highly selective dipeptidyl peptidase-4 (DPP-4) inhibitor. The aim of the study was to assess the effectiveness of Metformin in combination with teneligliptin in Indian patients with type 2 diabetes mellitus who were inadequately controlled with metformin monotherapy. Patients with Glycated haemoglobin (HbA1c) of 7.0–10.0% and on metformin  $\geq$ 1000 mg/day were selected for the study. 400 subjects were enrolled out of which only 120 subjects were eligible for the study. The study group of 120 subjects were divided into two groups, Group A (n=60) was given 20 mg teneligliptin plus metformin, Group B were on metformin (n=60). The mean baseline HbA1c in teneligliptin group was 8.0%, when compared to 7.8% in the Metformin group. The primary endpoint of the study was to monitor the changes in HbA1c levels from baseline to week 24. It was observed that the mean HbA1c for teneligliptin group after 24 weeks was 7.17 % versus 7.62 % in metformin group. HbA1c was significantly reduced in the Group A patients. The incidence of gastro-intestinal adverse events was more in metformin group than teneligliptin groups. In patients treated on metformin an additional dosage of teneligliptin once daily was effective and it was well tolerated in Indian patients with type 2 diabetes mellitus. There was neither any significant change observed with respect to lipid profile and body weight.

### Biography

Riyaz Mohammed has completed his Post-graduation in Internal Medicine from Prestigious Deccan College of Medical Sciences and then he did his Master's in Endocrinology from Texila American University and Diploma in Endocrinology from University of South Wales, UK. He is the Director of Esani Diabetes and Multispecialty Research Centre in India. At a young age, he was heading the Department of Medicine and Endocrinology at Basvatarakam Indo American Hospital. He has published more than 30 papers in reputed journals and has more than 20 oral presentations as speaker to his credit. He has been serving as an Editorial Board Member of reputed Journal EJMPR, WJPR, and he is also serving as a Reviewer for journal like *Journal of Evidence Based Medicine & Health Care*, *Annals of Internal Medicine*, *International Journal of Research in Medical Sciences*, and *Journal of Evolution of Medical and Dental Sciences*.

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