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A PROSPECTIVE, OPEN LABEL, EXPERIMENTAL STUDY TO EVALUATE IF GLUCOPHAGE GIVEN ORALLY TWICE DAILY IN ADULT PATIENTS WITH PREDIABETES CAN REVERSE DIABETES AND ITS RELATED COMPLICATIONS.

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Introduction: Prevalence of diabetes is increasing rapidly in low to middle-income countries including Pakistan, having 7 million adult diabetics, expected to rise to 14.4 million by 2040. An increase in diabetes related complications as heart attack, stroke, nerve damage, leg amputation, & vision loss. Effective approaches are available to prevent diabetes & its complications such as exercise, life-style intervention and pharmacological intervention to reverse diabetes. Our study will evaluate the preventive effects of metformin & lifestyle changes in pre-diabetics.

Commercial projects: Before this study, different projects initiated such as “YOUNGSTER” (Young Generation Diabetes Free Project). This project is mainly based on creating awareness (Non-Pharmacological) about Pre-Diabetes among the young generation.

Methods: Afterwards, we initiated an open label, prospective, experimental study “PREVENT” (Prevent and REduce Diabetes & cardioVascular Events by Metformin Treatment) in adult patients having HbA1c ranging from 5.7 to 6.4. The study will enroll 692 patients, with a dropout rate of 15% having 4 arms, control group, metformin group, lifestyle group and metformin + lifestyle group each having 173 patients. The primary objective will be to prevention of diabetes, its related complications and secondary objective of the trial will be to assess the safety of the therapy. We will also be evaluating the quality of life and will be utilizing nine internationally validated tools to evaluate such parameters.

Results: The trial will be initiated after receiving all the formal approvals from local ethics committees and regulatory authorities. Its data will also be uploaded on clinicaltrials.gov and clinicaltrialresults.org websites once the trial is completed.

Conclusion: A number of studies have looked at lifestyle and pharmacologic interventions in people with prediabetes to determine if progression to frank diabetes can be prevented and our trial would be the first of its kind in Pakistani people.

Biography

Ishrat Kazmi is working as Developing promotional strategies on Diabetes portfolio i.e. Glucophage, Glucovance & Gliptin. He has Completed Diploma in Marketing, Sales & Distribution Management. He also worked as a Product & Key Accounts Manager – Diabetes.

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