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Novo Nordisk announces trial data of NovoMix 30

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Bangalore: New data from a subgroup analysis of the A1chieve study showed that intensifying treatment with NovoMix 30 (Biphasic insulin aspart) by Novo Nordisk can significantly improve blood glucose control in people with type 2 diabetes with a reduced incidence of hypoglycemia. The results were presented this week on June 27 at the 72nd Annual Scientific Sessions of the ADA in Philadelphia.

The results are from a subgroup analysis of 1,033 patients who were first treated with NovoMix 30 twice-daily then intensified to three-times daily over the 24-week study period. The results show that patients had significant improvements in their blood glucose control without compromising safety.

Before initiation with NovoMix 30, the average blood glucose control (HbA1c) among this subgroup of patients was (as high as) 9.8 percent, despite the fact that 80.6 percent were receiving oral glucose-lowering drugs. This figure is well above the American Diabetes Association (ADA) recommended target of 7 percent and such poor blood glucose control puts people at high risk of developing diabetes-related complications.

After 24 weeks of treatment with NovoMix 30, there was a significant reduction in HbA1c levels of 2.2 percent, from 9.8 percent to 7.6 percent and in fasting plasma glucose by 76.3mg/dl from 204.5mg/dl to 128.20mg/dl. There were also significant reductions in post-breakfast plasma glucose level by 96.4mg/dl from 261.6mg/dl to 165.20mg/dl. The overall incidences of hypoglycaemia were reduced from 4.26 to 3.76 events/ person-year.

Commenting on the data, professor Philip Home said: The study shows that premix insulinÃ?Â aspart when increased to three injections daily is an effective option for people with type 2 diabetes whether starting insulin or moving from other insulins. Improvements in blood glucose control of this magnitude would be of clinical importance to the people achieving it.

A1chieve, the largest real-life study of insulin in type 2 diabetes with 66,726 people from 28 countries across Asia, Africa, Europe and Latin America, evaluated the safety and effectiveness of three Novo Nordisk insulin analogues.