Individualised HbA1c targets in people with type 2 diabetes initiating second-line therapy: the global DISCOVER study

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Background and aims: International guidelines recommend setting individualized HbA1c targets for people with type 2 diabetes (T2D). DISCOVER is an observational study of patients with T2D initiating second-line glucose-lowering therapy in 37 countries. We report the proportion of patients set individualized targets, the proportion meeting these targets after 1 year, and factors associated with meeting these targets.

Materials and methods: Patients included had HbA1c data at baseline and at 1 year. Factors associated with meeting targets were assessed using multivariable logistic regression.

Results: Of the 7225 patients with complete HbA1c data who remained in the study after 1 year, 5070 (70.2%) had been set an individualized glycaemic control target. Targets were 7.0% for 2513 patients (49.6%), < 7.0% for 2073 patients (40.9%) and > 7.0% for 484 patients (9.6%). Overall, 1744 of these patients (34.4%) met their target after 12 months of follow-up (range across regions: 21.4-42.7%). Factors associated with meeting HbA1c targets are shown in the Figure.

Conclusion: Twelve months after initiating second-line therapy, only one third of patients with set individualized HbA1c targets had met their targets, with considerable variation between regions. Older age, higher education level, lower baseline HbA1c level and higher target were factors associated with meeting targets.

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