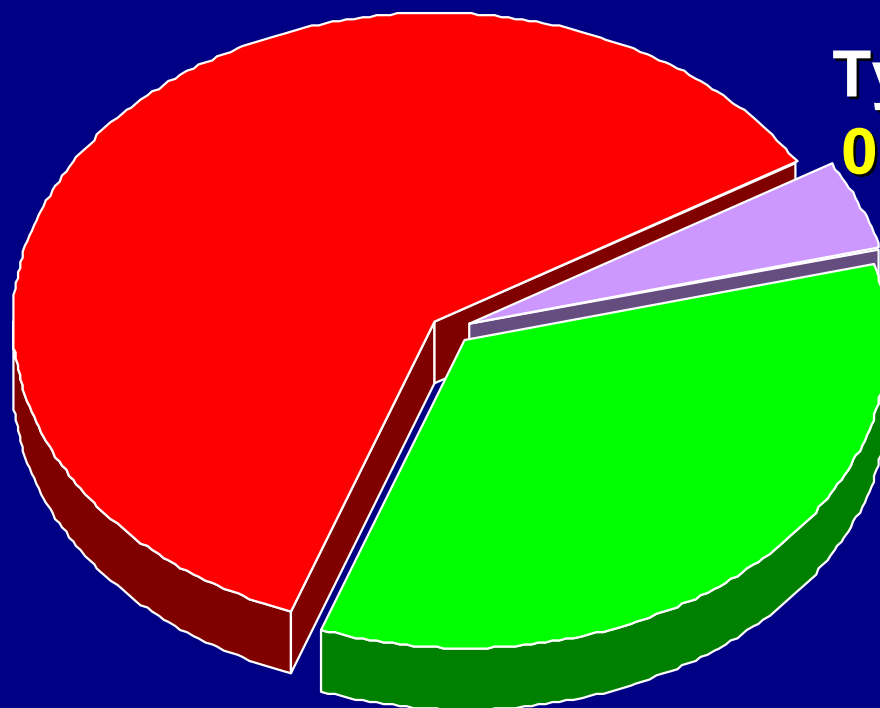


**Diabetes Update
New Insulins
and
Insulin Delivery Systems**

**Bruce W. Bode, MD, FACE
Atlanta Diabetes Associates
Atlanta, Georgia**

Prevalence of Diabetes in the US

**Diagnosed
Type 2
Diabetes
10.3 Million**

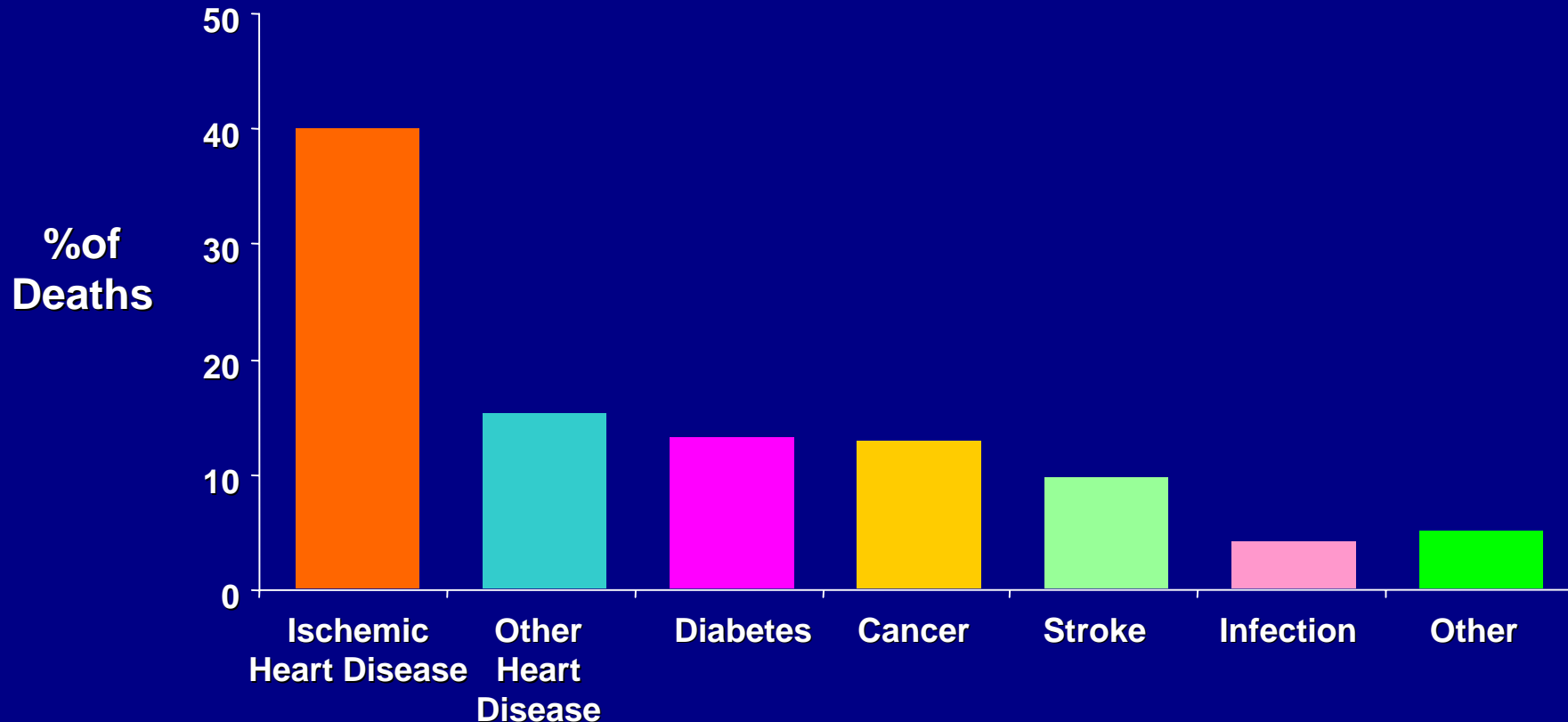


**Diagnosed
Type 1 Diabetes
0.5 – 1.0 Million**

**Undiagnosed
Diabetes
5.4 Million**

American Diabetes Association. Facts and Figures. Available at:
<http://www.diabetes.org/ada/facts.asp>. Accessed January 18, 2000.

Causes of Death in People With Diabetes



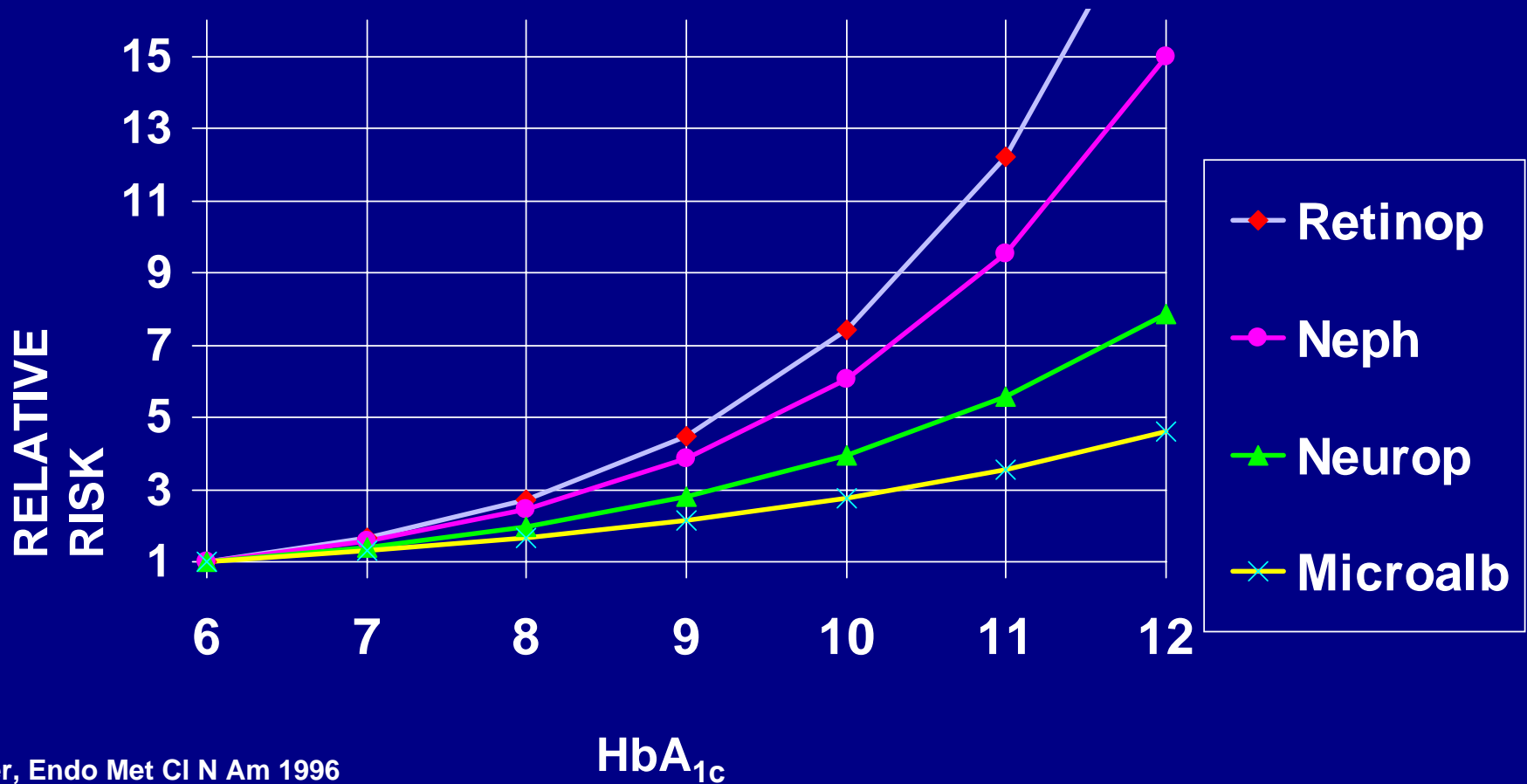
Geiss LS, et al. In: *Diabetes in America*, 2nd ed. 1995. Bethesda, MD: National Institutes of Health; 1995:chap 11.

Goals of Intensive Diabetes Management

- Near-normal glycemia
 - HbA1c less than 6.5 to 7.0%
- Avoid short-term crisis
 - Hypoglycemia
 - Hyperglycemia
 - DKA
- Minimize long-term complications
- Improve QOL

Relative Risk of Progression of Diabetic Complications by Mean HbA1C

Based on DCCT Data



HbA1c and Plasma Glucose

- 26,056 data points (A1c and 7-point glucose profiles) from the DCCT
- Mean plasma glucose = $(A1c \times 35.6) - 77.3$
- Post-lunch, pre-dinner, post-dinner, and bedtime correlated better with A1c than fasting, post-breakfast, or pre-lunch

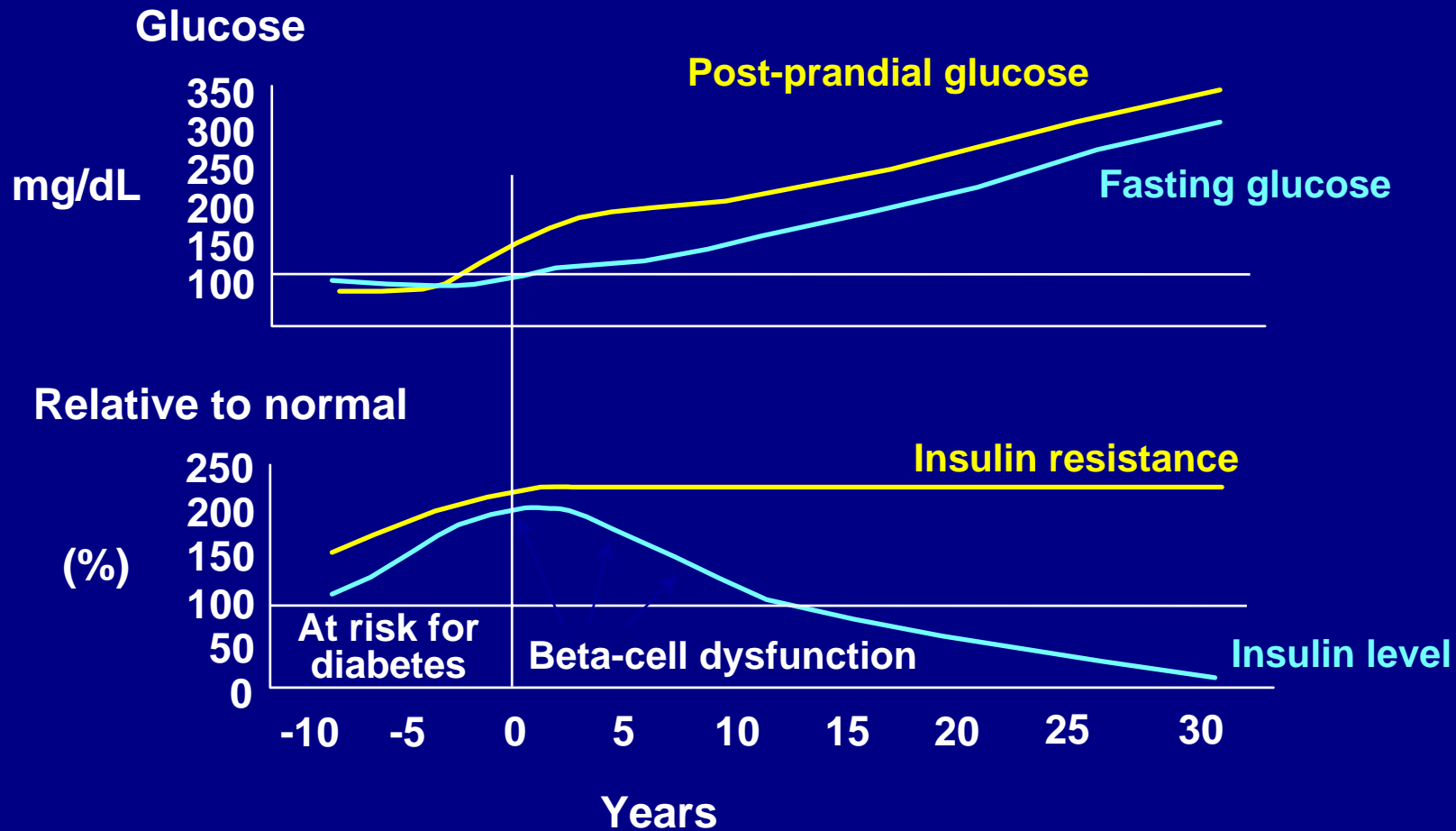
Emerging Concepts

The Importance of Controlling Postprandial Glucose

ACE / AACE Targets for Glycemic Control

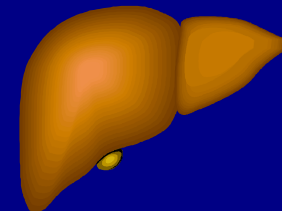
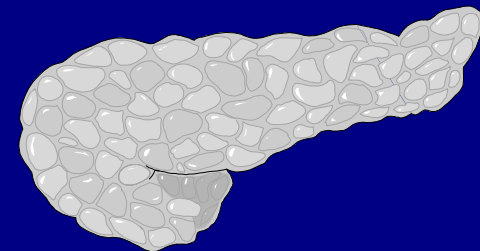
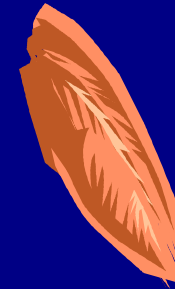
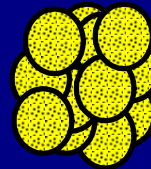
HbA_{1c}	< 6.5 %
Fasting/preprandial glucose	< 110 mg/dL
Postprandial glucose	< 140 mg/dL

Natural History of Type 2 Diabetes

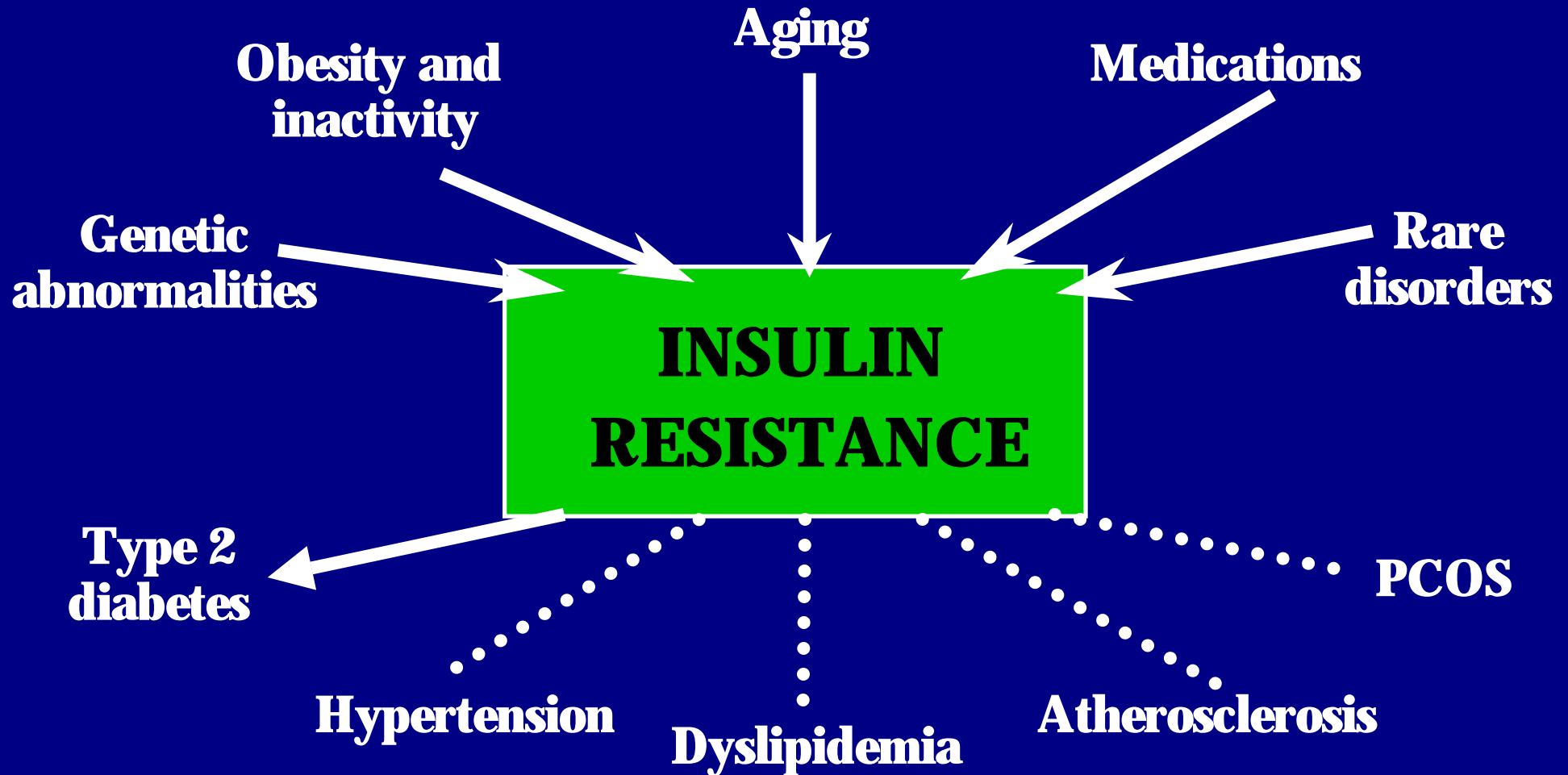


Major Metabolic Defects in Type 2 Diabetes

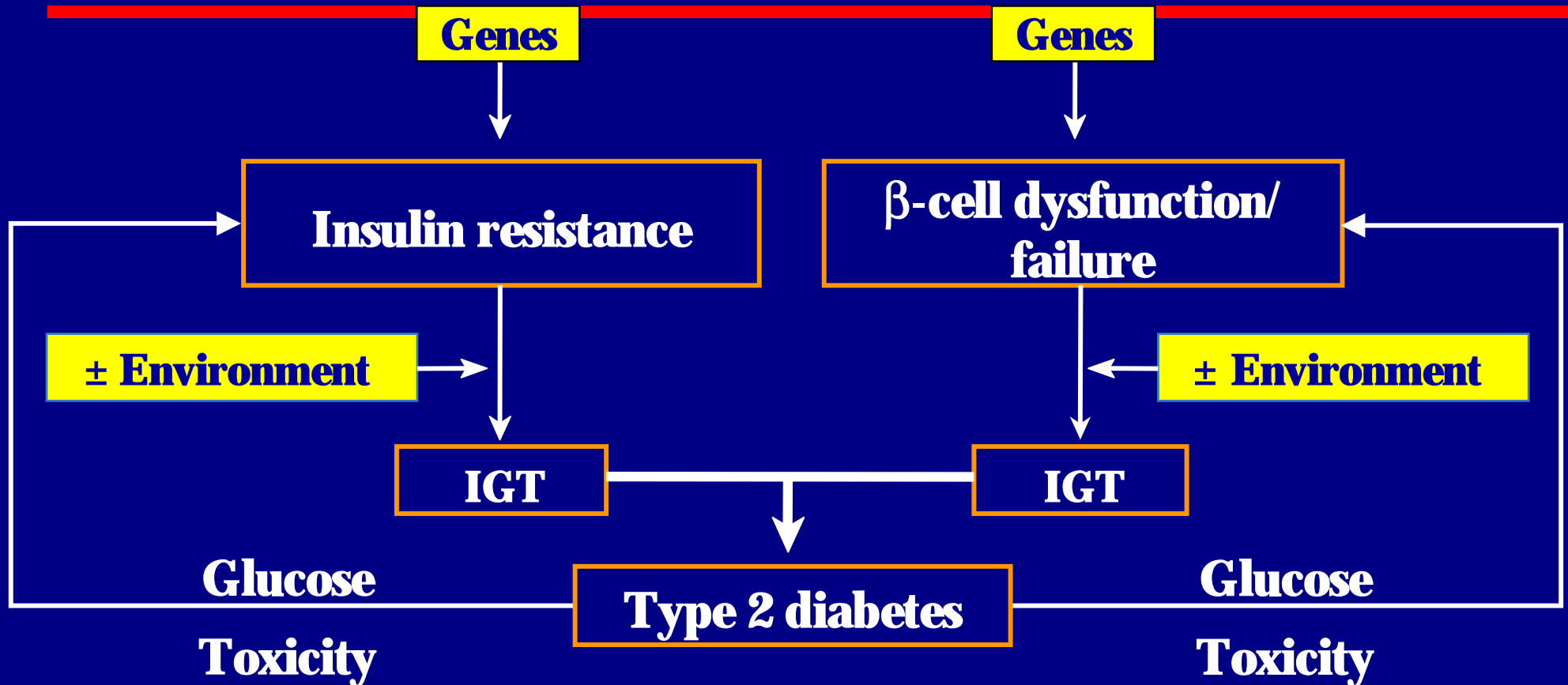
- Peripheral insulin resistance in muscle and fat
- Decreased pancreatic insulin secretion
- Increased hepatic glucose output



Insulin Resistance: An Underlying Cause of Type 2 Diabetes



Type 2 Diabetes: Two Principal Defects

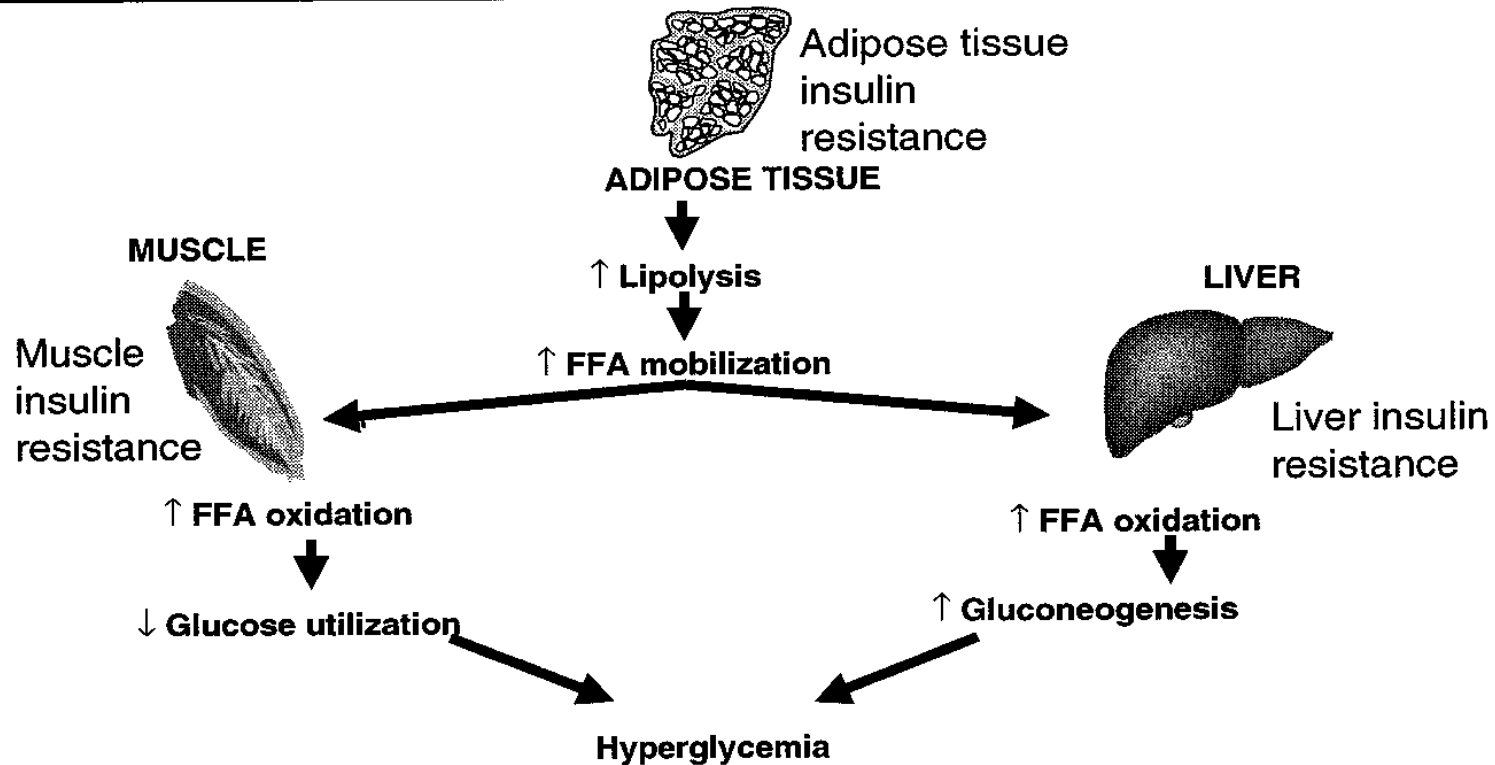


Reaven GM. *Physiol Rev.* 1995;75:473-486

Reaven GM. *Diabetes/Metabol Rev.* 1993;9(Suppl 1):5S-12S;

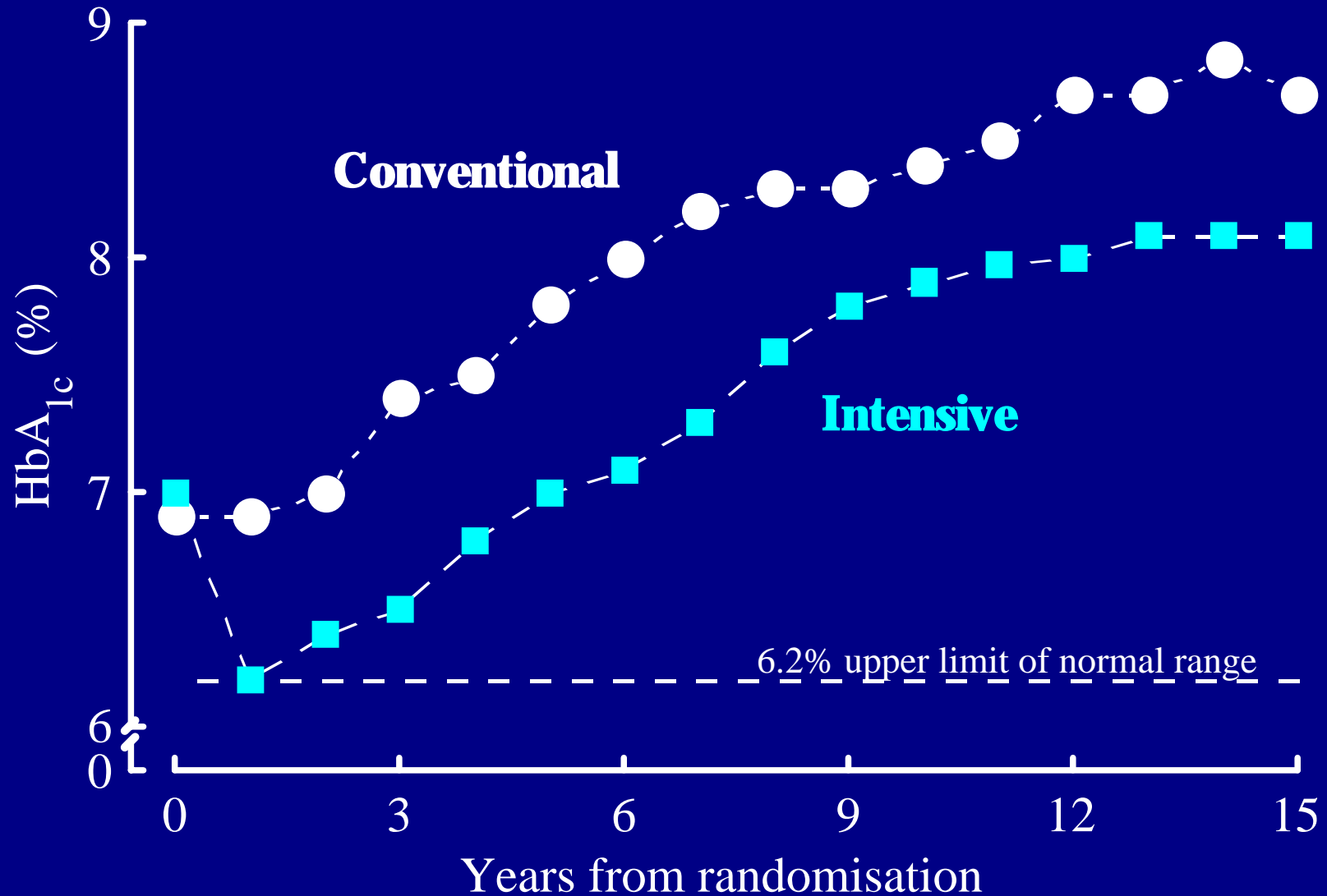
Polonsky KS. *Exp Clin Endocrinol Diabetes.* 1999;107 Suppl 4:S124-S127.

Role of Free Fatty Acids in Hyperglycemia

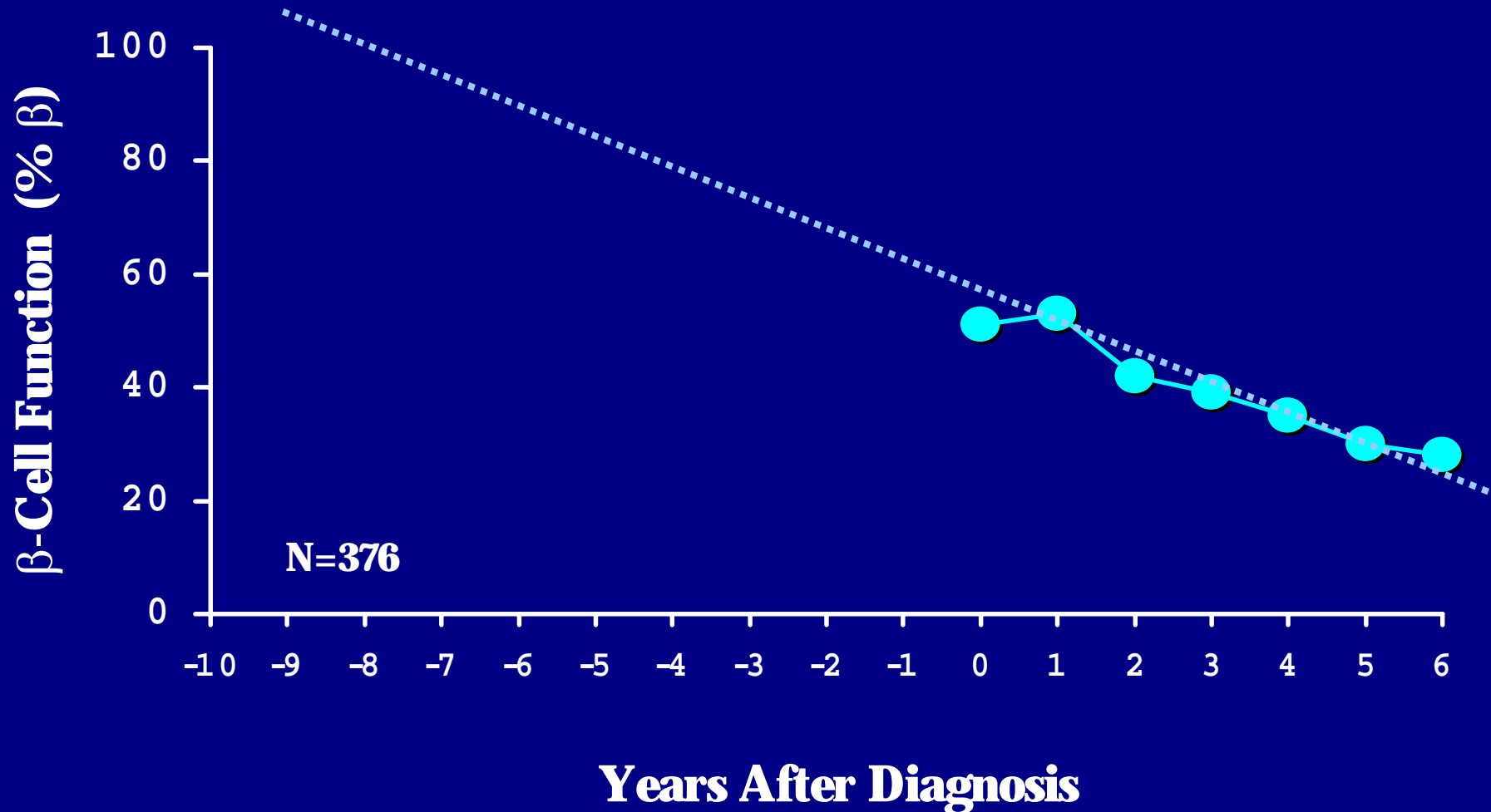


Boden G. *Proc Assoc Am Physicians*. 1999;111:241-248.

HbA_{1c} in the UKPDS

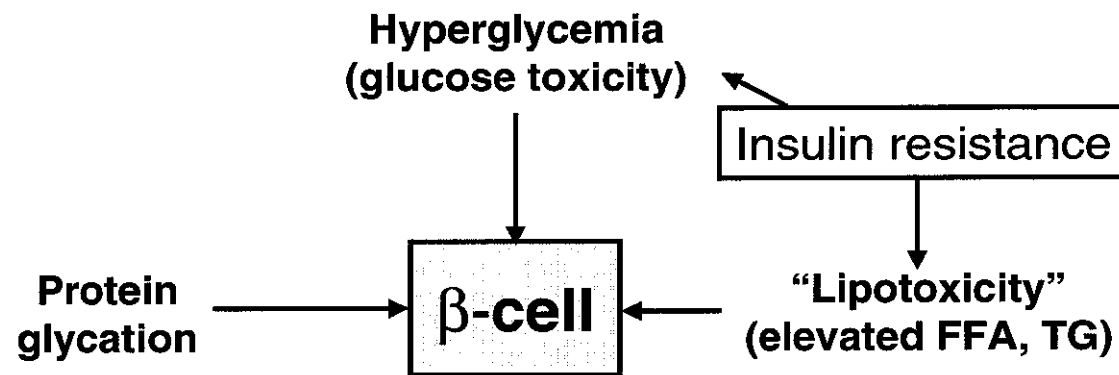


UKPDS: β -Cell Function for the Patients Remaining on Diet for 6 Years



Adapted from UKPDS Group. *Diabetes*. 1995; 44:1249-1258.

Multiple Factors May Drive Progressive Decline of β -Cell Function

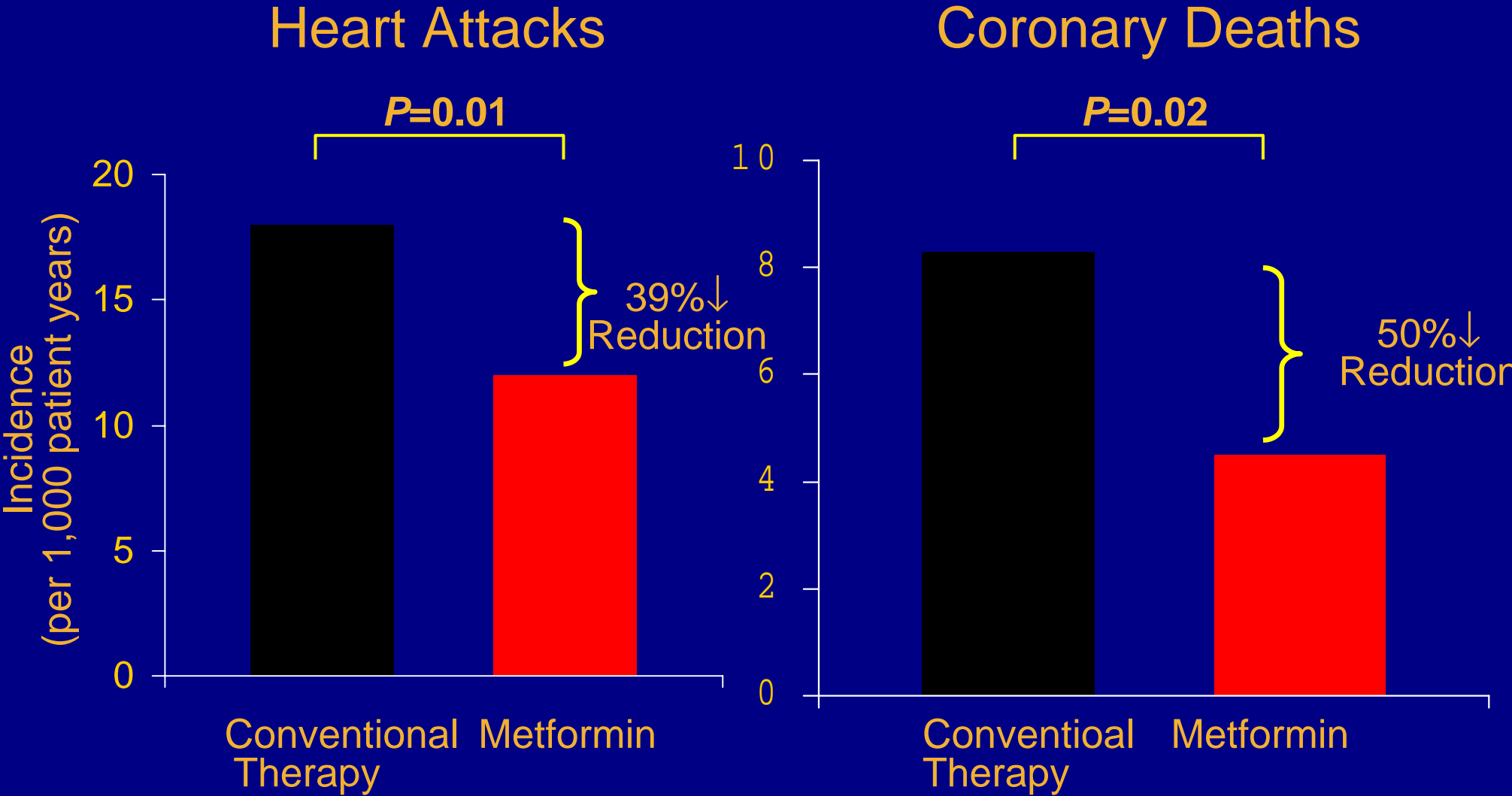


Reaven GM. *Physiol Rev.* 1995;73:473-486.

UKPDS: Benefits of Glycemic Control in Type 2 Diabetes

		Risk reduction over 10 years
Any diabetes-related endpoint	12%	P = 0.029
Microvascular endpoints	25%	P = 0.0099
Myocardial infarction	16%	P = 0.052
Cataract extraction	24%	P = 0.046
Retinopathy at 12 years	21%	P = 0.015
Microalbuminuria at 12 years	33%	P < 0.001

Metformin Prevents Heart Attacks and Reduces Deaths in Type 2 Diabetes



Management of Type 2 DM

Step Therapy

- Diet
- Exercise
- Sulfonylurea or Metformin
- Add Alternate Agent
- Add hs NPH vs TZD
- Switch to Mixed Insulin bid
- Switch to Multiple Dose Insulin

Utilitarian, Common Sense, Recommended

**Prone to Failure from
Misscheduling and Mismanagement**

Management of Type 2 DM

Stumble Therapy

- WAG Diet
- Golf Cart Exercise
- Sample of the Week Medication
 - Interrupted
 - Not Combined
- Poor Understanding of Goals
- Poor Monitoring

HbA1c >8% (If Seen)

Consider A New Treatment Paradigm

- Treatment designed to correct the dual impairments
- Vigorous effort to meet glycemic targets
- Simultaneous rather than sequential therapy
- Combination therapy from the outset
- Early step-wise titrations to meet glycemic targets

Goals in Management of Type 2 Diabetes

- Fasting BG < 110 mg/dL
- Post-meal < 140 mg/dL
- HbA1c < 6.5%
- Blood Pressure < 130/80
- LDL < 100 mg/dl
- HDL > 45 mg/dl

Thiazolidinediones: Mode of Action

Peroxisome Proliferator-Activated Receptors

- PPAR γ
 - Affects glucose, lipid and protein metabolism
- PPAR α
 - Affects lipoprotein metabolism
(some TZDs)

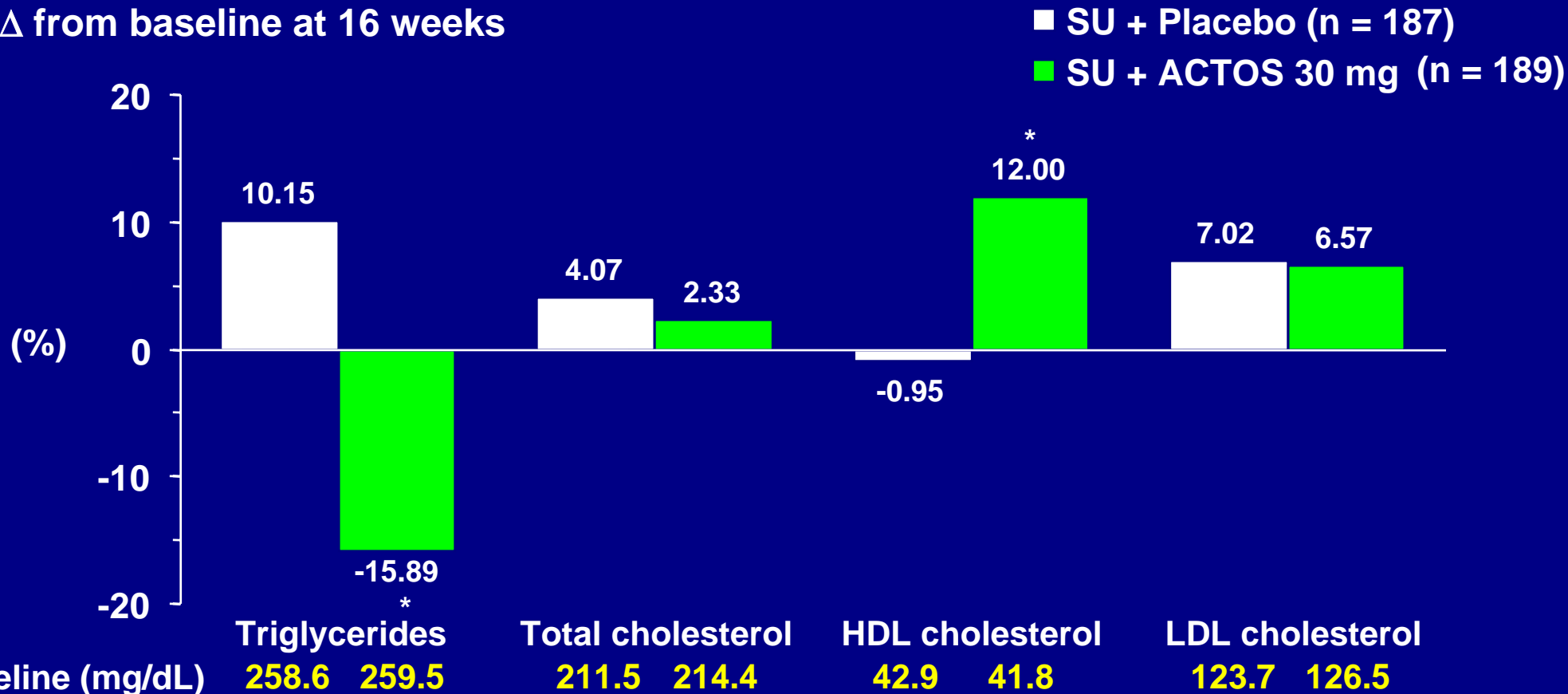
Thiazolidinediones:

Rationale for Type 2 Diabetes Therapy

- Proven characteristics
 - Target insulin resistance, a core defect
 - Improve glycemic control
 - Do not cause hypoglycemia
 - Improve lipid profile (pioglitazone and troglitazone)
- Potential benefits
 - Preservation of pancreatic b-cell function
 - Prevention of progression from impaired glucose tolerance to type 2 diabetes
 - Improvement in cardiovascular outcomes

Change in Lipid Profile at Endpoint: ACTOS Added to Sulfonylurea

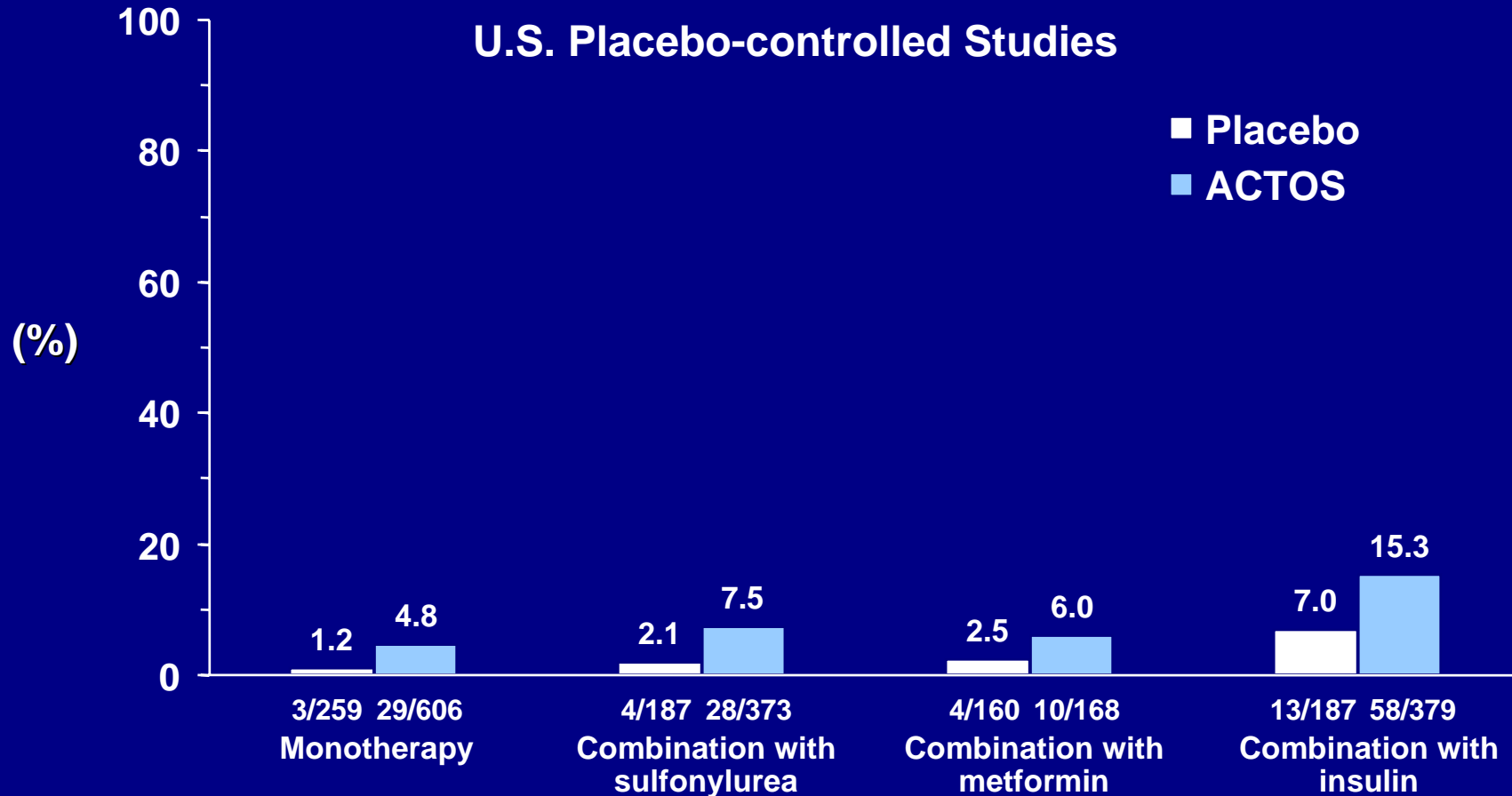
Δ from baseline at 16 weeks



LOCF

* $p \leq 0.05$ vs. placebo

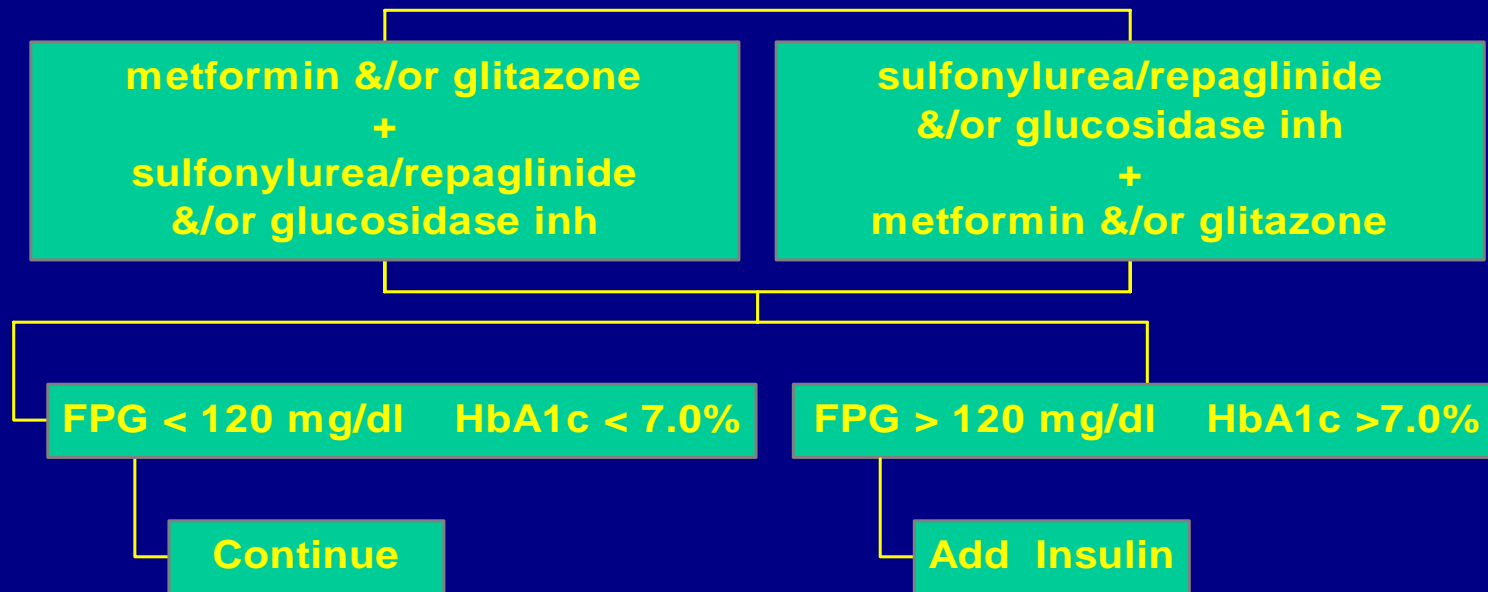
Incidence of Edema



2 patients from combination therapy trials and
0 from the monotherapy trials discontinued due to edema

Approach to Combination Oral Therapy

Intensifying of Oral Therapies



Insulin

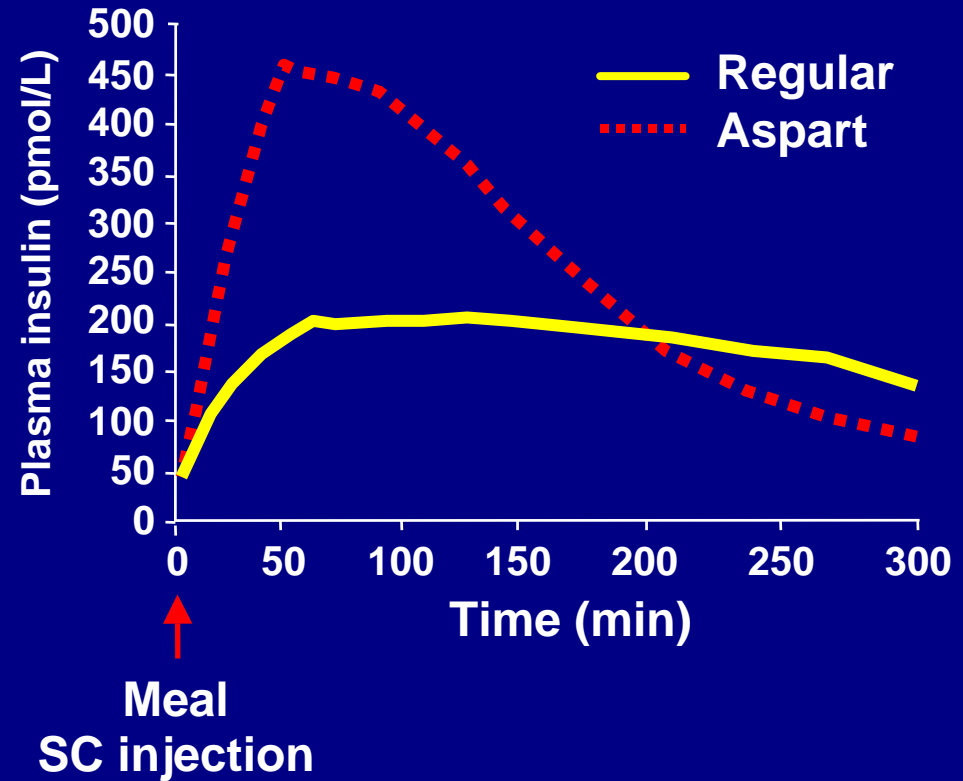
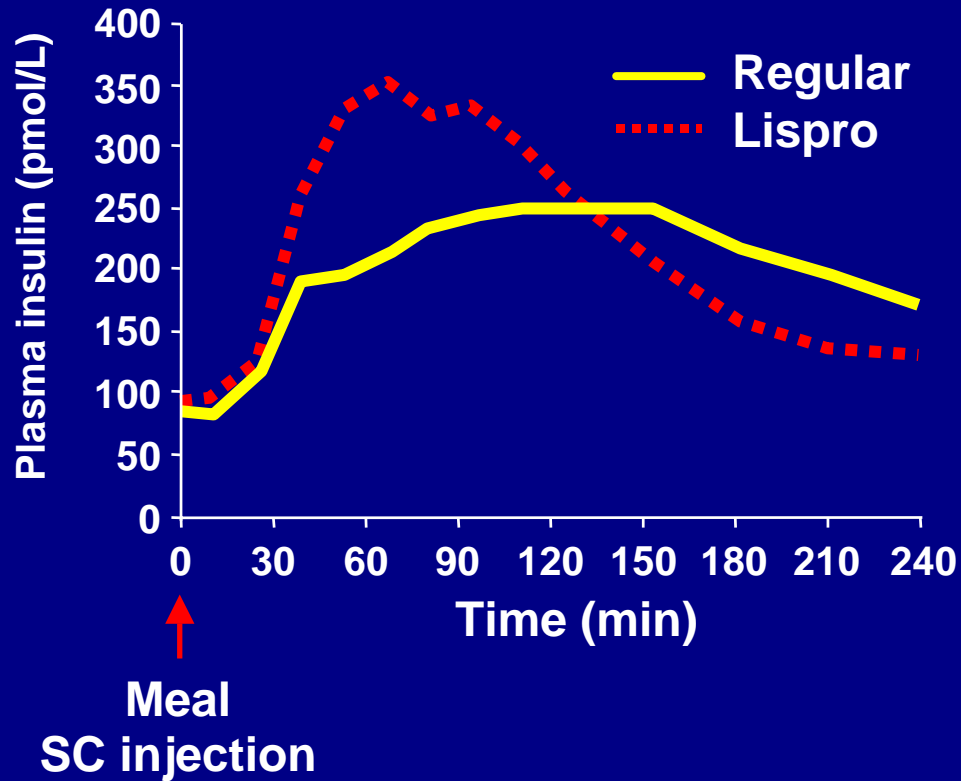
**The most powerful agent we
have
to control glucose**

Comparison of Human Insulins / Analogues

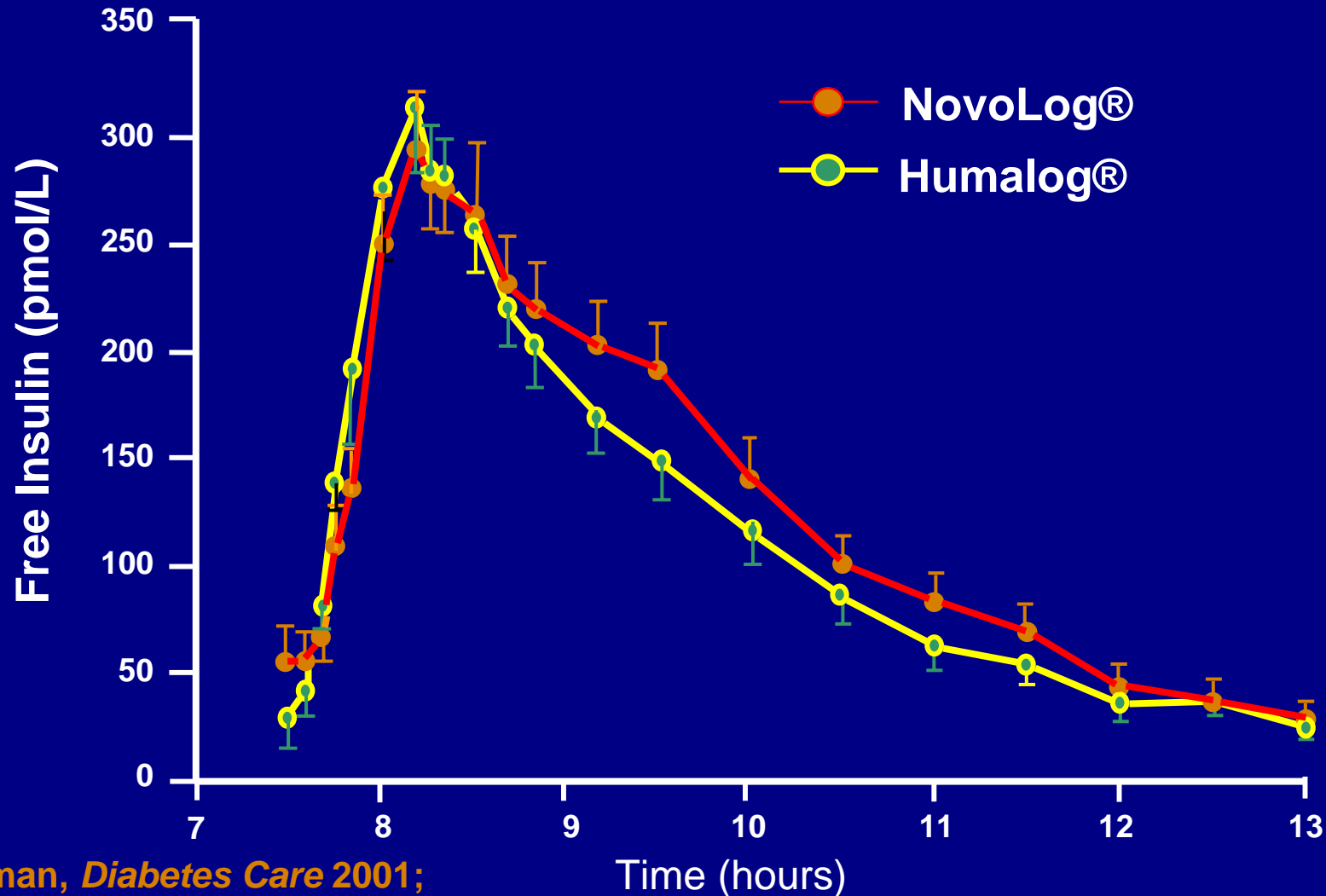
Insulin preparations	Onset of action	Peak	Duration of action
Regular	30–60 min	2–4 h	6–10 h
NPH/Lente	1–2 h	4–8 h	10–20 h
Ultralente	2–4 h	Unpredictable	16–20 h
Lispro/aspart	5–15 min	1–2 h	4–6 h
Glargine	1–2 h	Flat	~24 h

Short-Acting Insulin Analogs

Lispro and Aspart Plasma Insulin Profiles

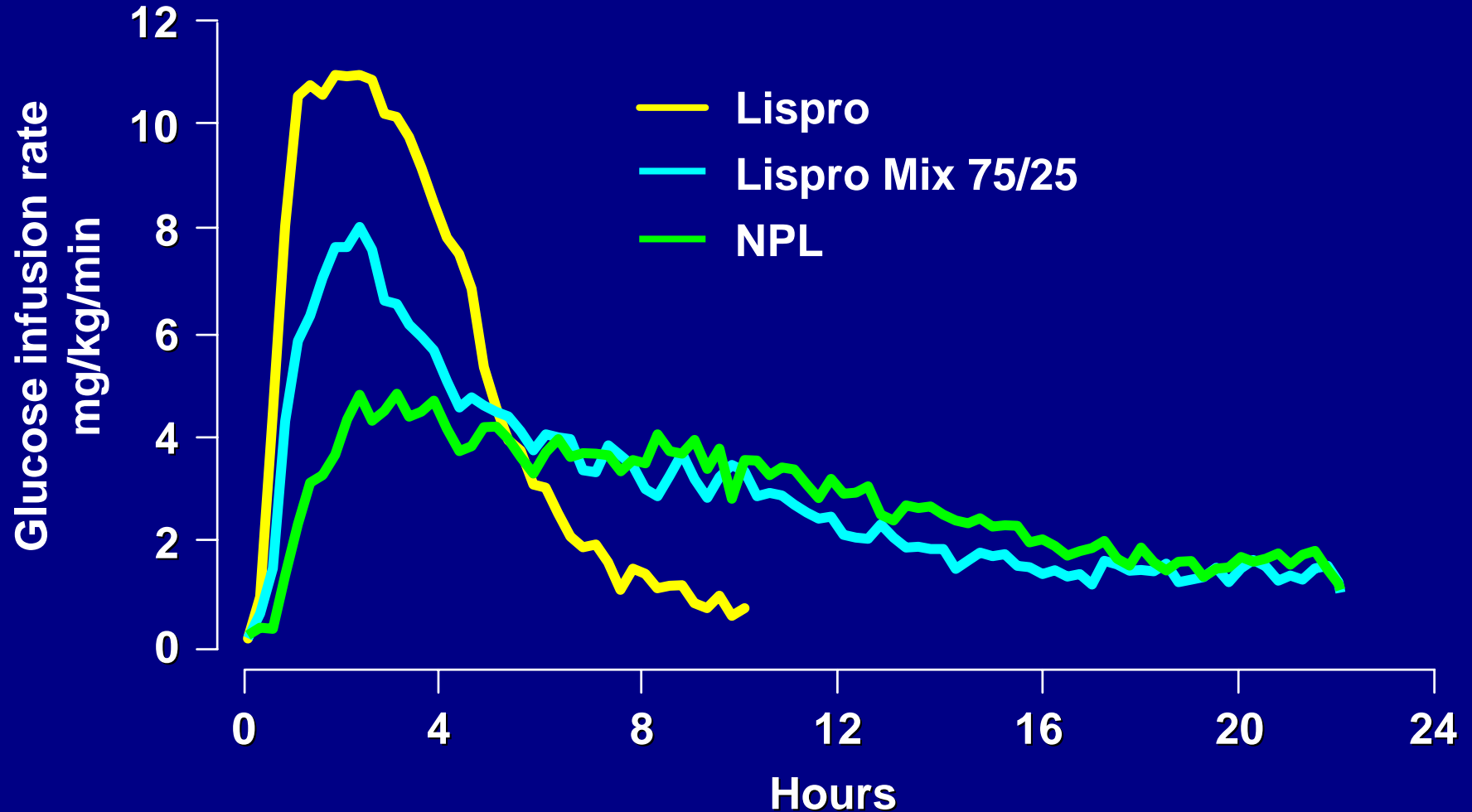


Pharmacokinetic Comparison NovoLog® vs Humalog®



Lispro Mix 75/25

Pharmacodynamics



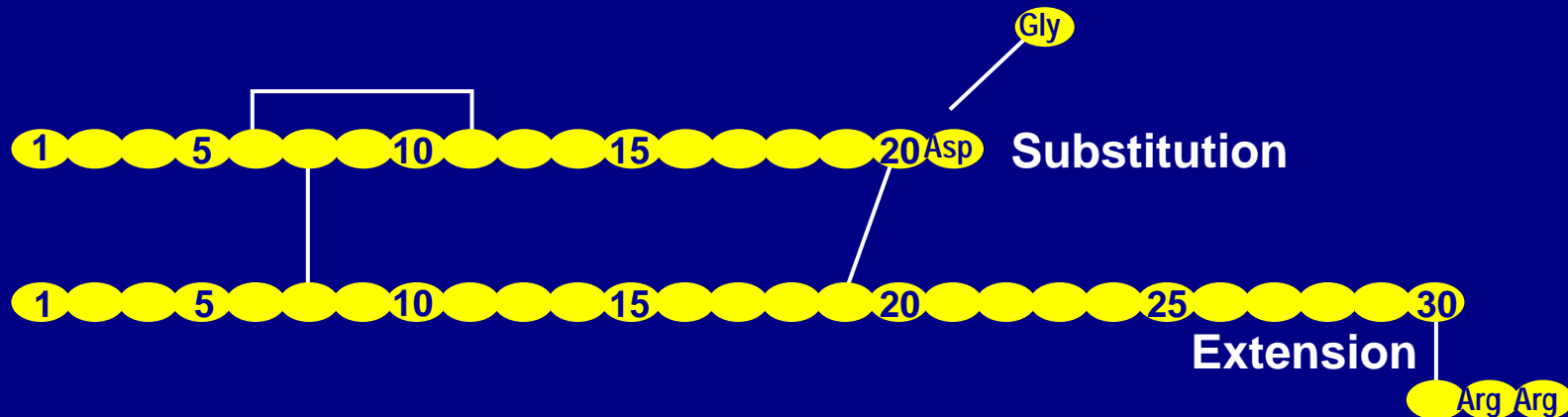
Limitations of NPH, Lente, and Ultralente

- Do not mimic basal insulin profile
 - Variable absorption
 - Pronounced peaks
 - Less than 24-hour duration of action
- Cause unpredictable hypoglycemia
 - Major factor limiting insulin adjustments
 - More weight gain

Insulin Glargine

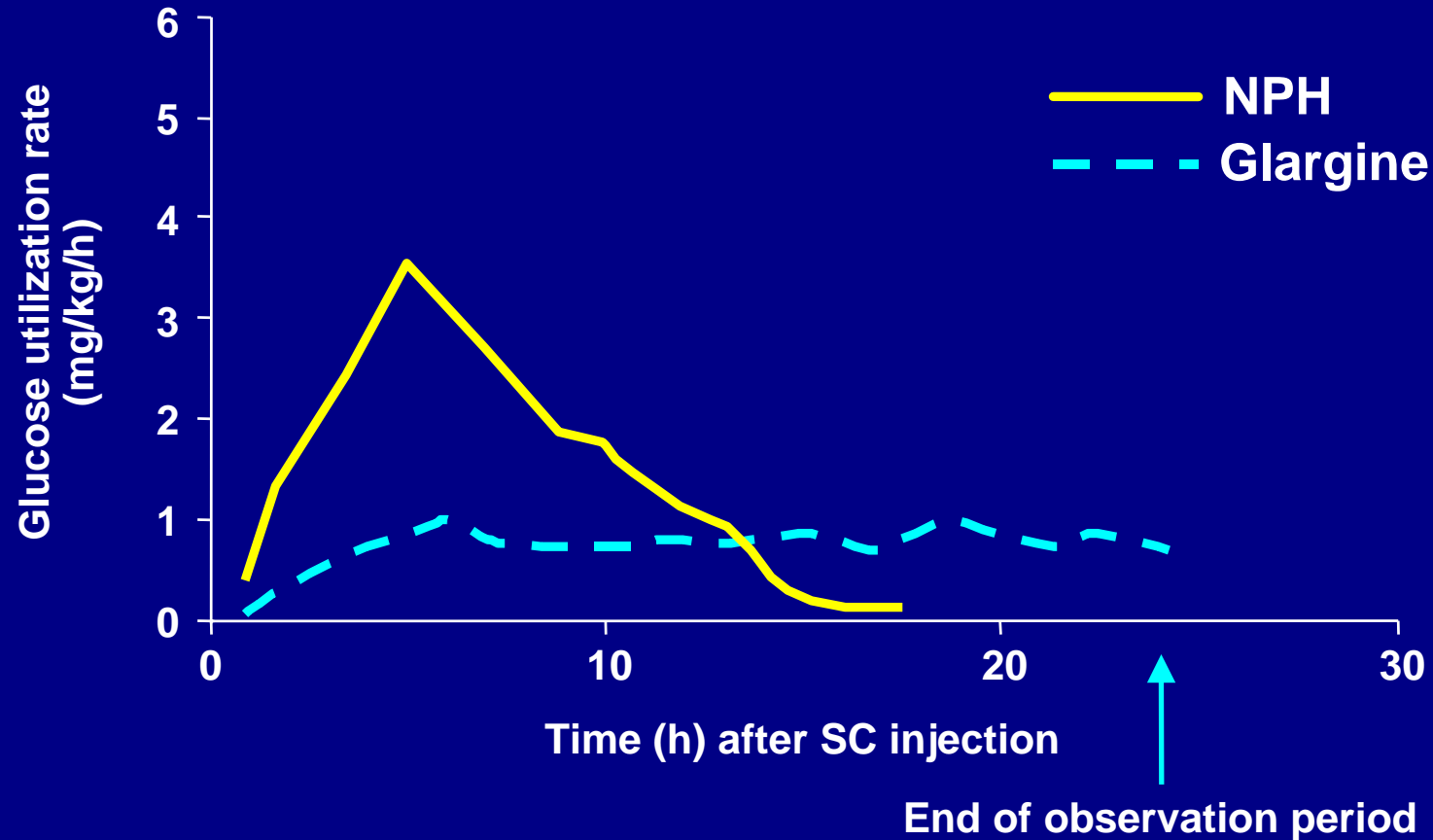
A New Long-Acting Insulin Analog

- Modifications to human insulin chain
 - Substitution of glycine at position A21
 - Addition of 2 arginines at position B30
- Gradual release from injection site
- Peakless, long-lasting insulin profile

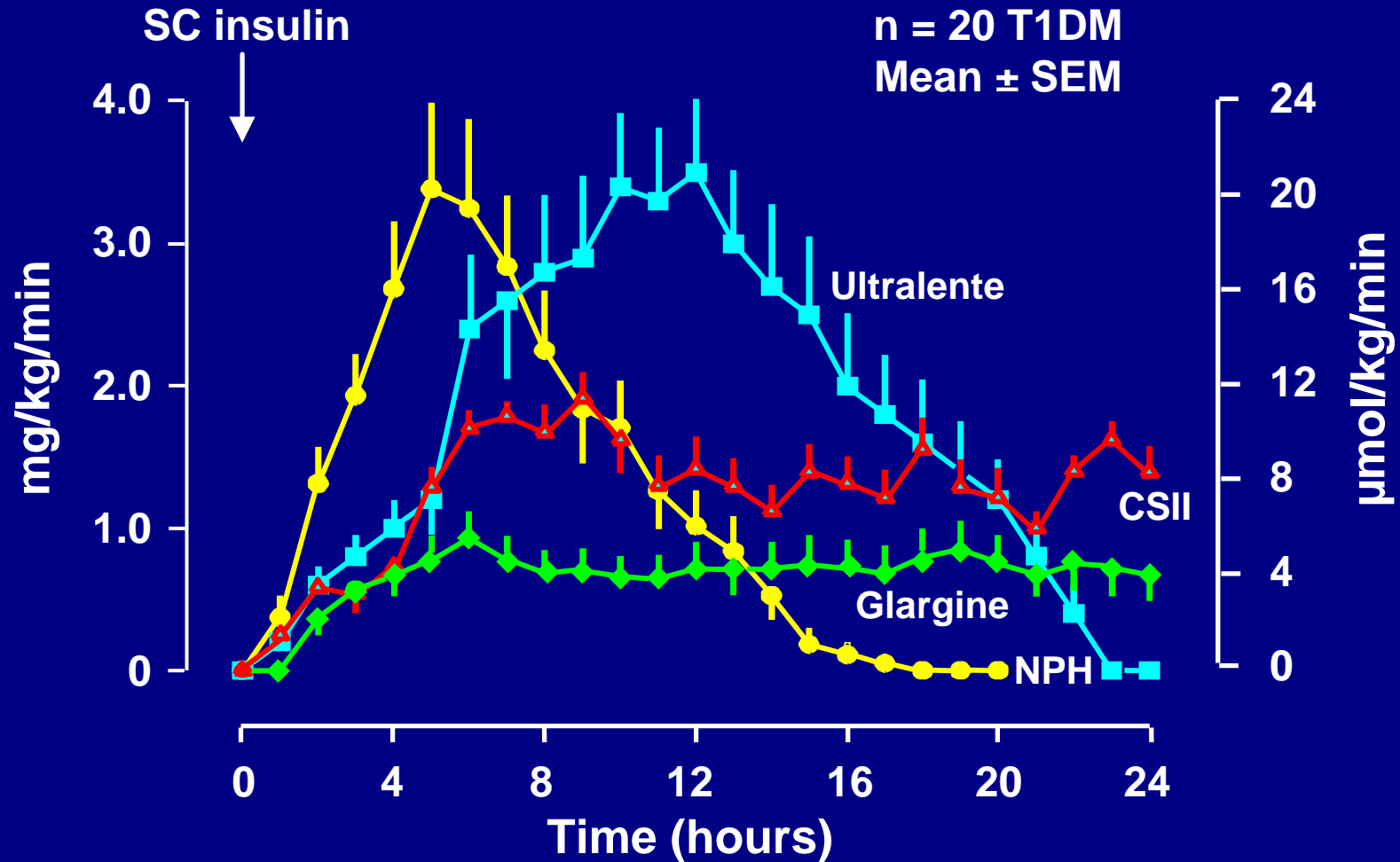


Glargine vs NPH Insulin in Type 1 Diabetes

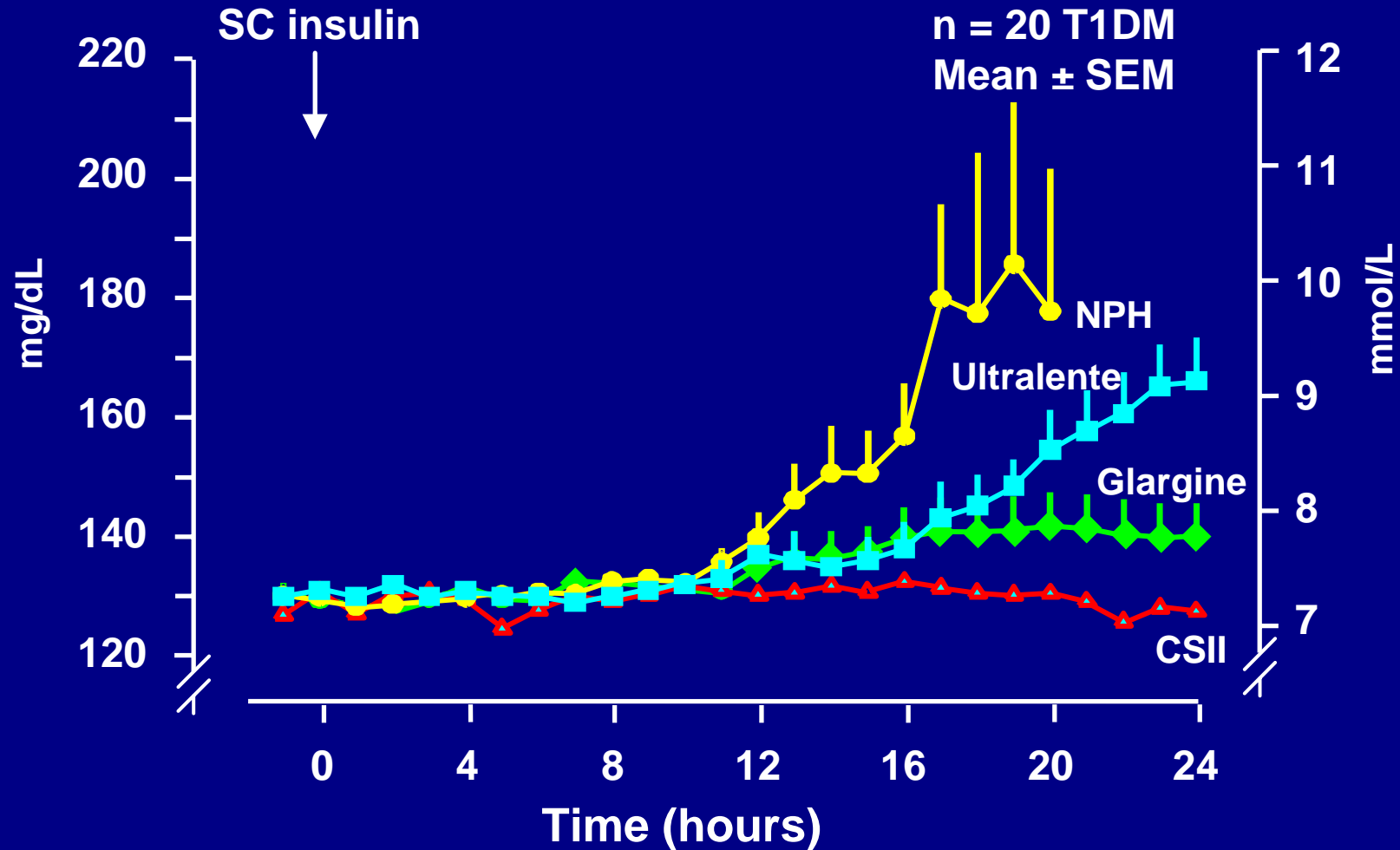
Action Profiles by Glucose Clamp



Glucose Infusion Rate



Plasma Glucose



Overall Summary: Glargine

- **Insulin glargine has the following clinical benefits**
 - **Once-daily dosing because of its prolonged duration of action and smooth, peakless time-action profile (*23.5 hours on repeat injections*)**
 - **Comparable or better glycemic control (FBG)**
 - **Lower risk of nocturnal hypoglycemic events**
 - **Safety profile similar to that of human insulin**

Type 2 Diabetes ... A Progressive Disease

**Over time,
most patients will need insulin
to control glucose**

Insulin Therapy in Type 2 Diabetes

Indications

- Significant hyperglycemia at presentation
- Hyperglycemia on maximal doses of oral agents
- Decompensation
 - Acute injury, stress, infection, myocardial ischemia
 - Severe hyperglycemia with ketonemia and/or ketonuria
 - Uncontrolled weight loss
 - Use of diabetogenic medications (eg, corticosteroids)
- Surgery
- Pregnancy
- Renal or hepatic disease

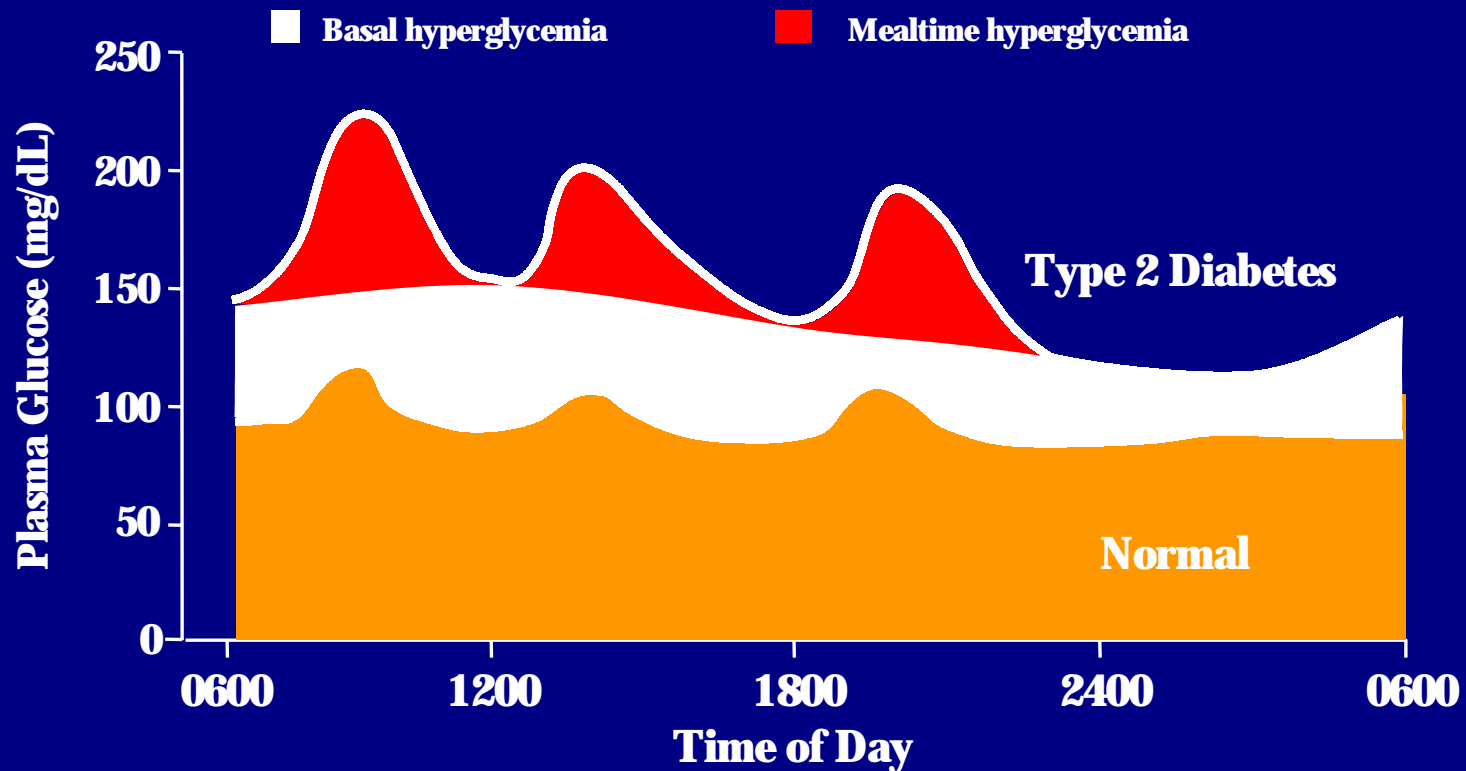
Mimicking Nature

***The Basal/Bolus Insulin
Concept***

The Basal/Bolus Insulin Concept

- **Basal insulin**
 - Suppresses glucose production between meals and overnight
 - 40% to 50% of daily needs
- **Bolus insulin (mealtime)**
 - Limits hyperglycemia after meals
 - Immediate rise and sharp peak at 1 hour
 - 10% to 20% of total daily insulin requirement at each meal

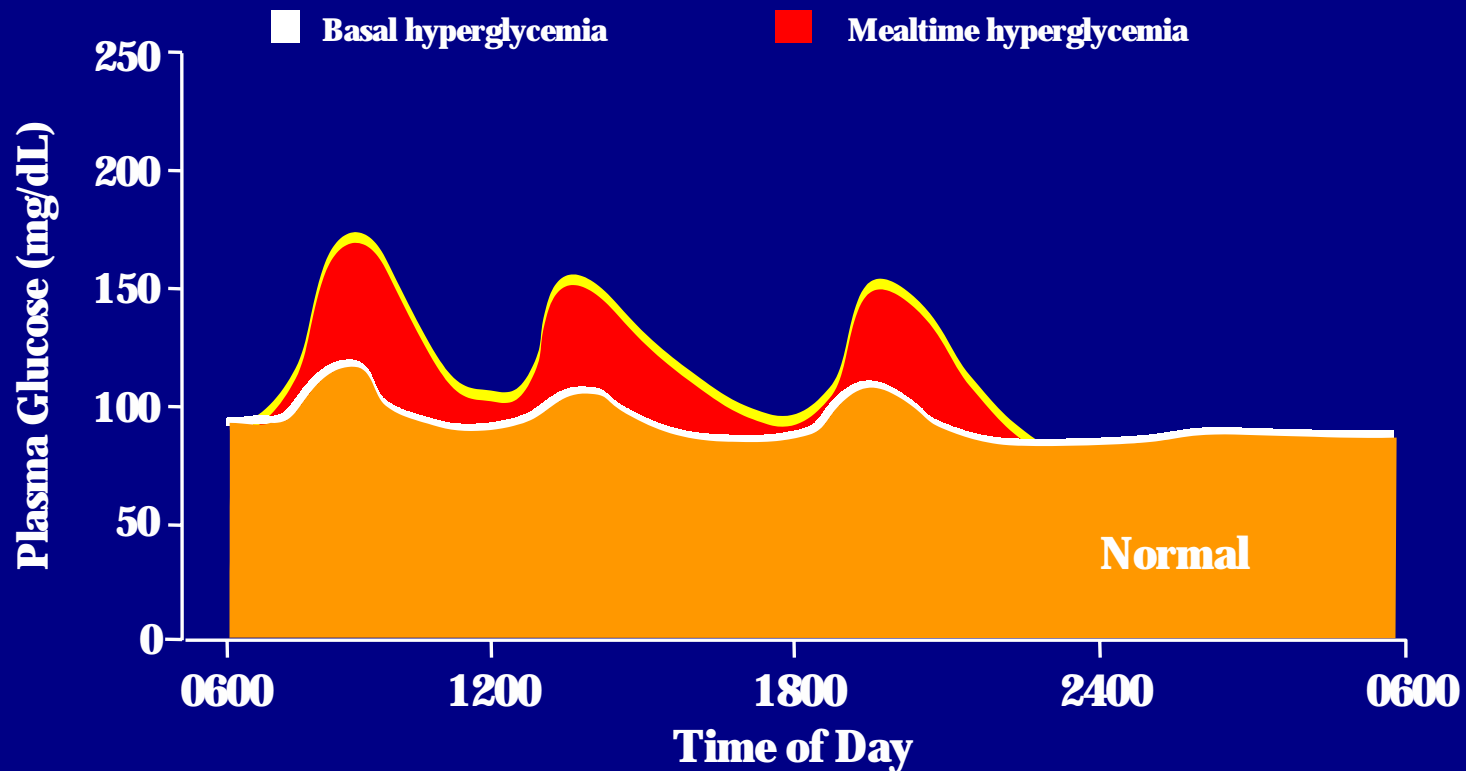
Basal vs Mealtime Hyperglycemia in Diabetes



Δ AUC from normal basal >1875 mgm/dL·hr; Est HbA_{1c} >8.7%

Basal vs Mealtime Hyperglycemia in Diabetes

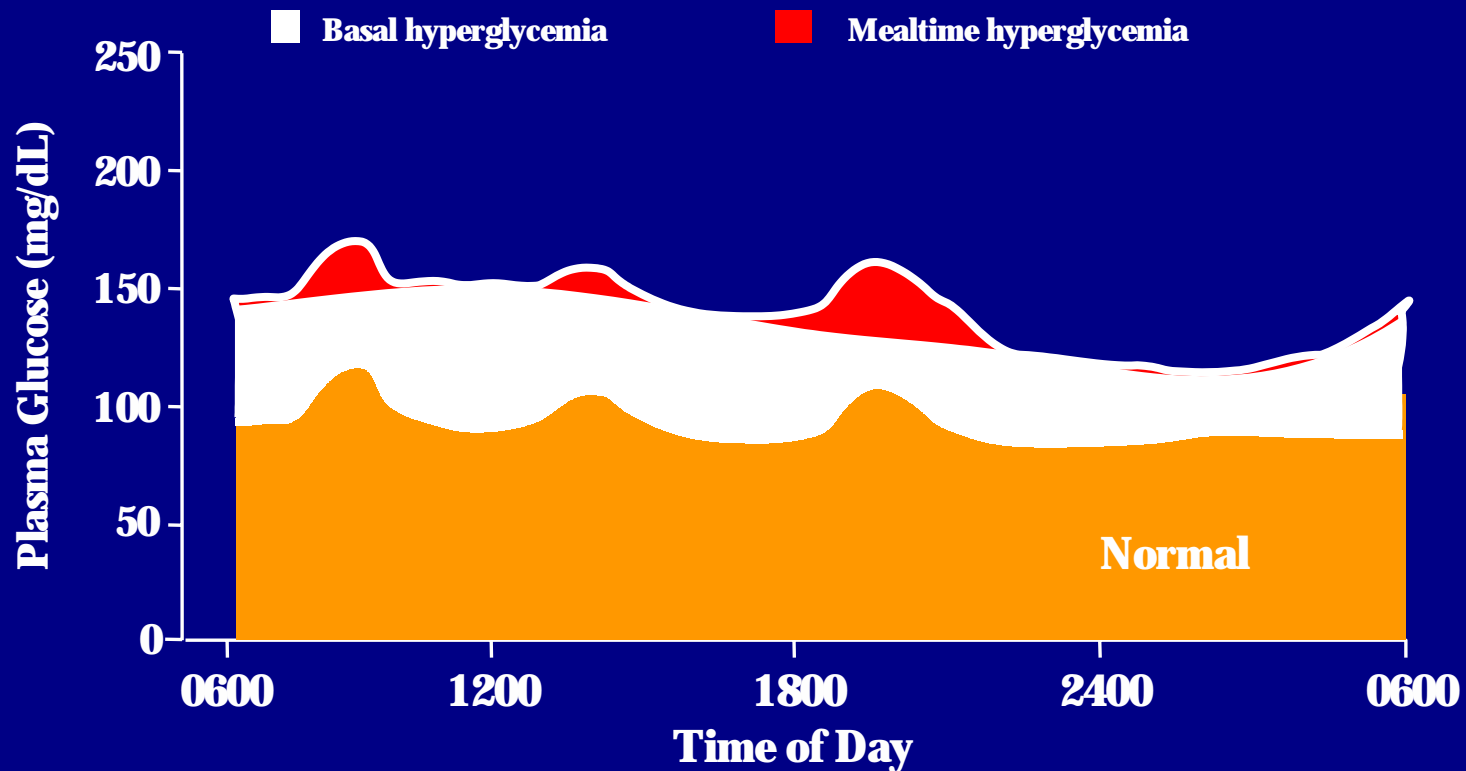
When Basal Corrected



Δ AUC from normal basal 900 mgm/dL·hr; Est HbA_{1c} 7.2%

Basal vs Mealtime Hyperglycemia in Diabetes

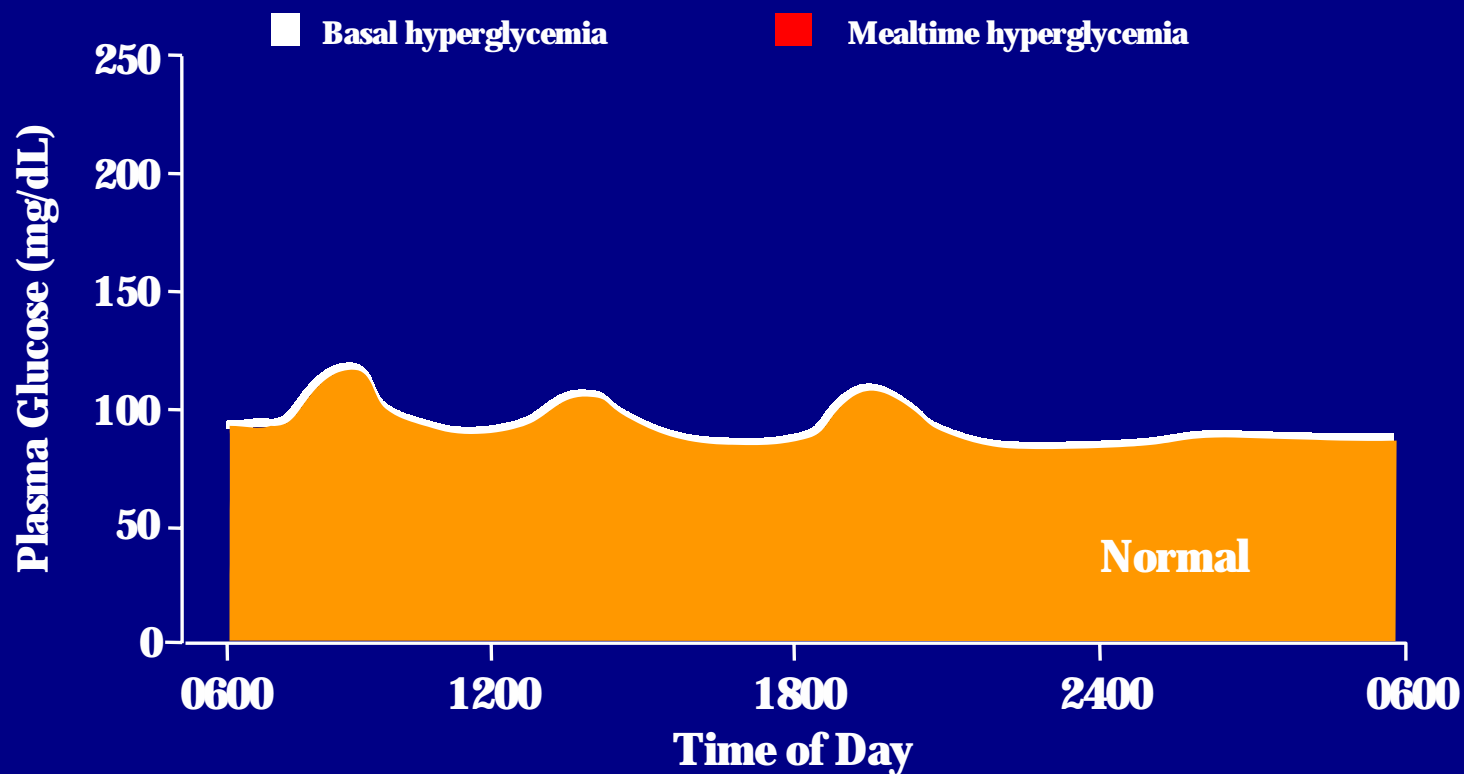
When Mealtime Hyperglycemia Corrected



Δ AUC from normal basal 1425 mgm/dL·hr; Est HbA_{1c} 7.9

Basal vs Mealtime Hyperglycemia in Diabetes

When Both Basal & Mealtime Hyperglycemia Corrected



Δ AUC from normal basal 225 mgm/dL·hr; Est HbA_{1c} 6.4%

MIMICKING NATURE WITH INSULIN THERAPY

Over time,

most patients will need

both basal and mealtime insulin

to control glucose

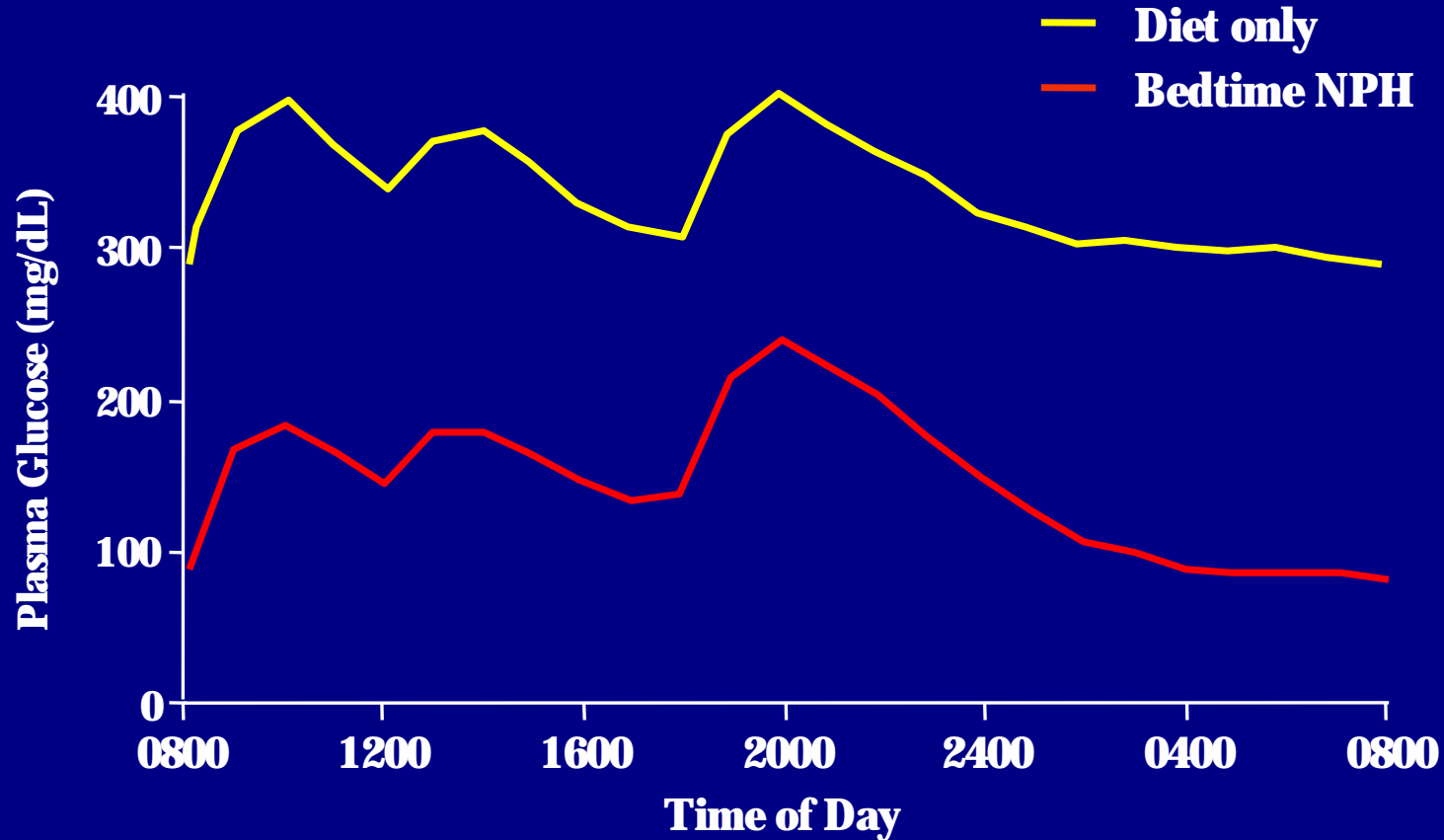
Starting With Basal Insulin

Advantages

- 1 injection with no mixing
- Insulin pens for increased acceptance
- Slow, safe, and simple titration
- Low dosage
- Effective improvement in glycemic control
- Limited weight gain

Starting With Basal Insulin

Bedtime NPH Added to Diet



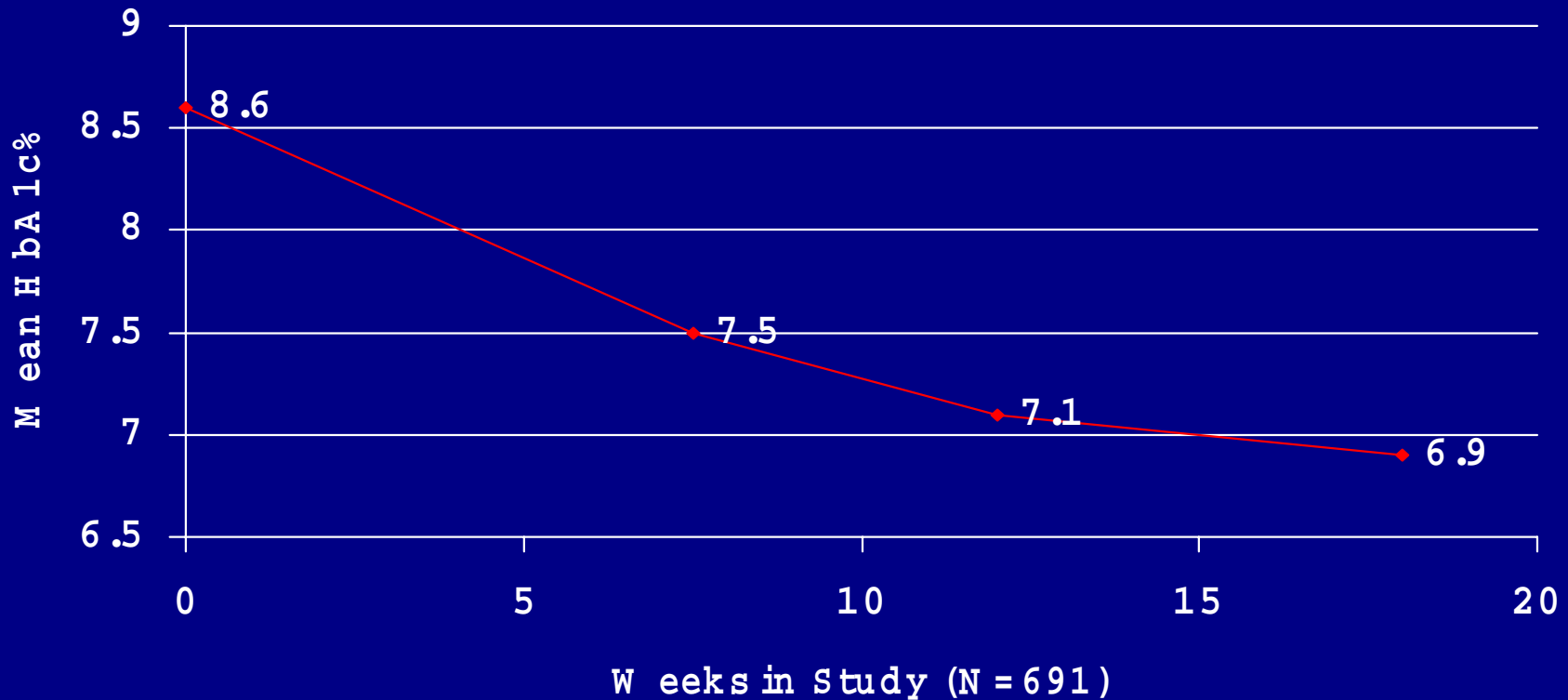
Treatment to Target Study: NPH vs Glargine in DM2 patients on OHA

- Type 2 DM on 1 or 2 oral agents (SU, MET, TZD)
- Age 30 to 70
- BMI 26 to 40
- A1C 7.5 to 10% and FPG > 140 mg/dL
- Anti GAD negative
- Willing to enter a 24 week randomized, open labeled study

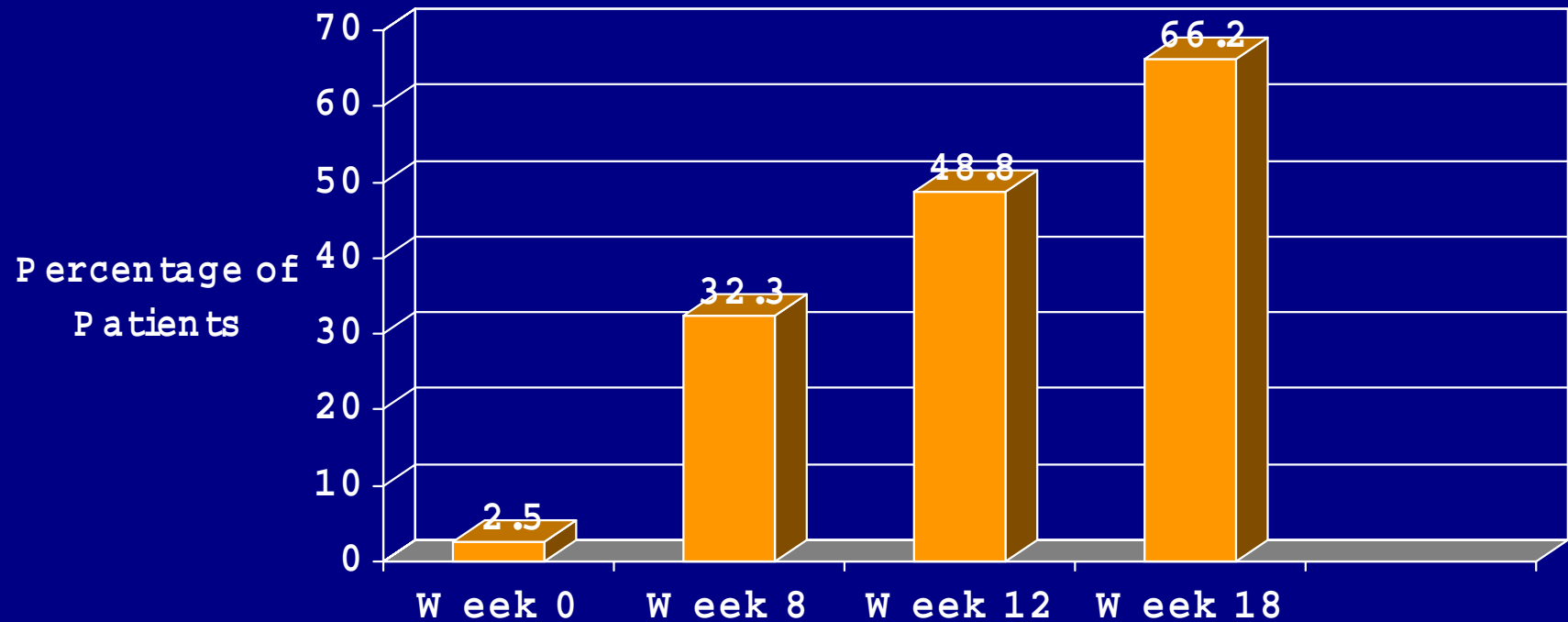
Treatment to Target Study: NPH vs Glargine in DM2 patients on OHA

- Add 10 units Basal insulin at bedtime (NPH or Glargine)
- Continue current oral agents
- Titrate insulin weekly to fasting BG < 100 mg/dL
 - if 100-120 mg/dL, increase 2 units
 - if 120-140 mg/dL, increase 4 units
 - if 140-160 mg/dL, increase 6 units
 - if 160-180 mg/dL, increase 8 units

Treatment to Target Study; A1C Decrease



Patients in Target (A1c < 7%)



Treatment to Target Study: NPH vs Glargine in DM2 patients on OHA

- Nocturnal Hypoglycemia reduced by ?% in the Glargine group

Advancing Basal/Bolus Insulin

- Indicated when FBG acceptable but
 - HbA1c > 7% or > 6.5%
and/or
 - SMBG before dinner > 140 mg/dL
- Insulin options
 - To glargine or NPH, add mealtime aspart / lispro
 - To supertime 70/30, add morning 70/30
 - Consider insulin pump therapy
- Oral agent options
 - Usually stop sulfonylurea
 - Continue metformin for weight control
 - Continue glitazone for glycemic stability?

Starting With Bolus Insulin

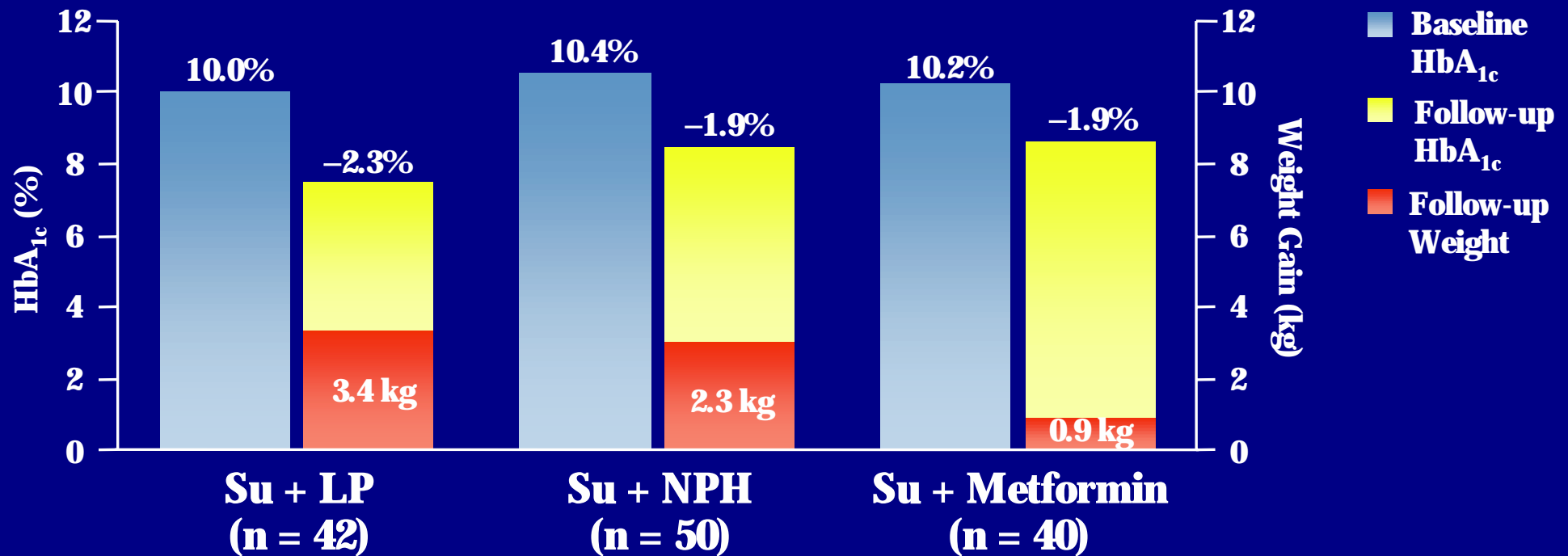
Combination Oral Agents

+

Mealtime Insulin

Starting With Bolus Insulin

Mealtime Lispro vs NPH or Metformin Added to Sulfonylurea



Case #1: DM 2 on SU with infection

- 49 year old white male
- DM 2 onset age 43, wt 173 lbs, Ht 70 inches
- On glimepiride (Amaryl) 4 mg/day ,
HbA1c 7.3% (intolerant to metformin)
- Infection in colostomy pouch (ulcerative colitis)
glucose up to 300 mg/dL plus
- SBGM 3 times per day

Case #1: DM 2 on SU with infection

- Started on MDI; starting dose 0.2 x wgt. in lbs.
- Wgt. 180 lbs which = 36 units
- Bolus dose (lispro/aspart) = 20% of starting dose at each meal, which = 7 to 8 units ac (tid)
- Basal dose (glargine) = 40% of starting dose at HS, which = 14 units at HS
- Correction bolus = $(BG - 100) / SF$, where $SF = 1500 / \text{total daily dose}$; $SF = 40$

Correction Bolus Formula

$$\frac{\text{Current BG} - \text{Ideal BG}}{\text{Glucose Correction factor}}$$

Example:

–Current BG: 220 mg/dl

–Ideal BG: 100 mg/dl

–Glucose Correction Factor: 40 mg/dl

$$\frac{220 - 100}{40} = 3.0u$$

Case #1: DM 2 on SU with infection

- Started on MDI
- Did well, average BG 138 mg/dL at 1 month and 117 mg/dL at 2 months post episode with HbA1c 6.1%

Strategies to Improve Glycemic Control: Type 2 Diabetes

- Monitor glycemic targets – Fasting and postprandial glucose, HbA_{1c}
- Self-monitoring of blood glucose is essential
- Nutrition and activity are cornerstones of therapy
- Combinations of pharmacologic agents are often necessary to achieve glycemic targets

Intensive Therapy for Type 1 Diabetes

- Careful **balance** of food, activity, and insulin
- Daily **self-monitoring BG**
- Patient trained to **vary insulin and food**
- Define **target BG** levels (individualized)
- Frequent contact of patient and **diabetes team**
- Monitoring **HbA_{1c}**
- **Basal / Bolus** insulin regimen

Options in Insulin Therapy

- **Current**

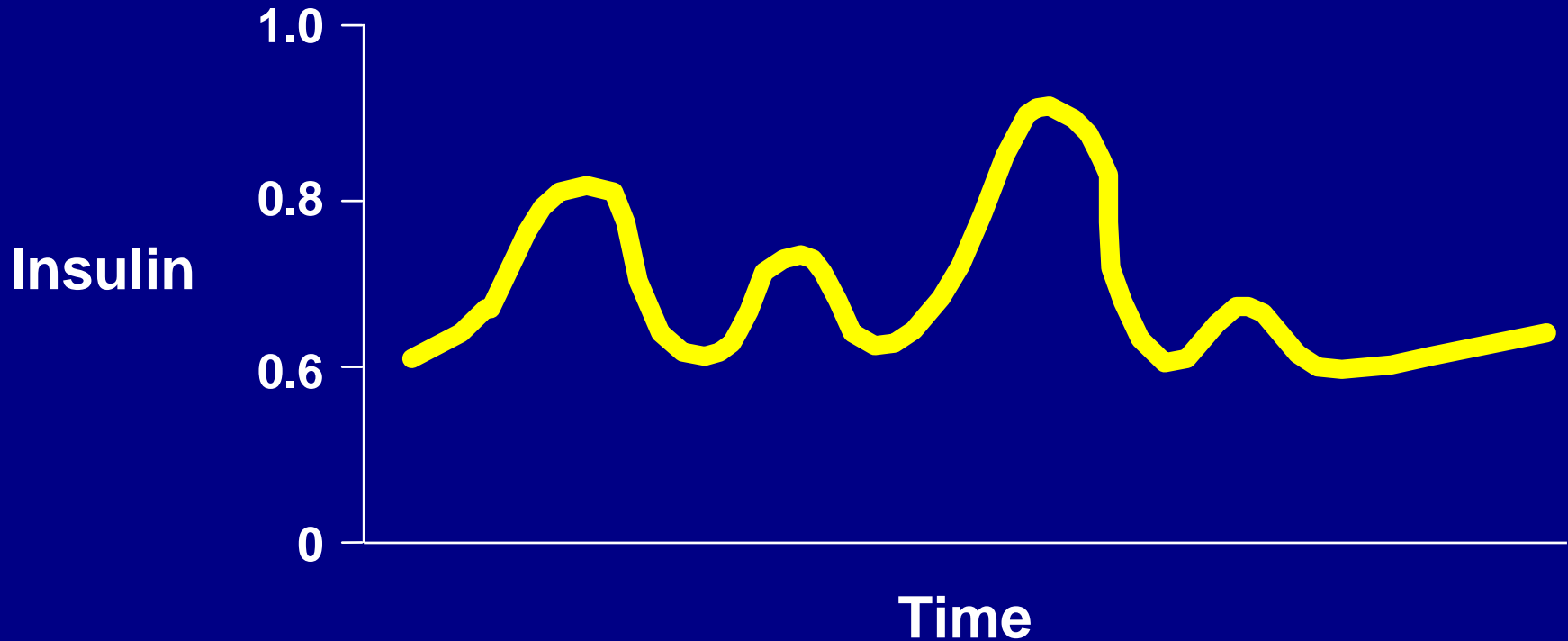
- Multiple injections
- Insulin pump (CSII)

- **Future**

- Implant (artificial pancreas)
- Transplant (pancreas; islet cells)

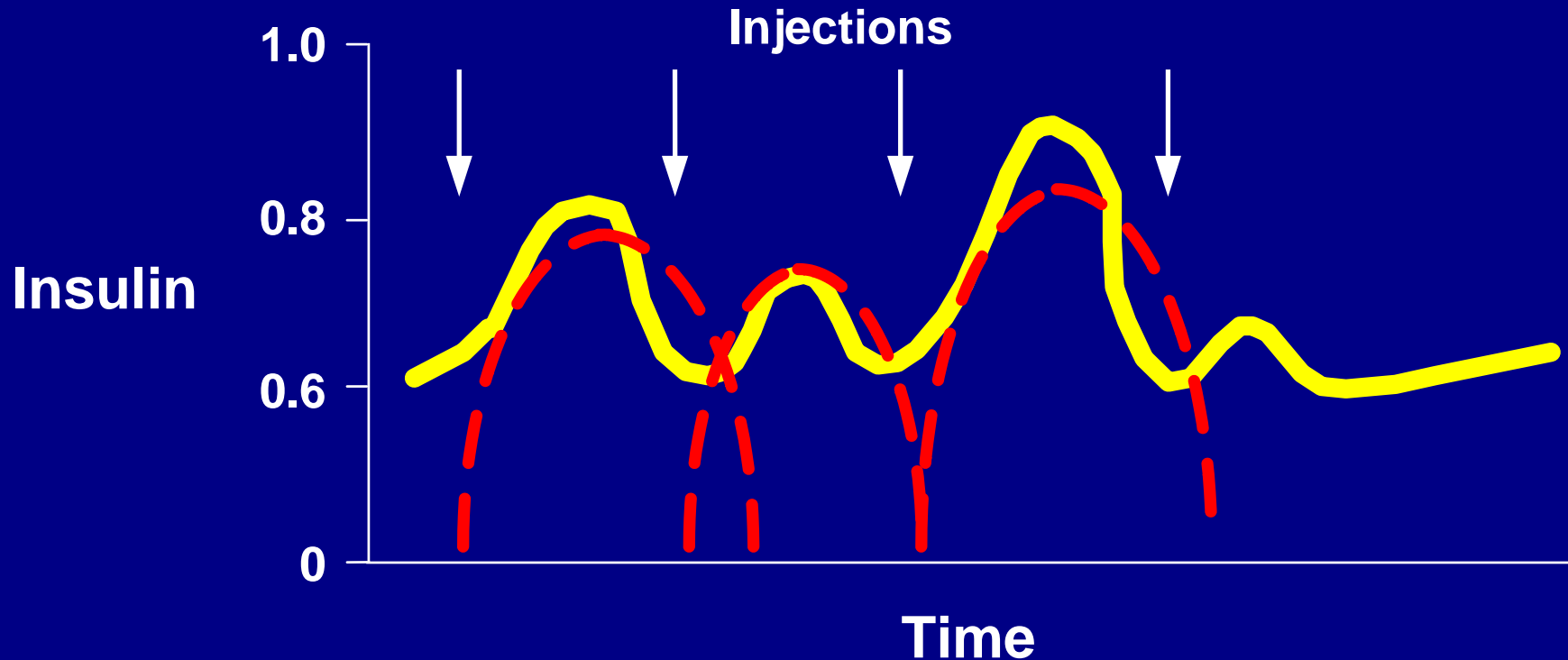
Multiple Injection Therapy

Intermediate & Short-Acting Insulin Pre-Meal



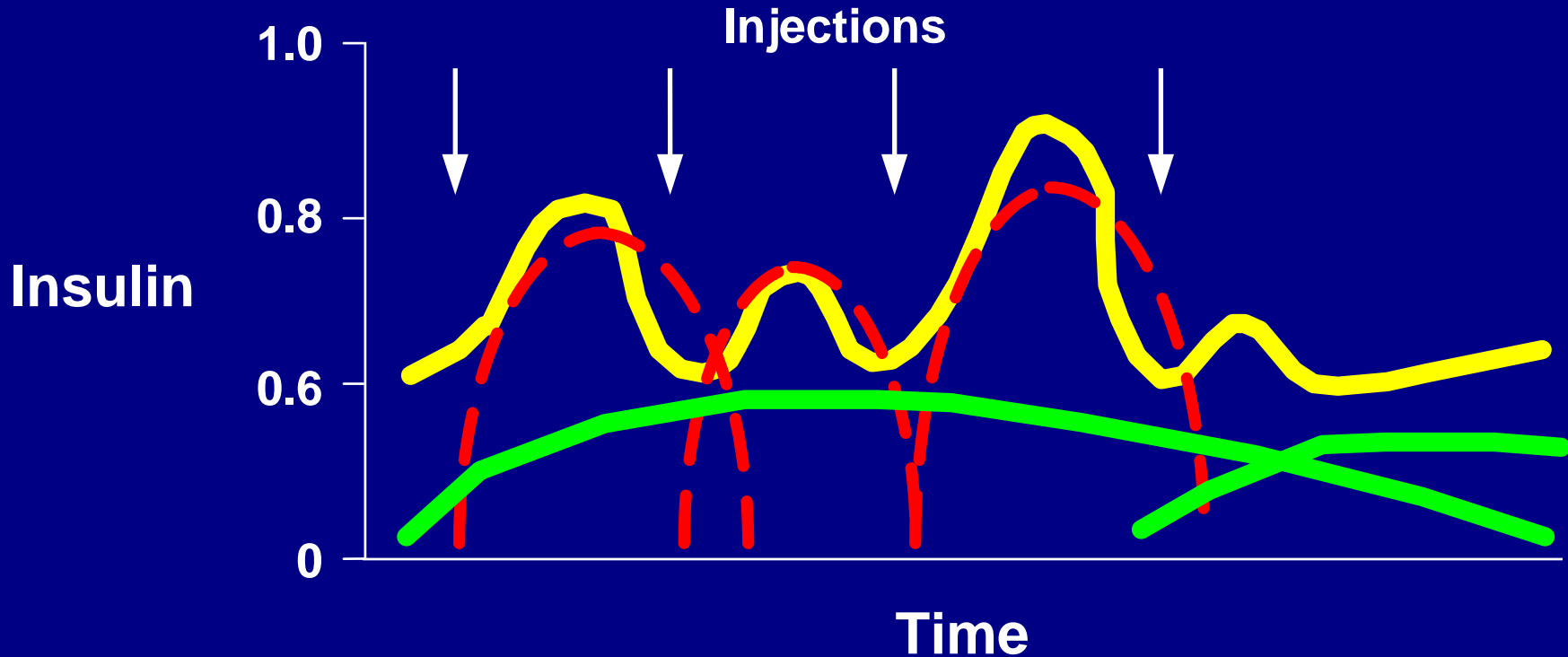
Multiple Injection Therapy

Intermediate & Short-Acting Insulin Pre-Meal



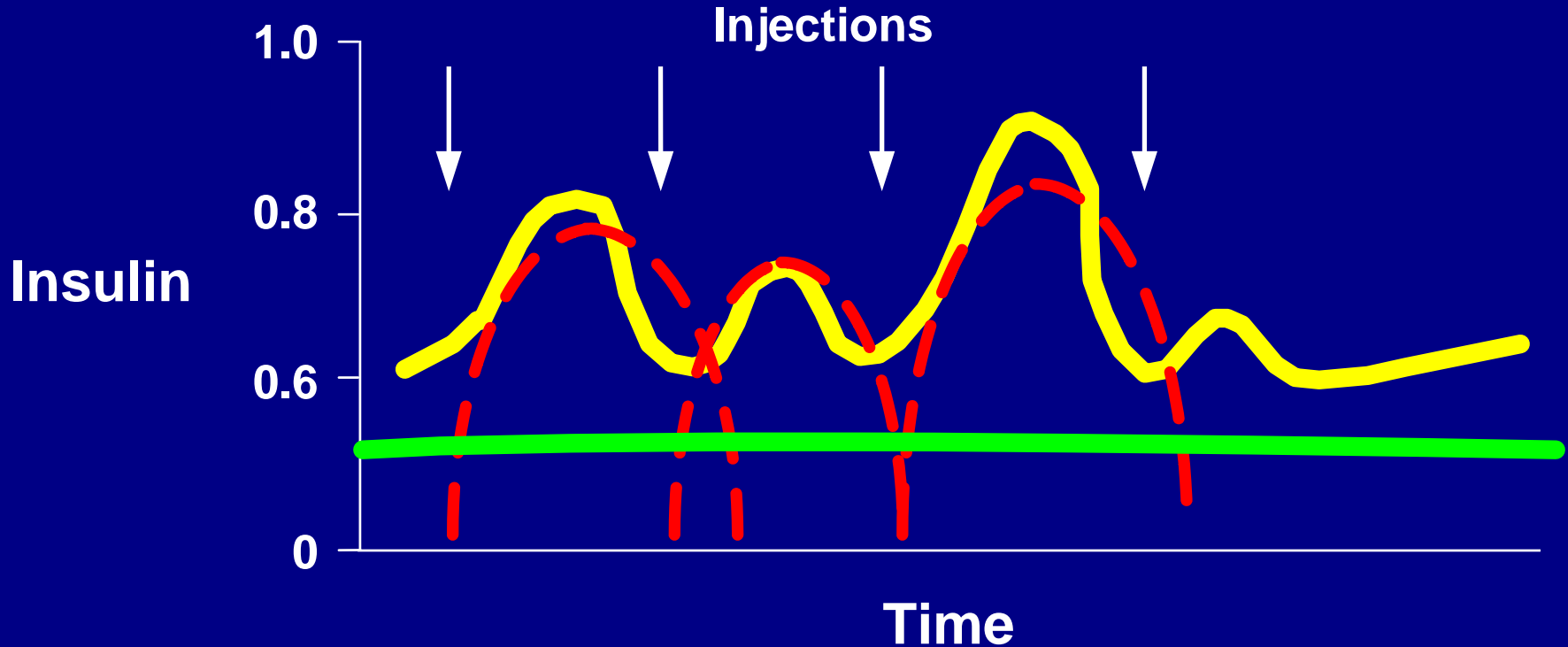
Multiple Injection Therapy

Intermediate & Short-Acting Insulin Pre-Meal



Multiple Injection Therapy

Glargine & Short-Acting Insulin Pre-Meal



Case #2: DM 1 on MDI

- 46 year old white male power line supervisor
- DM 1 age 40
- On MDI: 10 u lispro pre-meal, 20 u NPH HS
- HbA1c 7.4%
- SMBG avg 124 mg/dL based on 1.9 tests/day (fasting 171 mg/dL, noon 105 mg/dL, pm 125 mg/dL, HS 75 mg/dL)

Case #2: DM 1 on MDI

- Lantus (glargine) 20 u HS added in place of NPH
- No change in behavior (diet, SMBG frequency)
- Seen three months later (8-16-01)
- HbA1c 6.3%
- SMBG average 104 mg/dL (fasting BG 91 mg/dL, noon 126 mg/dL, pm 116 mg/dL, HS 126 mg/dL)
- NO HYPOGLYCEMIA
- HAPPY

Insulin Pens



Introducing InDuo™

- The world's first combined insulin doser and blood glucose monitoring system
- A major breakthrough in Diabetes Care



InDuo™ - Integration



Feature

- **Combined insulin doser and blood glucose monitor**

InDuo™ - Compact Size



Feature

- Compact, discreet design

Benefit

- Allows discreet testing and injecting anywhere, anytime

InDuo™ - Doser Remembers



Feature

- Remembers amount of insulin delivered and time since last dose

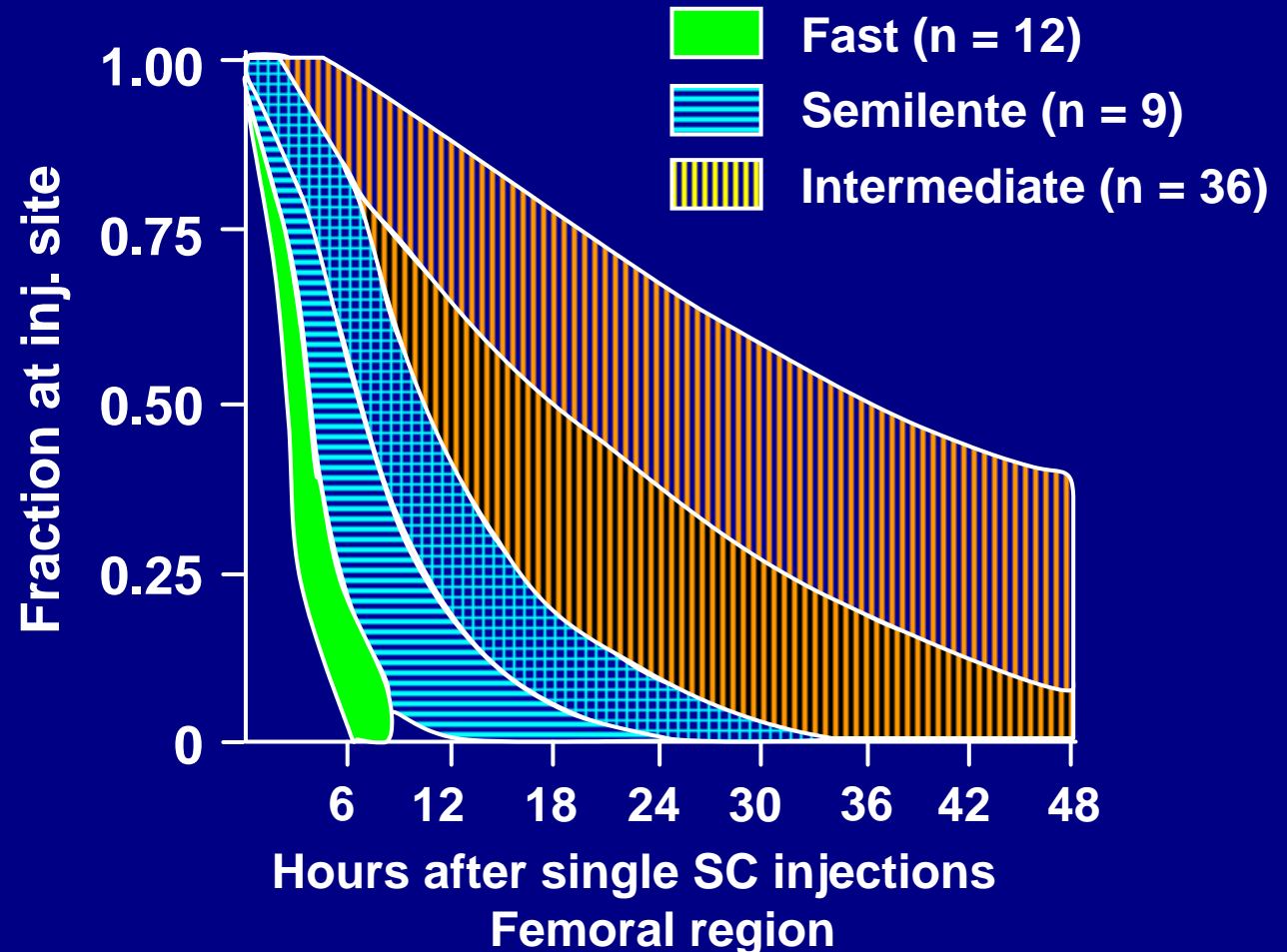
Benefit

- Helps people inject the right amount of insulin at the right time

Variability of Insulin Absorption

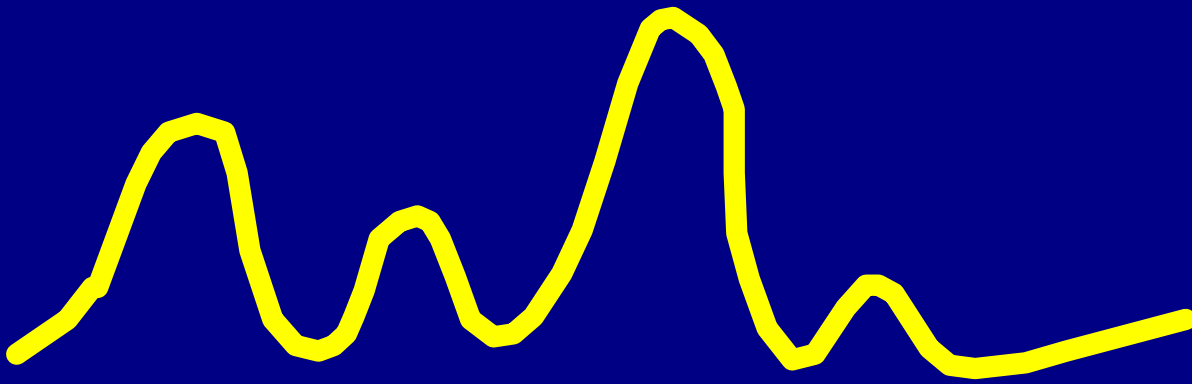
CSII <2.8%

Subcutaneous
Injectable
10% to 52%



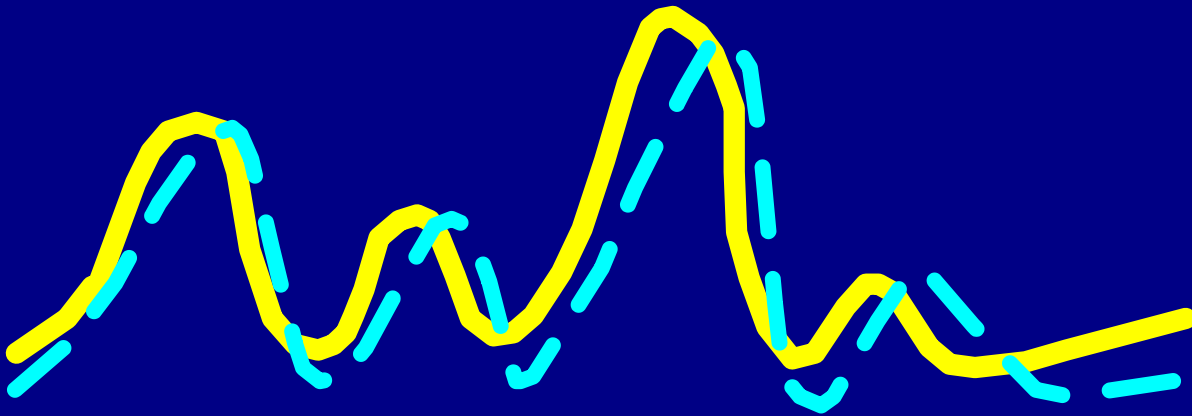
Pump Therapy

Basal & Bolus Short-Acting Insulin



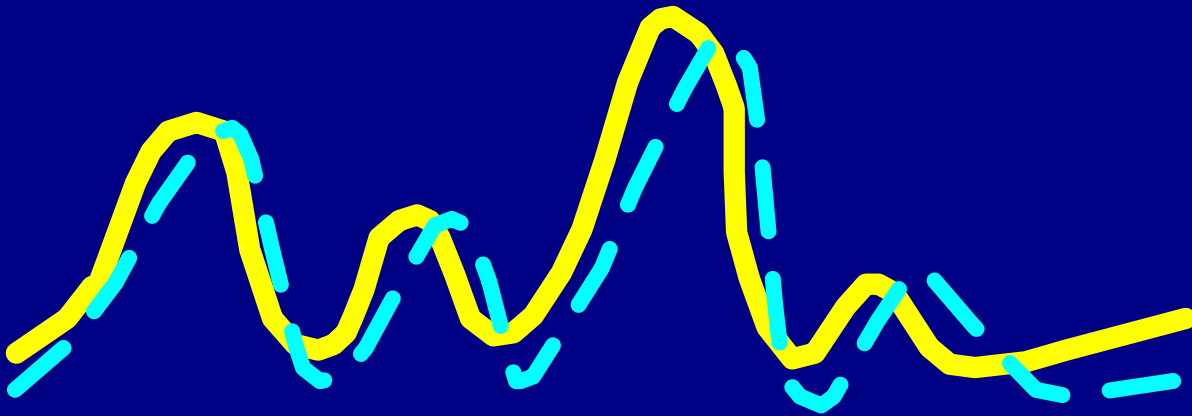
Pump Therapy

Basal & Bolus Short-Acting Insulin



Pump Therapy

Basal & Bolus Short-Acting Insulin



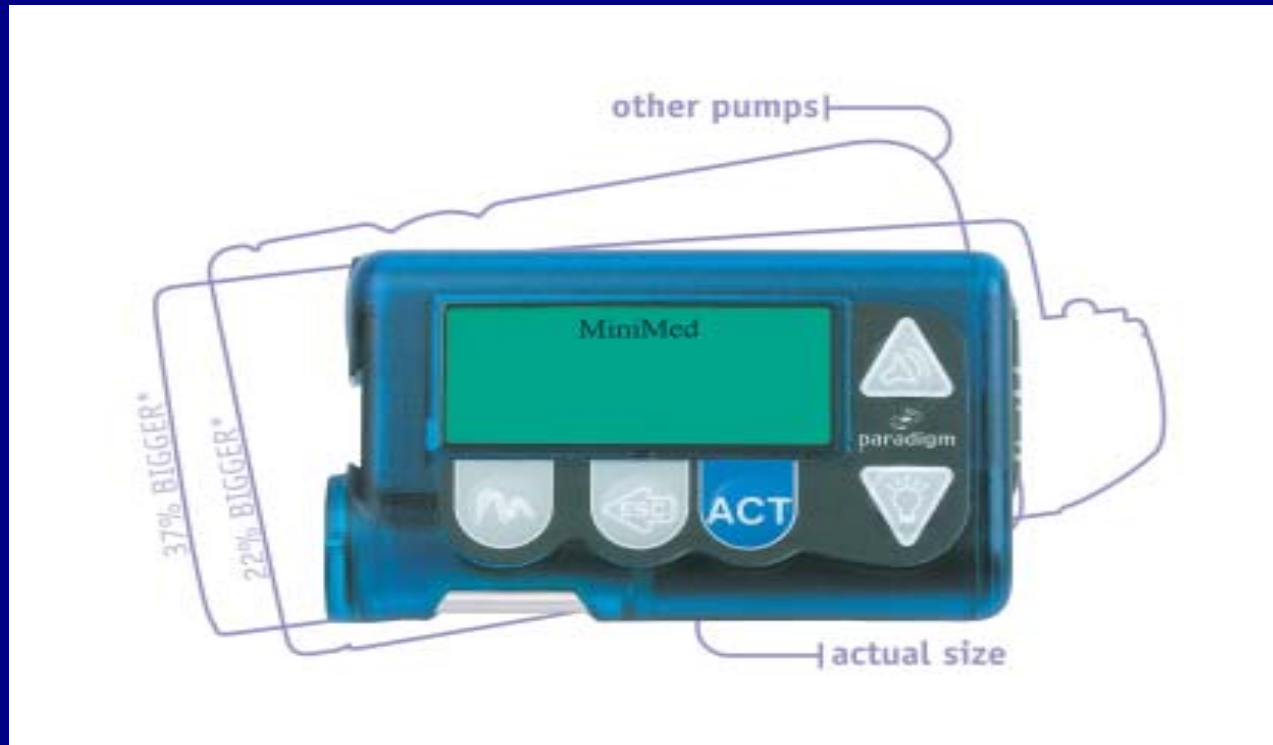
- Combined with SMBG, physiologic insulin requirements can be achieved more closely
- Flexibility in lifestyle

History of Pumps





PARADIGM PUMP



Paradigm.
Simple. Easy.

Paradigm Pump: Advantages

- 29% smaller, water resistant
- Menu driven:
bolus, suspend, basal, prime, utilities
- Reservoir based (easier to fill)
- Silent motor
- AAA batteries

Paradigm Pump: Advantages

- Various bolus options

normal, square, dual, and “easy bolus”

- Enhanced memory

- Enhanced safety features

(low reservoir alarm, auto off, etc.)

Pump Infusion Sets



Softset QR



Silhouette

Pharmacokinetic Advantages

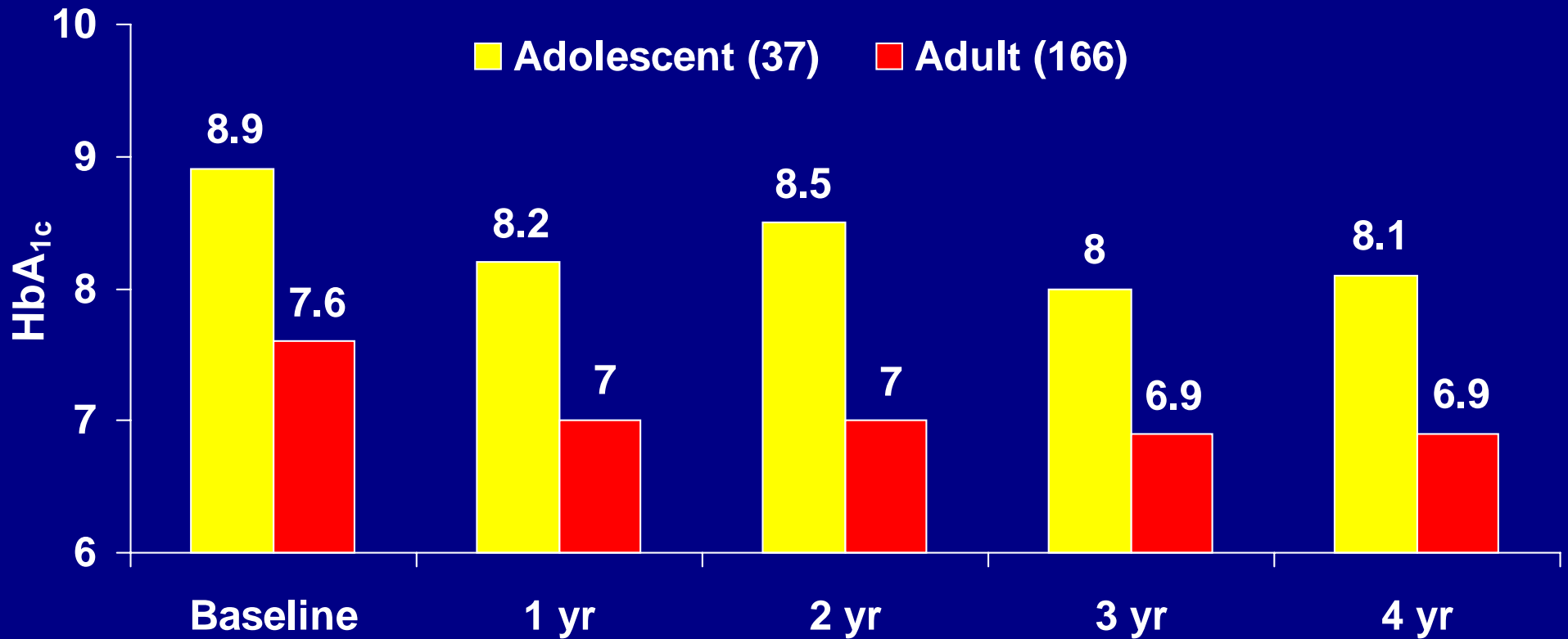
CSII vs MDI

- Uses only regular or very rapid insulin
 - More predictable absorption than modified insulins (variation 3% vs 19 to 52%)
- Uses 1 injection site
 - Reduces variations in absorption due to site rotation
- Eliminates most of the subcutaneous insulin depot
- Programmable delivery simulates normal pancreatic function

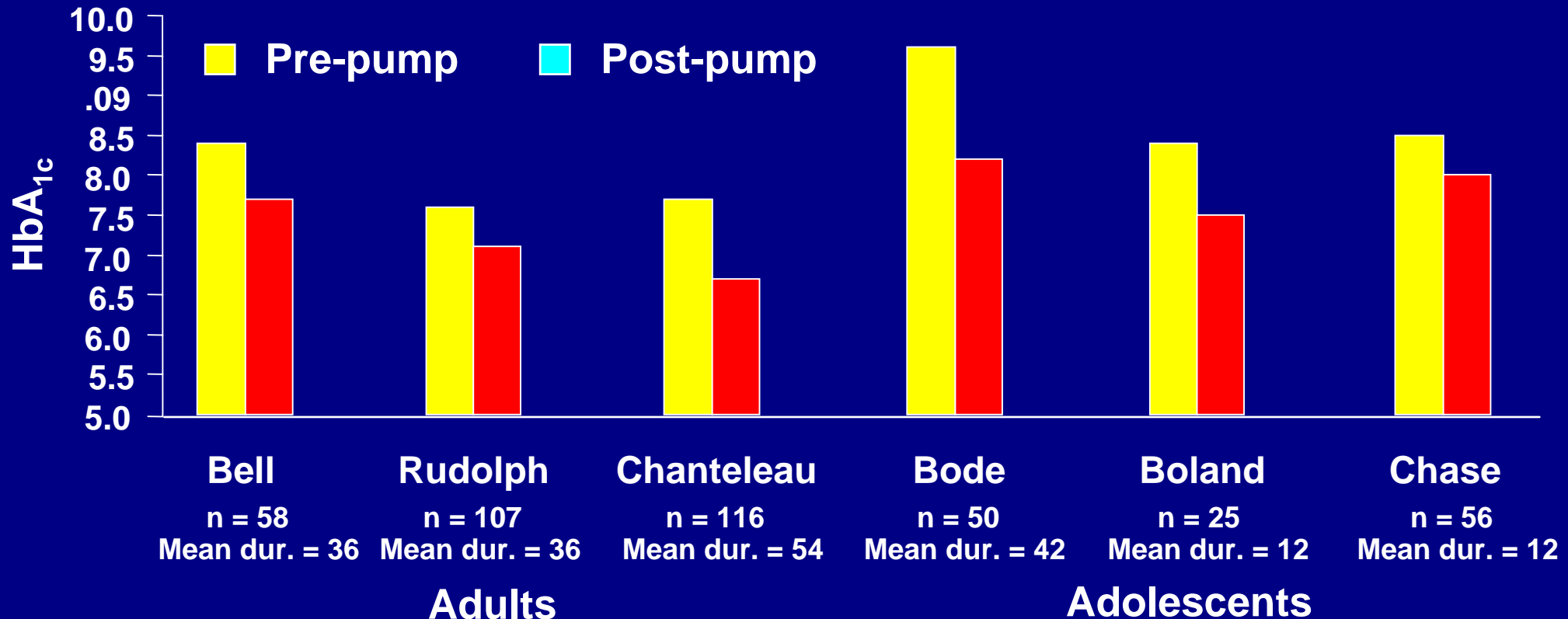
Metabolic Advantages with CSII

- Improved glycemic **control**
- Better pharmacokinetic **delivery** of insulin
 - **Less hypoglycemia**
 - **Less insulin required**
- Improved **quality** of life

Glycemic Control



CSII Reduces HbA_{1c}



Chantelau E, et al. *Diabetologia*. 1989;32:421-426; Bode BW, et al. *Diabetes Care*. 1996;19:324-327;
Boland EA, et al. *Diabetes Care*. 1999;22:1779-1784; Bell DSH, et al. *Endocrine Practice*. 2000;6:357-360;
Chase HP, et al. *Pediatrics*. 2001;107:351-356.

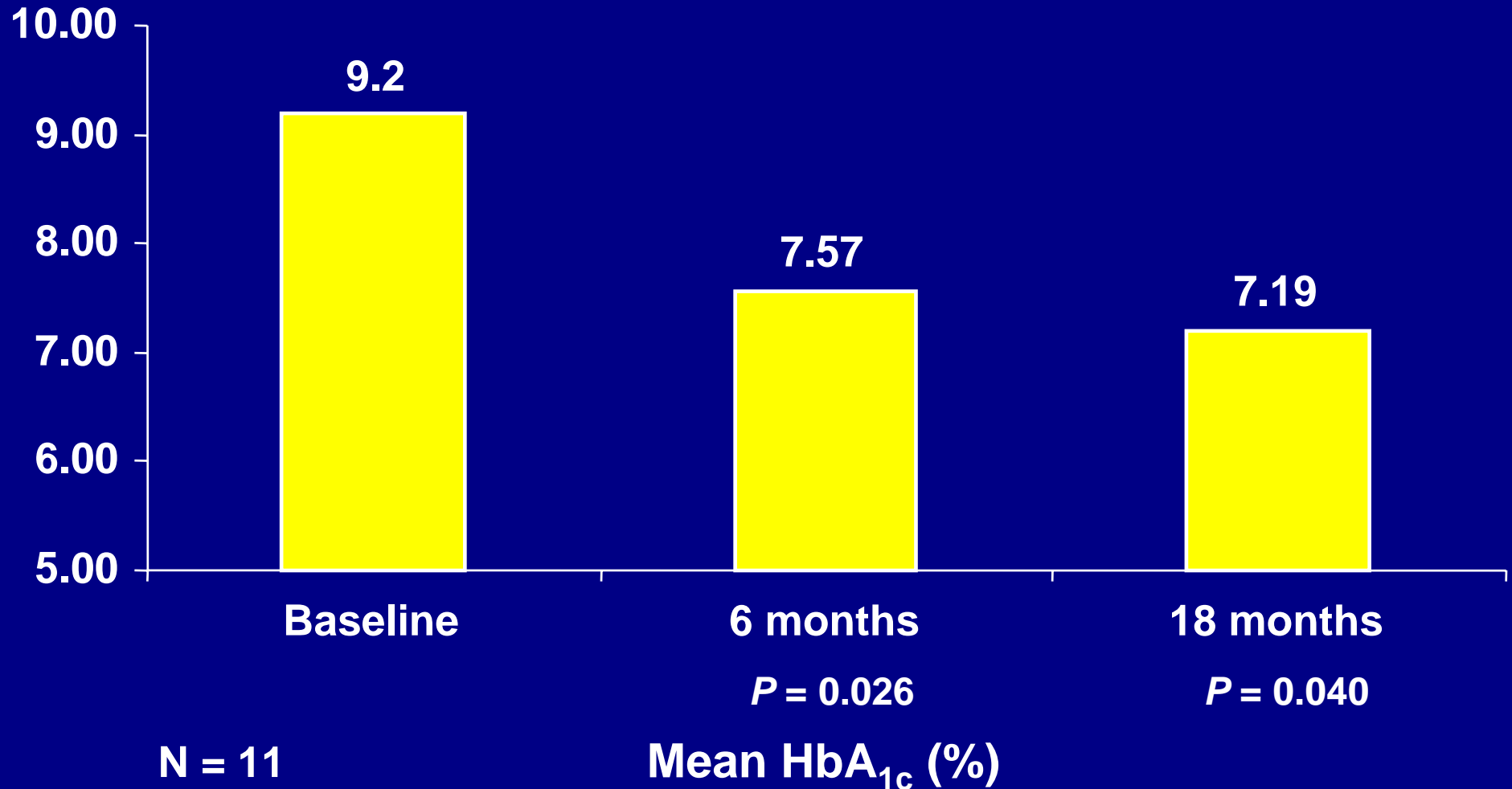
CSII

Factors Affecting HbA_{1c}

- **Monitoring**
 - $\text{HbA}_{1c} = 8.3 - (0.21 \times \text{BG per day})$
- **Recording** 7.4 vs 7.8
- **Diet practiced**
 - CHO: 7.2
 - Fixed: 7.5
 - Other: 8.0
- **Insulin type**
 - Lispro: 7.3
 - R: 7.7

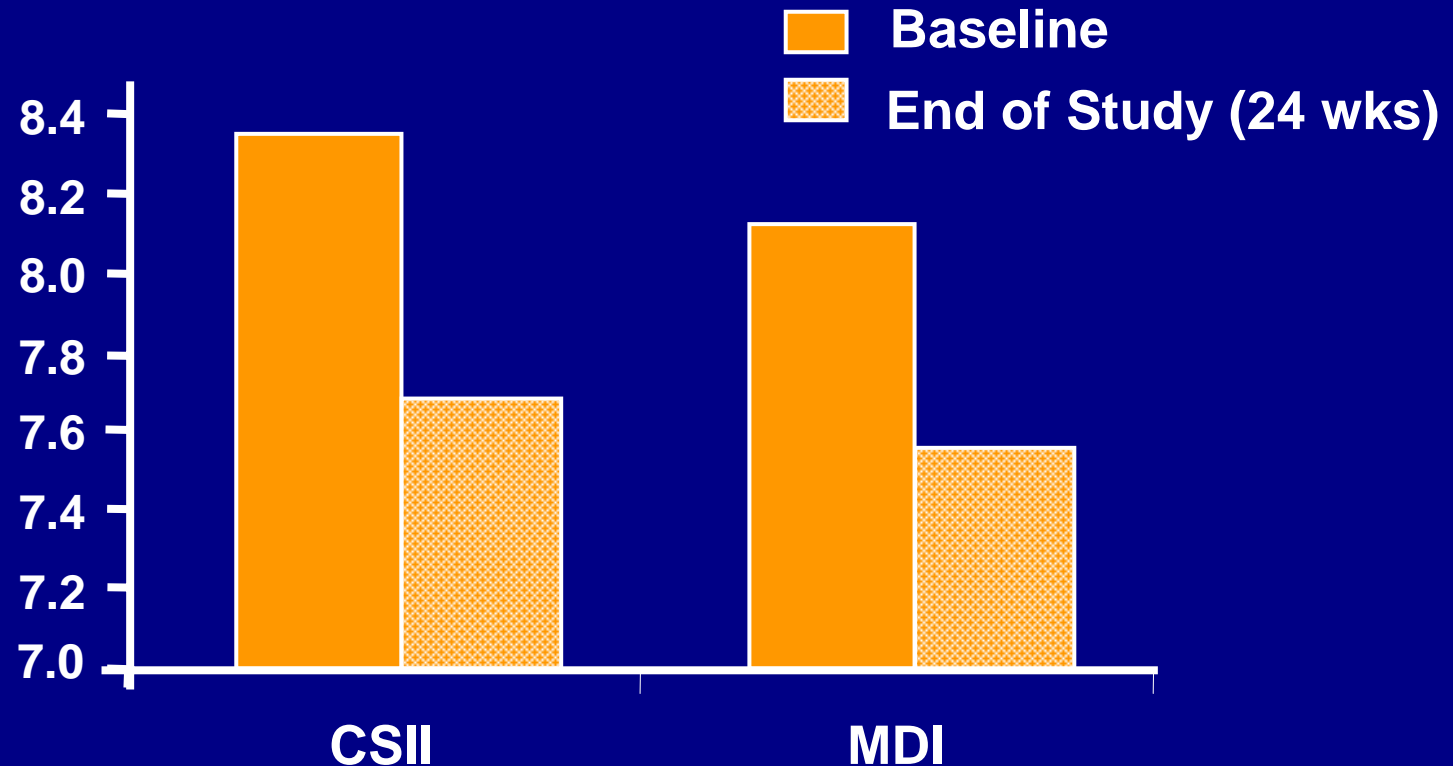
CSII Usage in Type 2 Patients

Atlanta Diabetes Experience



Glycemic Control in Type 2 DM: CSII vs MDI in 127 patients

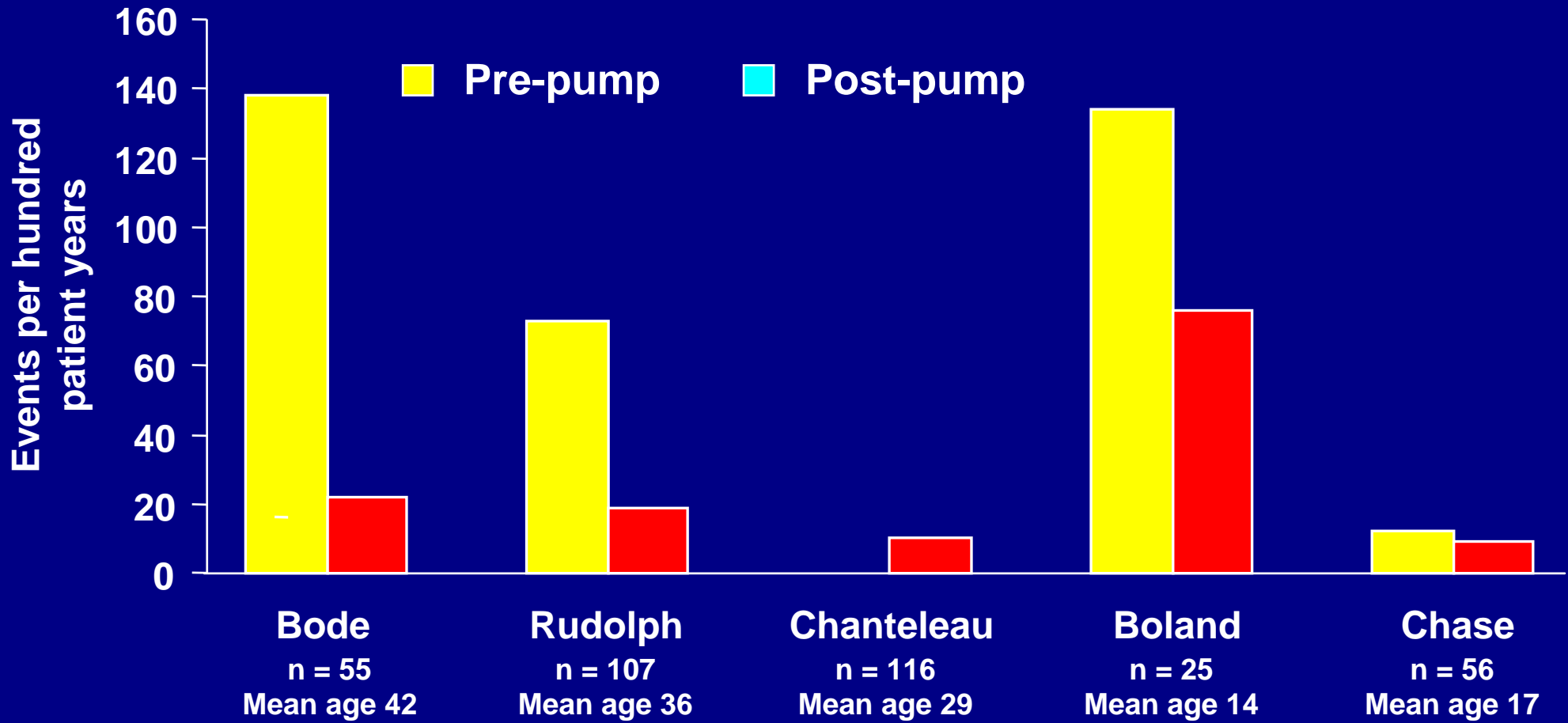
● A1C



DM 2 Study: CSII vs MDI

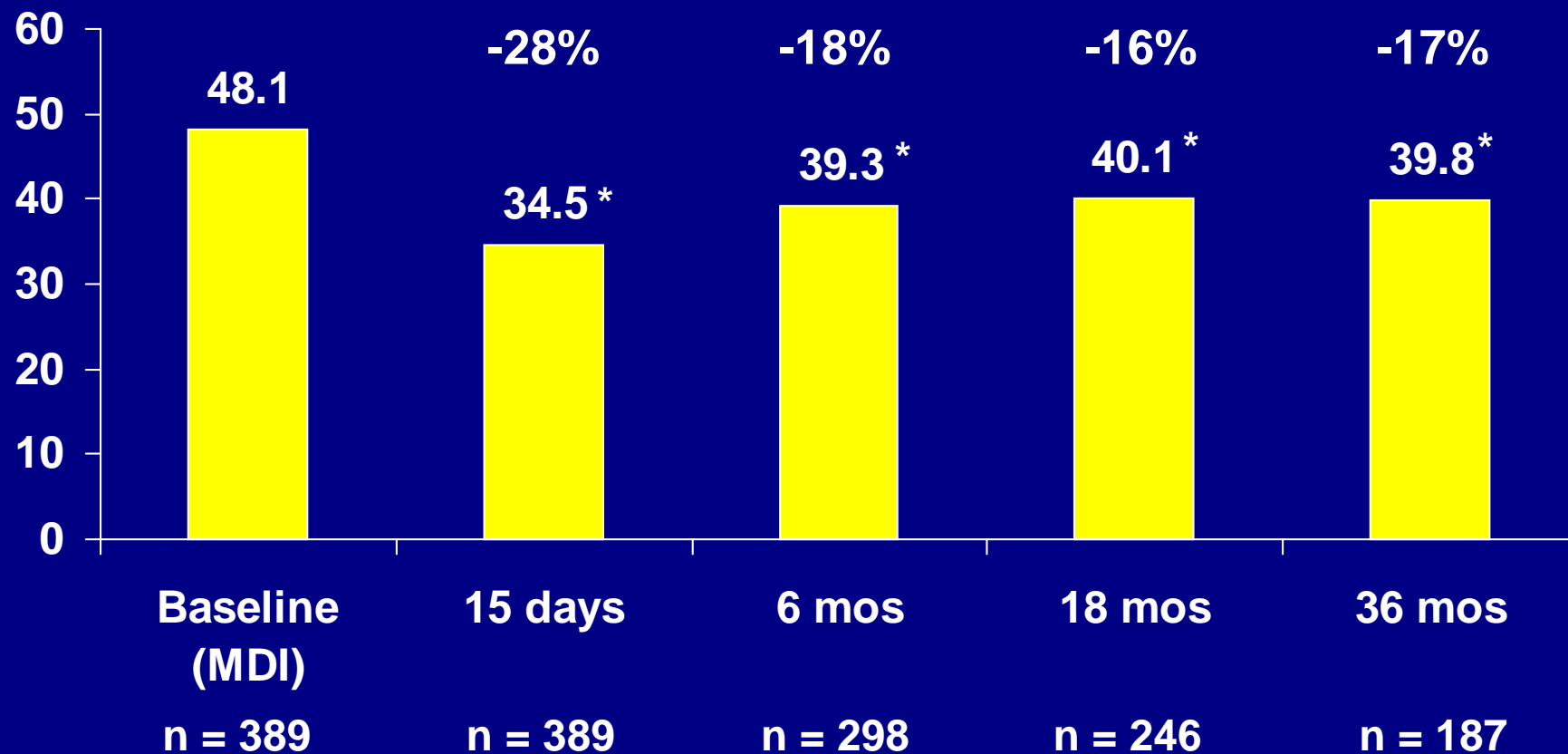
- Overall treatment satisfaction improved in the CSII group: 59% pre to 79% at 24 weeks
- 93% in the CSII group preferred the pump to their prior regiment (insulin +/- OHA)
- CSII group had less hyperglycemic episodes (3 subjects, 6 episodes vs. 11 subjects, 26 episodes in the MDI group)

CSII Reduces Hypoglycemia



Chanteleau E, et al. *Diabetologia*. 1989;32:421-426; Bode BW, et al. *Diabetes Care*. 1996;19:324-327; Boland EA, et al. *Diabetes Care*. 1999;22:1779-1784; Chase HP, et al. *Pediatrics*. 2001;107:351-356.

Insulin Reduction Following CSII



* $P < 0.001$

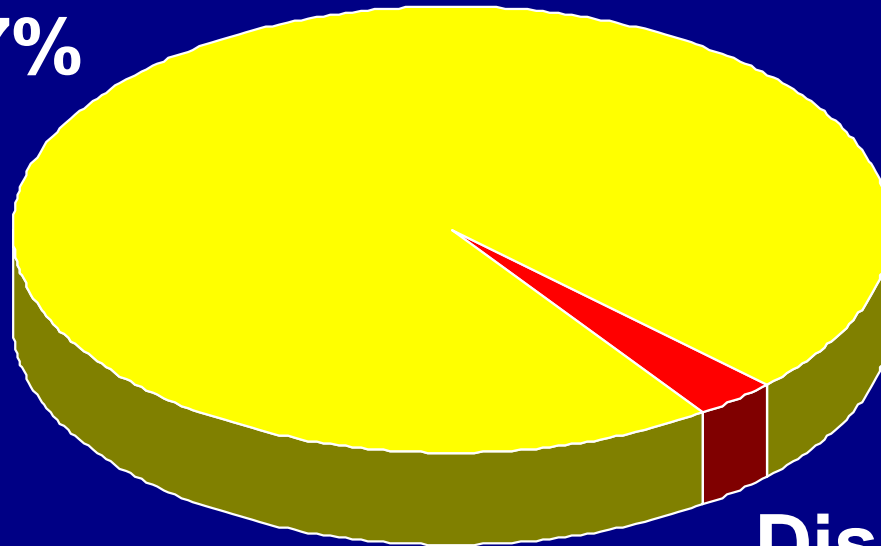
Normalization of Lifestyle

- Liberalization of diet — timing & amount
- Increased control with exercise
- Able to work shifts & through lunch
- Less hassle with travel — time zones
- Weight control
- Less anxiety in trying to keep on schedule

Current Continuation Rate

Continuous Subcutaneous Insulin Infusion (CSII)

Continued 97%



Discontinued 3%

N = 165

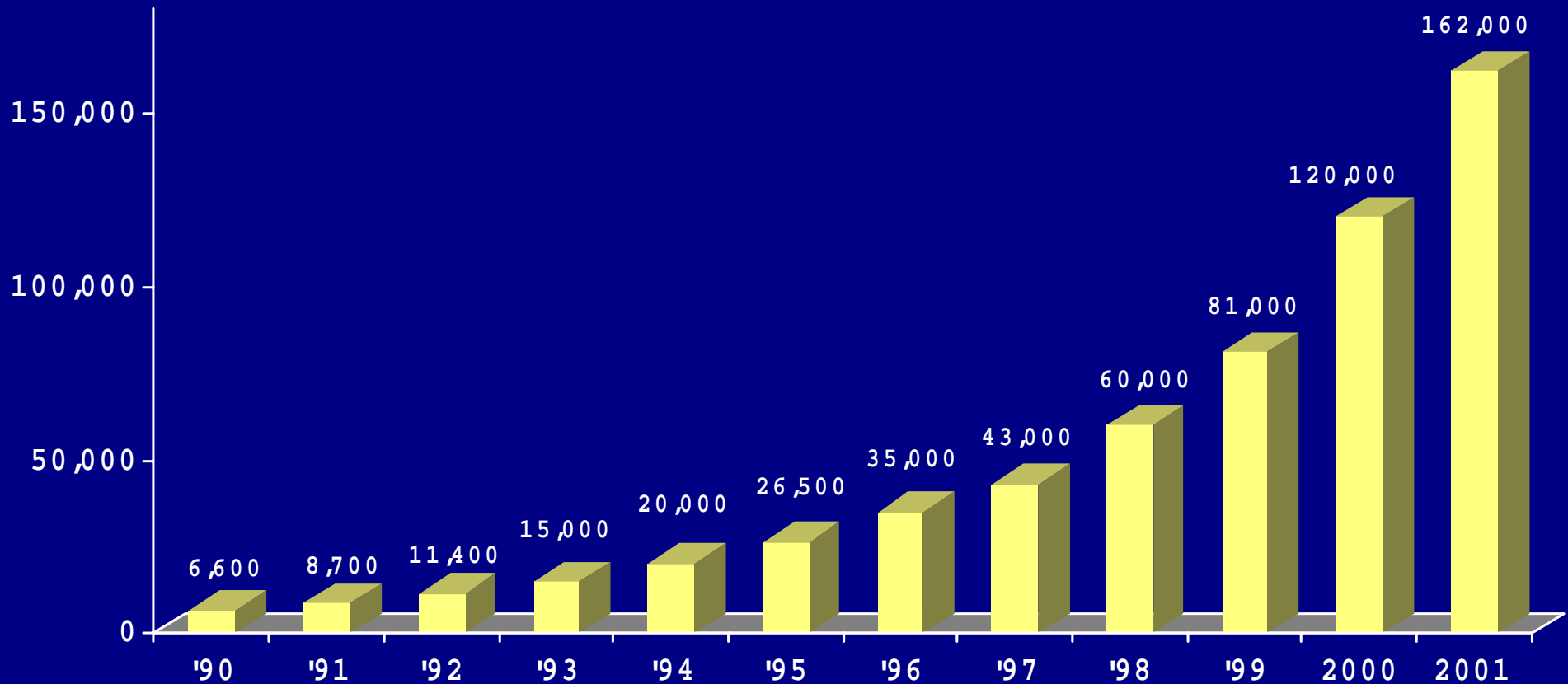
Average Duration = 3.6 years

Average Discontinuation <1%/yr

Bode BW, et al. *Diabetes*. 1998;47(suppl 1):392.

U.S. Pump Usage

Total Patients Using Insulin Pumps



Pump Therapy Indications

- HbA_{1c} >7.0%
- Frequent hypoglycemia
- Dawn phenomenon
- Exercise
- Pediatrics
- Pregnancy
- Gastroparesis
- Hectic lifestyle
- Shift work
- Type 2



Poor Candidates for CSII

- Unwilling to comply with medical follow-up
- Unwilling to perform self blood glucose monitoring 4 times daily
- Unwilling to quantitate food intake

Current Candidate Selection

Patient Requirements

- Willing to monitor and record BG
- Motivated to take insulin
- Willing to quantify food intake
- Willing to follow-up
- Interested in extending life

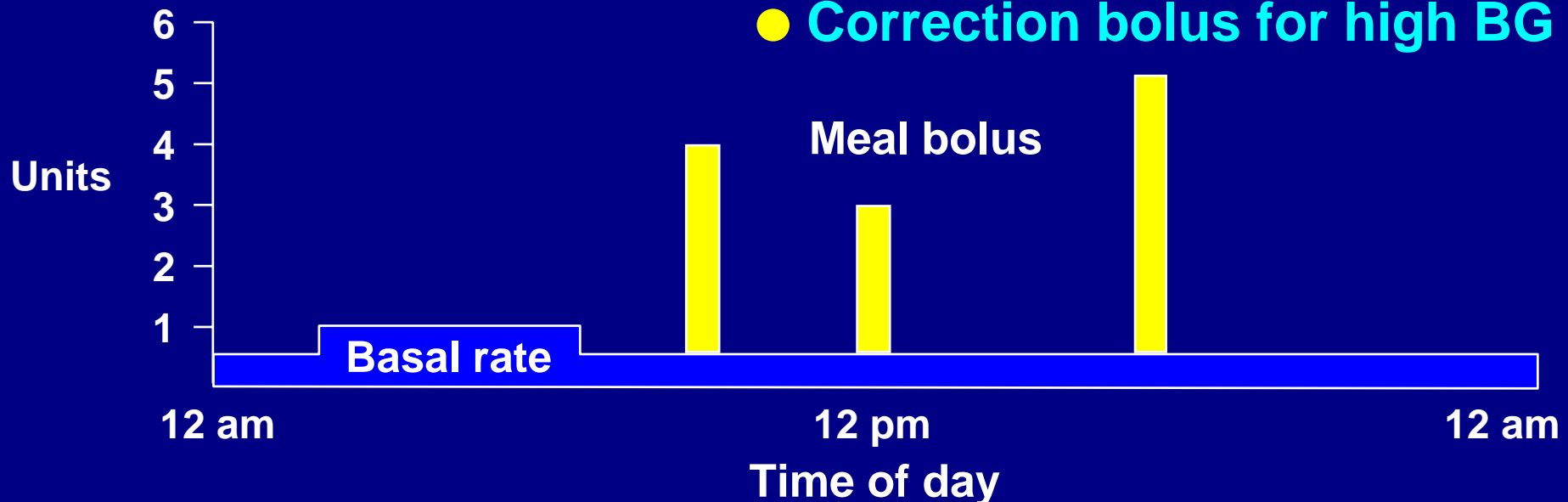
Pump Therapy

Basal rate

- Continuous flow of insulin
- Takes the place of NPH or glargine insulin

Meal boluses

- Insulin needed pre-meal
 - Pre-meal BG
 - Carbohydrates in meal
 - Activity level
- Correction bolus for high BG



What Type of Bolus Should You Give?

- 9 DM 1 patients on CSII ate pizza and coke on four consecutive Saturdays
- Dual wave bolus (70% at meal, 30% as 2-h square):
9 mg/dl glucose rise
- Single bolus: 33 mg/dl rise
- Double bolus at -10 and 90 min: 66 mg/dl rise
- Square wave bolus over 2 hours: 80 mg/dl rise

If HbA_{1c} is Not to Goal

Must look at:

- SMBG frequency and recording
- Diet practiced
 - Do they know what they are eating?
 - Do they bolus for all food and snacks?
- Infusion site areas
 - Are they in areas of lipohypertrophy?
- Other factors:
 - Fear of low BG
 - Overtreatment of low BG

Future of Diabetes Management

Improvements in Insulin & Delivery

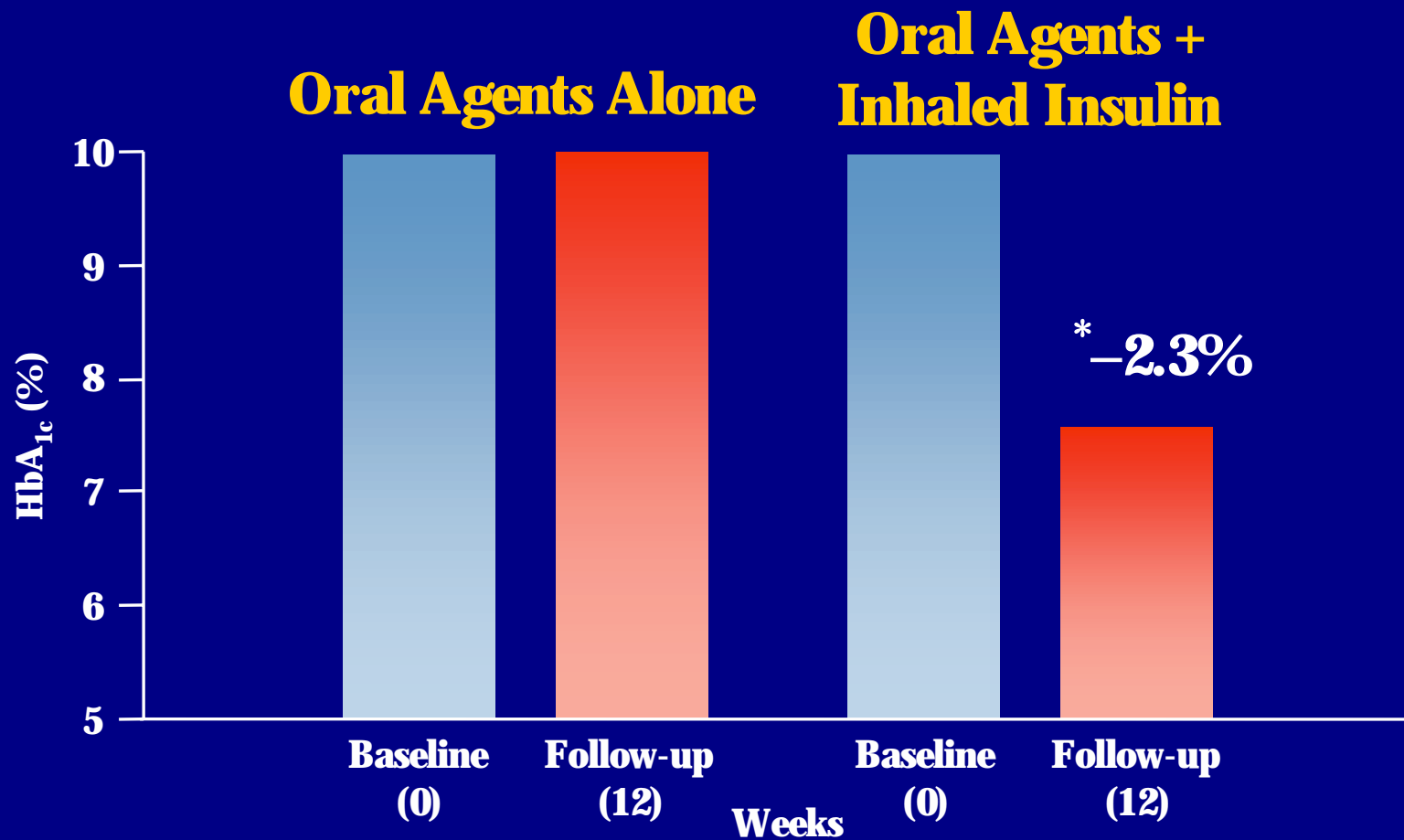
- **Insulin analogs and inhaled insulin**
- **External pumps**
- **Internal pumps**
- **Continuous glucose sensors**
- **Closed-loop systems**

Pulmonary Insulin



Oral Agents + Mealtime Inhaled Insulin

Effect on HbA_{1c}



* $P < .001$

Weiss, et al. *Diabetes*. 1999;48(suppl 1):A12.

GLUCOSE MONITORING SYSTEMS - Telemetry



Consumer Product

- “Real time” glucose readings
- Wireless communication from sensor to monitor
- High and low glucose alarms
- FDA panel pending

Closed-loop control using an external insulin pump and a subcutaneous glucose sensor



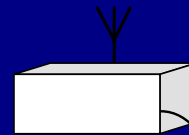
*subcutaneous
glucose sensor*

+

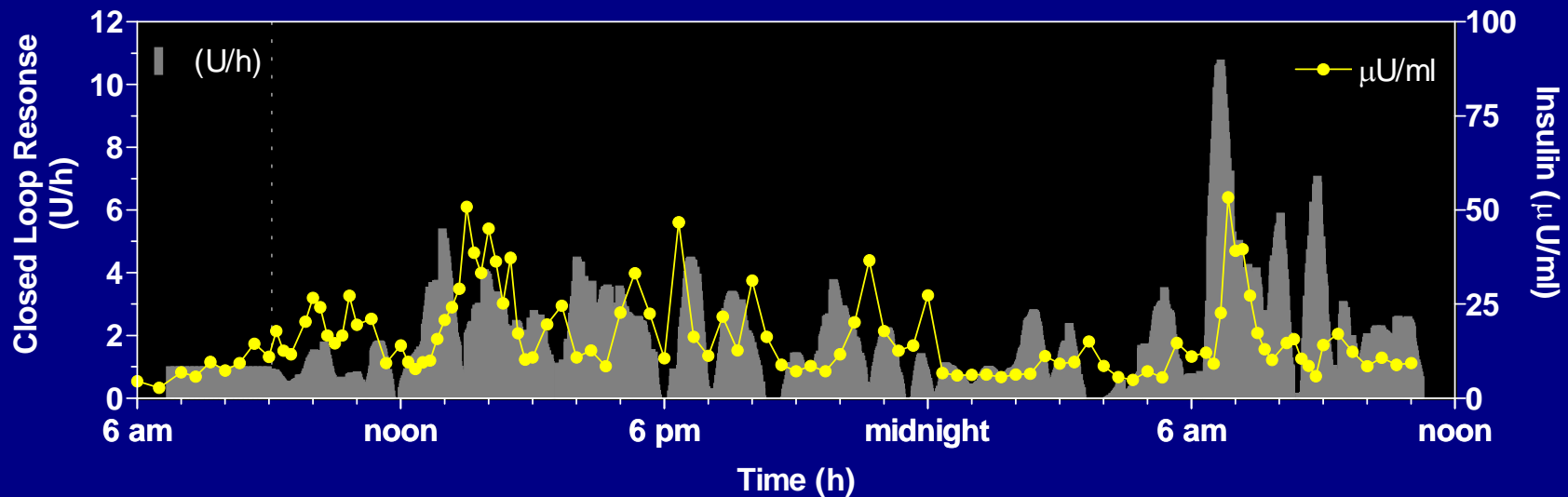
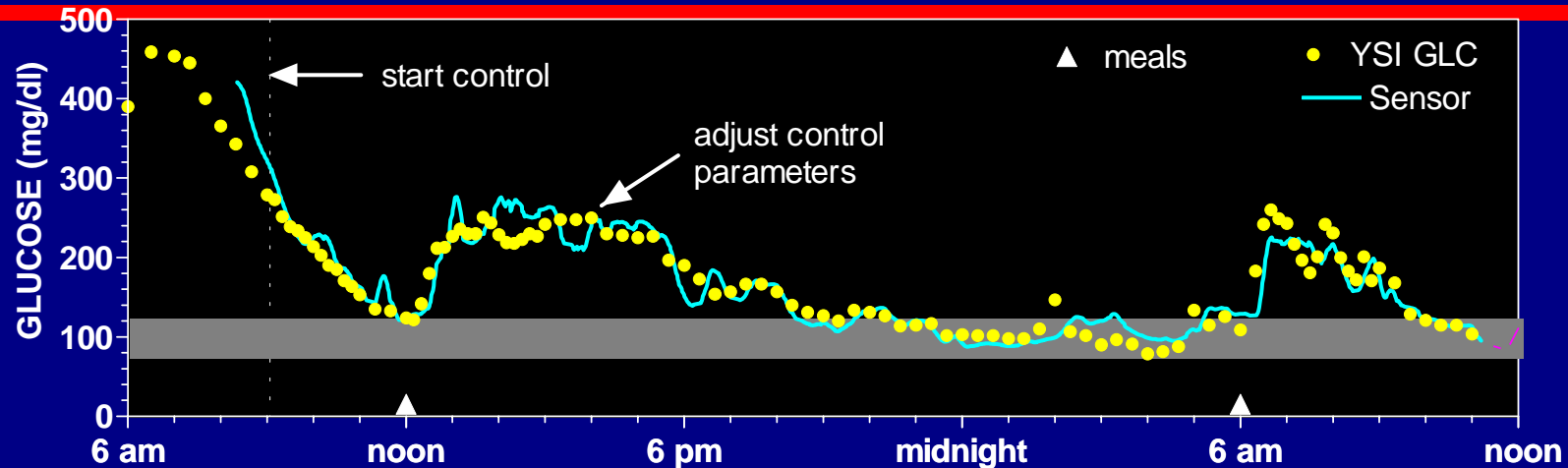


*Insulin infusion pump
(currently MiniMed 508)*

Closed-Loop Setup for Canine Studies



24-h Closed-Loop Control (diabetic canine)



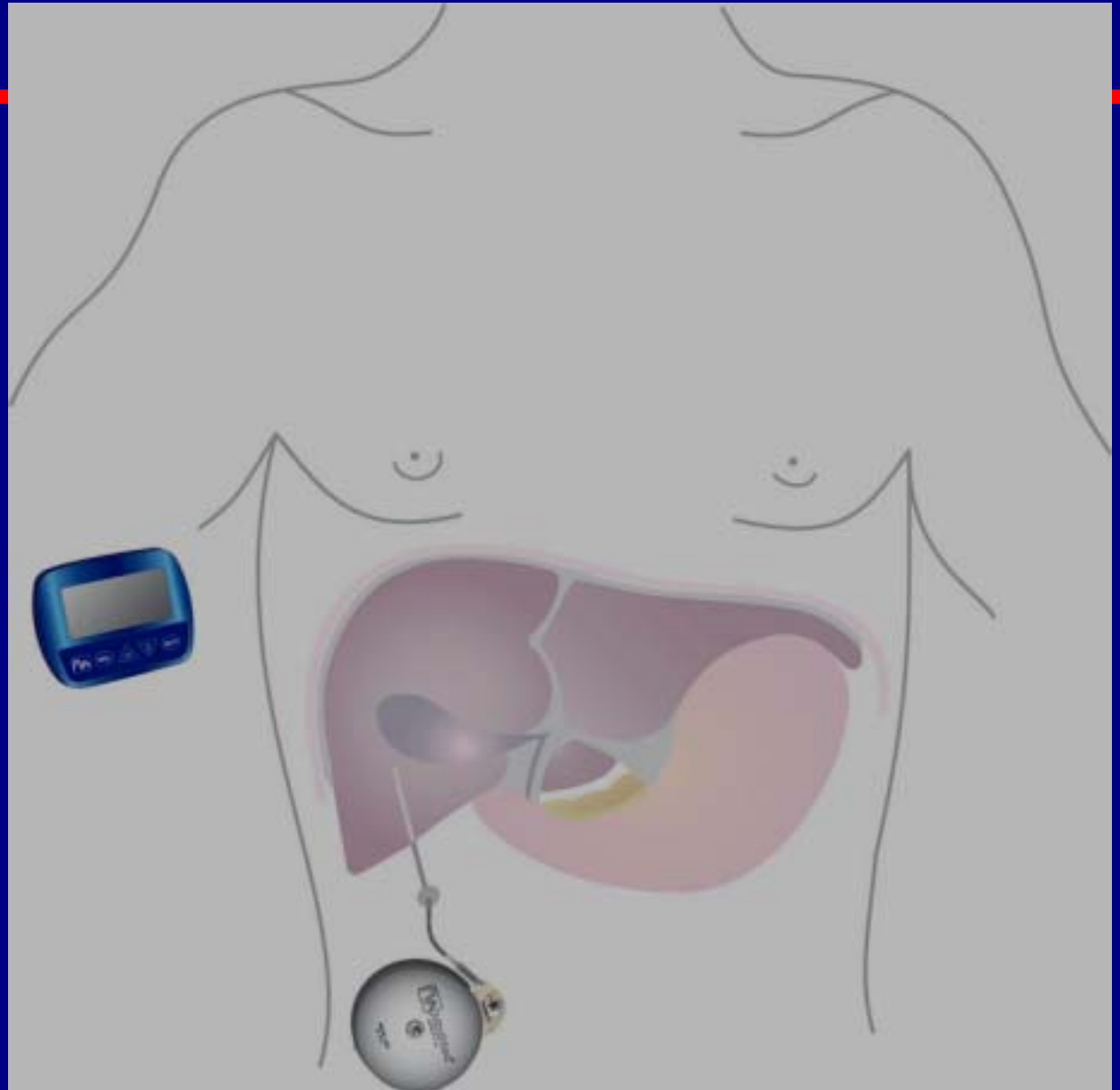
Implantable Pump



- Average HbA_{1c} 7.1%
- Hypoglycemic events reduce to 4 episodes per 100 pt-years

MiniMed 2007 System

Implantable Insulin Pump Placement



Implantable Insulin Pumps Indications for Use

- **Diabetes out of control**
(frequent, rapid ρ BG)
- **Frequent hypoglycemic episodes**
- **Subcutaneous insulin absorption resistance**
- **Injection or infusion site reaction**

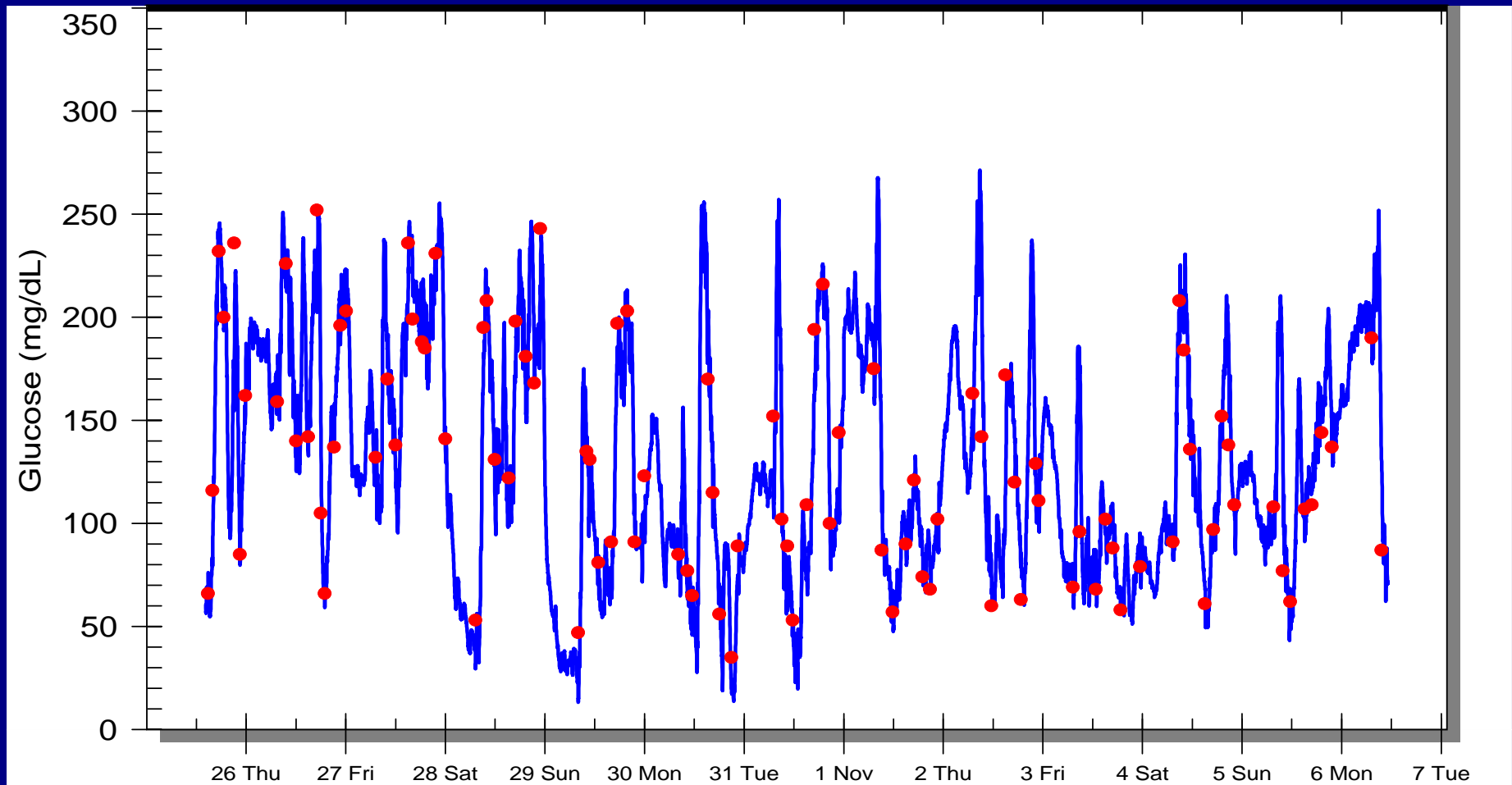


Long-Term Glucose Sensor



LONG TERM IMPLANTABLE SYSTEM

Human Clinical Trial



Source: Medical Research Group, Inc.

Combine Pump and Sensor Technology



+



**LTSS => Long Term Sensor
System (“Open Loop Control”)
Using an RF Telemetry Link.....**

Medtronic MiniMed's Implantable Biomechanical Beta Cell

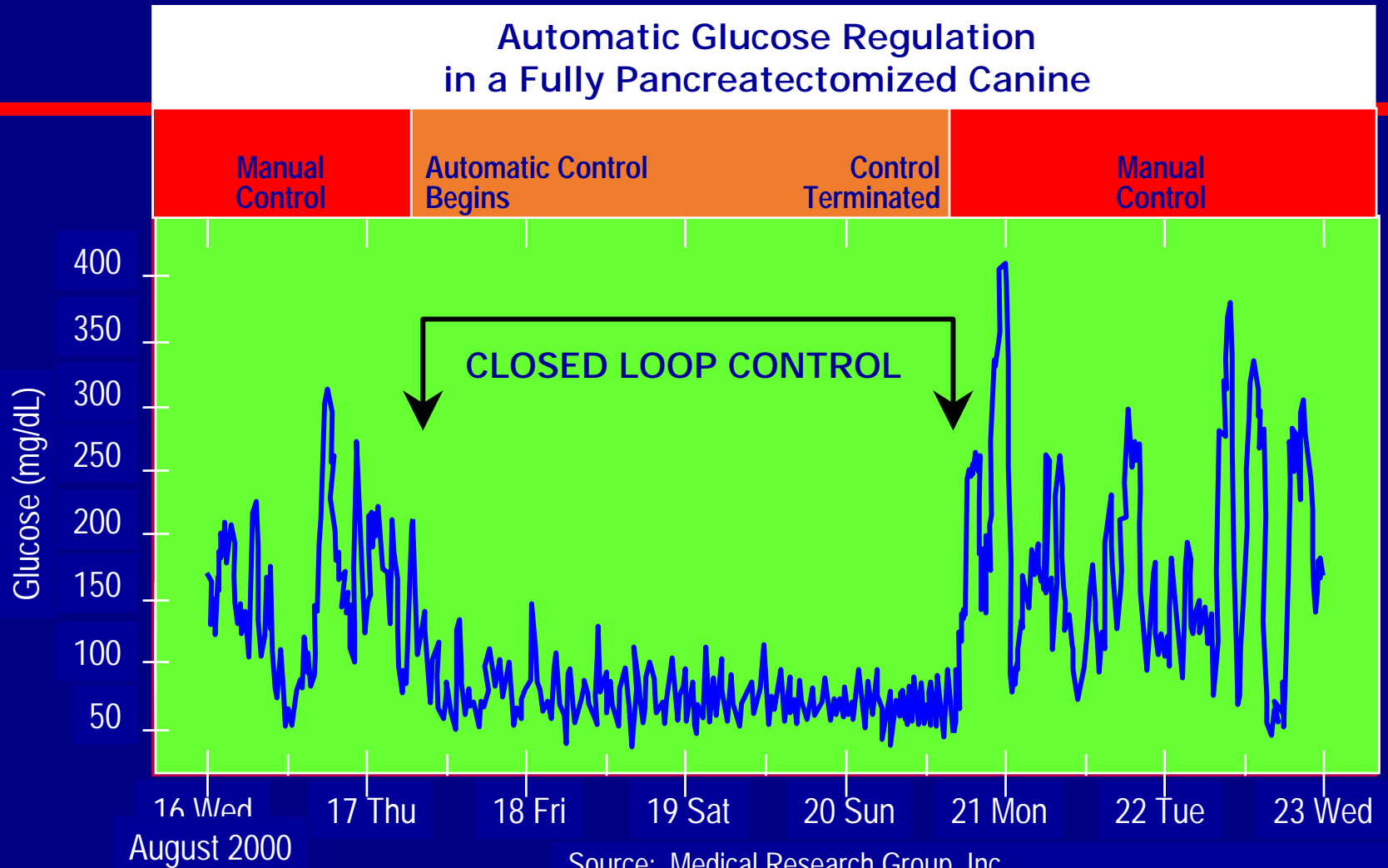


Today's Reality

Open-Loop Glucose Control



LONG TERM IMPLANTABLE SYSTEM



Summary

- **Insulin remains the most powerful agent we have to control diabetes**
- **When used appropriately in a basal/bolus format, near-normal glycemia can be achieved**
- **Newer insulins and insulin delivery devices along with glucose sensors will revolutionize our care of diabetes**

Conclusion

**Intensive therapy is
the best way to treat
patients with diabetes**

QUESTIONS

- For a copy or viewing of these slides, contact
- WWW.adaendo.com
- Email: Minimedtalk@adaendo.com