

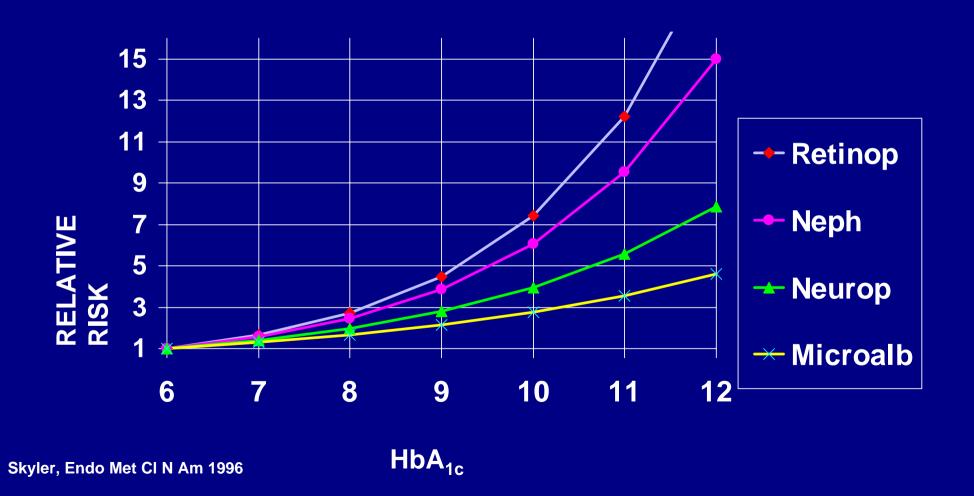
New Insulins and Insulin Delivery Systems

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Atlanta Diabetes Associates
Atlanta, Georgia

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 x 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

ACE / AACE Consensus Conference, Washington DC August 2001

Insulin

The most powerful agent we have to control glucose

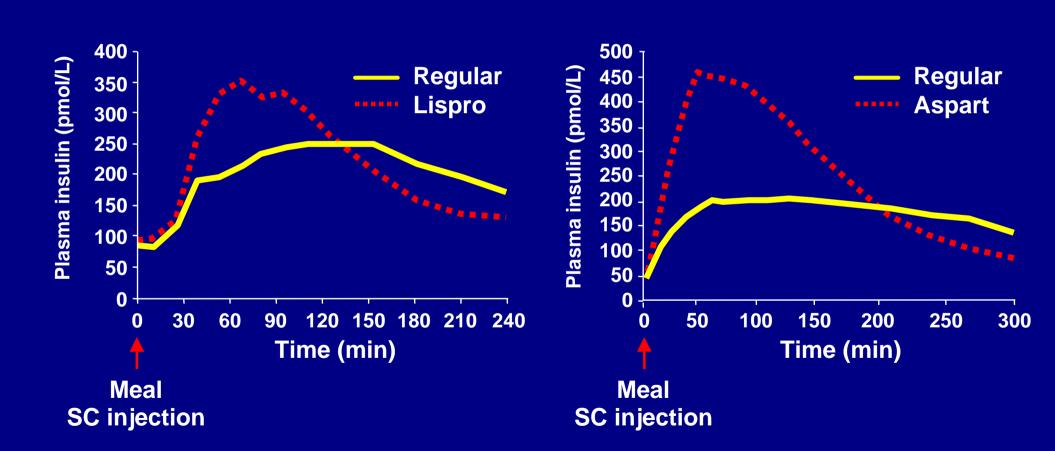
Comparison of Human Insulins / Analogues

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

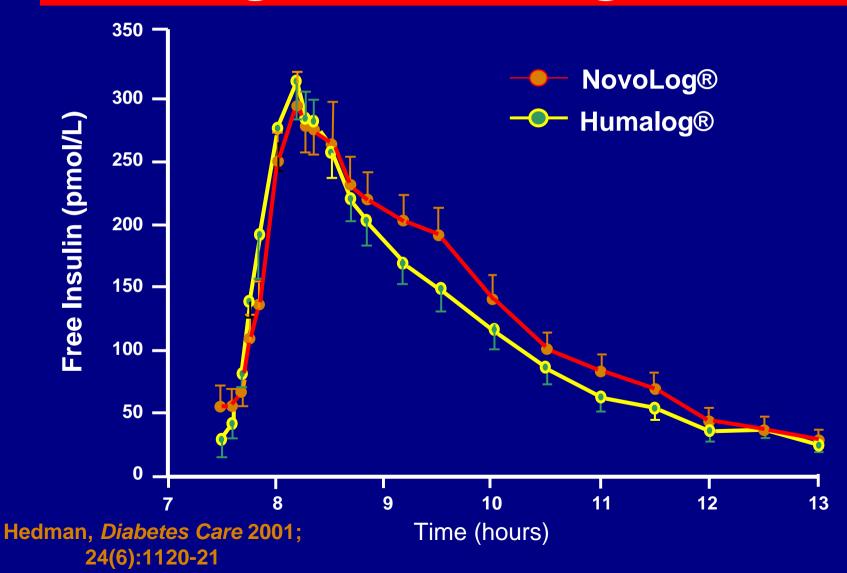
Short-Acting AnalogsLispro and Aspart

- Convenient administration immediately prior to meals
- Faster onset of action
- Limit postprandial hyperglycemic peaks
- Shorter duration of activity
 - Reduce late postprandial hypoglycemia
 - Frequent late postprandial hyperglycemia
- Need for basal insulin replacement revealed

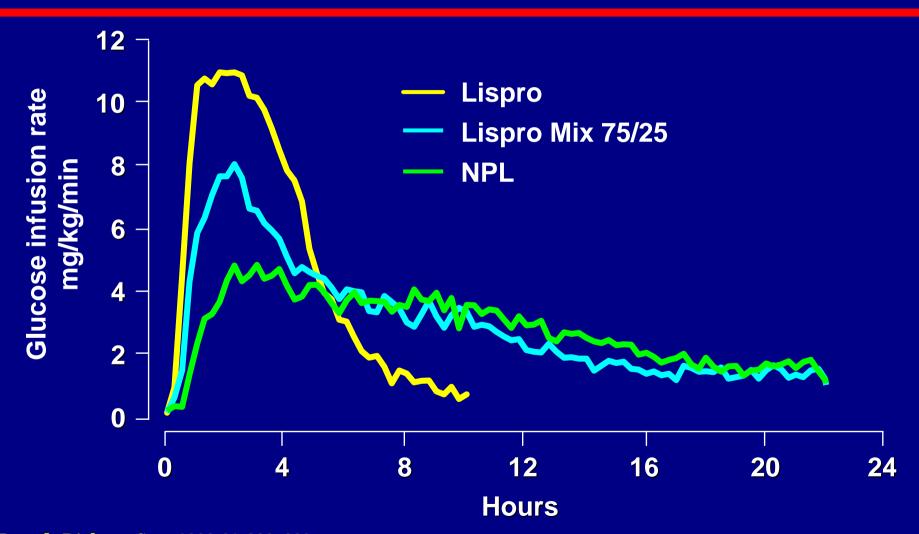
Short-Acting Insulin AnalogsLispro and Aspart Plasma Insulin Profiles



Pharmacokinetic Comparison NovoLog® vs Humalog®



Lispro Mix 75/25 Pharmacodynamics

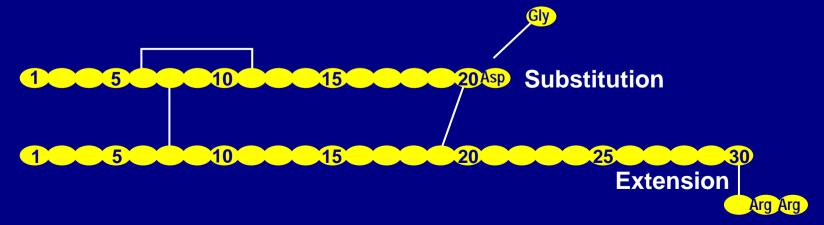


Limitations of NPH, Lente, and Ultralente

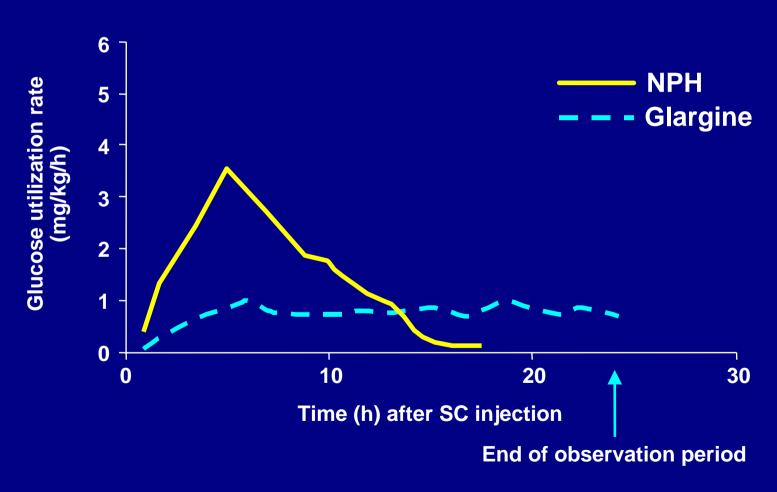
- Do not mimic basal insulin profile
 - Variable absorption
 - Pronounced peaks
 - Less than 24-hour duration of action
- Cause unpredictable hypoglycemia
 - Major factor limiting insulin adjustments
 - More weight gain

Insulin Glargine A New Long-Acting Insulin Analog

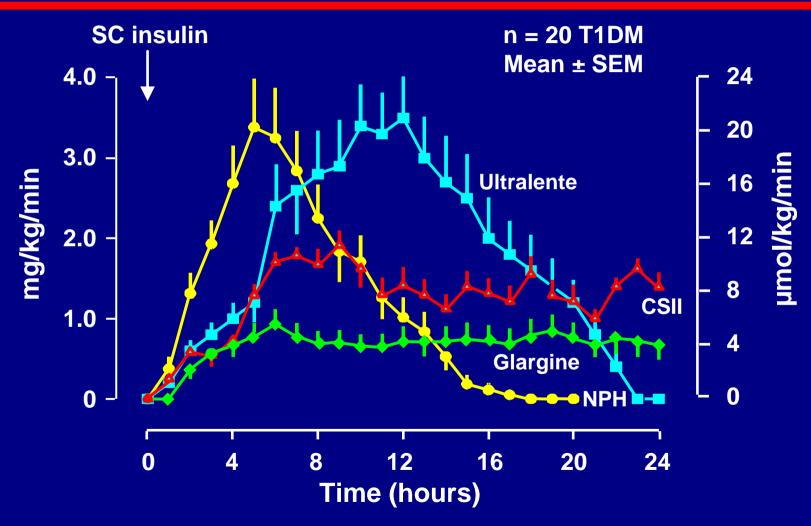
- Modifications to human insulin chain
 - Substitution of glycine at position A21
 - Addition of 2 arginines at position B30
- Gradual release from injection site
- Peakless, long-lasting insulin profile



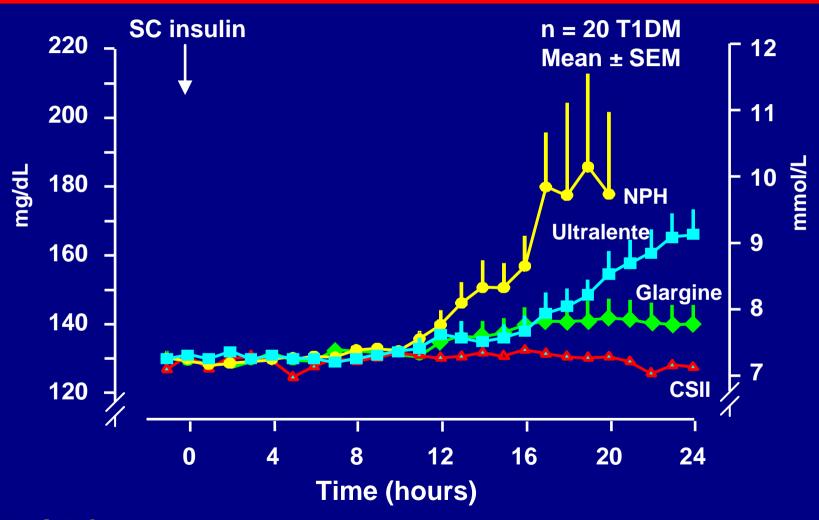
Glargine vs NPH Insulin in Type 1 Diabetes Action Profiles by Glucose Clamp



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 timeaction profile
 - 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

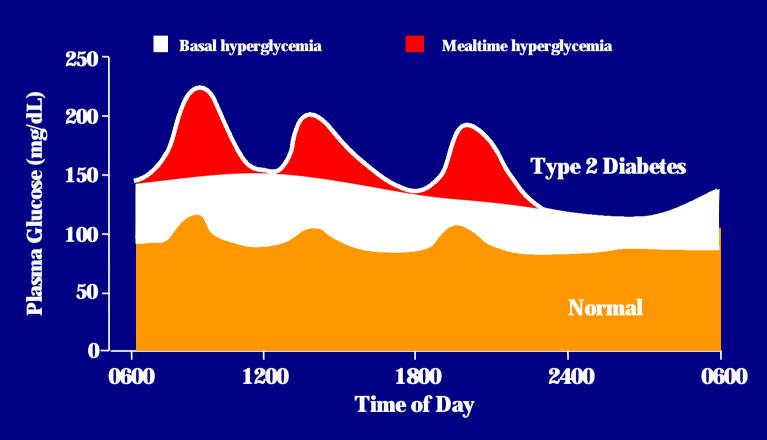
Mimicking Nature

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

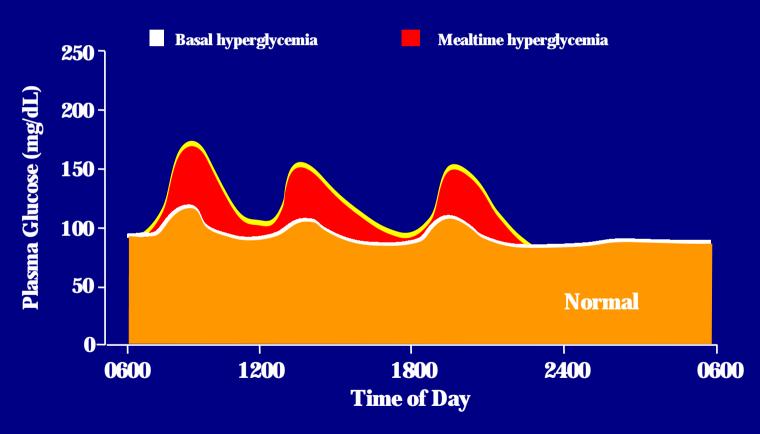
Basal vs Mealtime Hyperglycemia in Diabetes



 Δ AUC from normal basal >1875 mgm/dL·hr; Est HbA1_c >8.7%

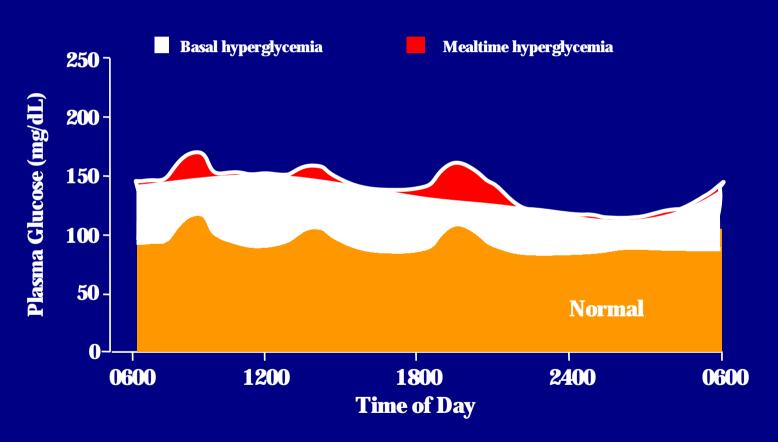
Riddle. Diabetes Care. 1990;13:676-686.

When Basal Corrected



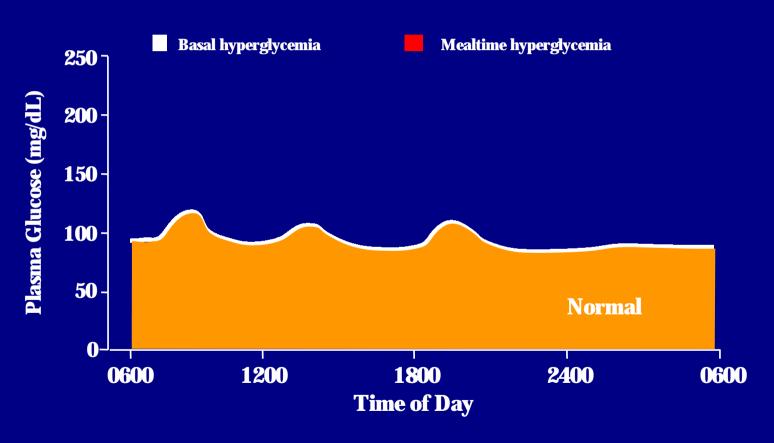
∆ AUC from normal basal 900 mgm/dL·hr; Est HbA1_c 7.2%

When Mealtime Hyperglycemia Corrected



∆ AUC from normal basal 1425 mgm/dL·hr; Est HbA1_c 7.9

When Both Basal & Mealtime Hyperglycemia Corrected



∆ AUC from normal basal 225 mgm/dL·hr; Est HbA1_c 6.4%

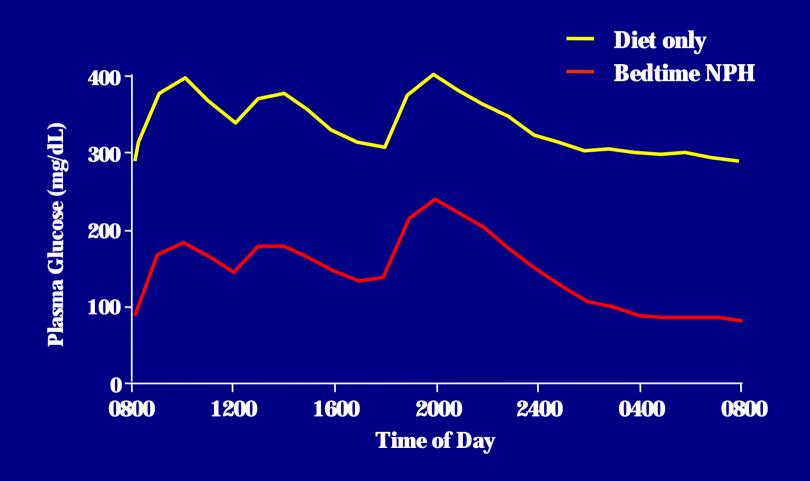
MIMICKING NATURE WITH INSULIN THERAPY

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



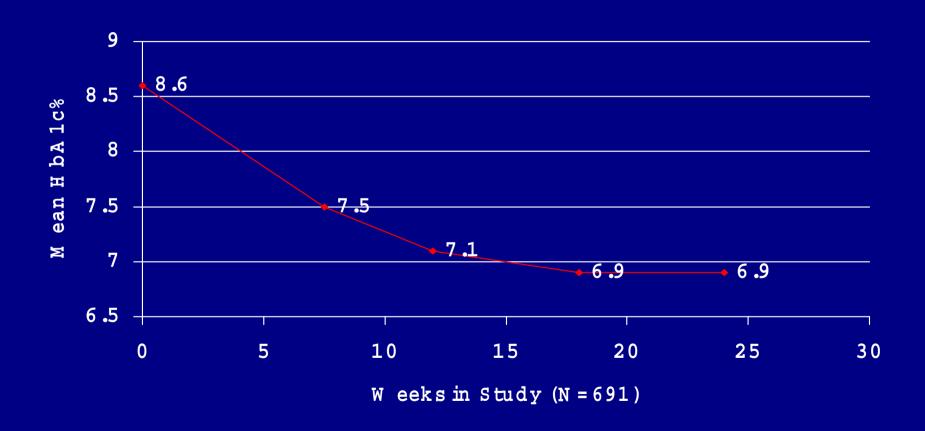
Treatment to Target Study: NPH vs Glargine in DM2 patients on OHA

- 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 40% in the Glargine group

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

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 suppertime 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?

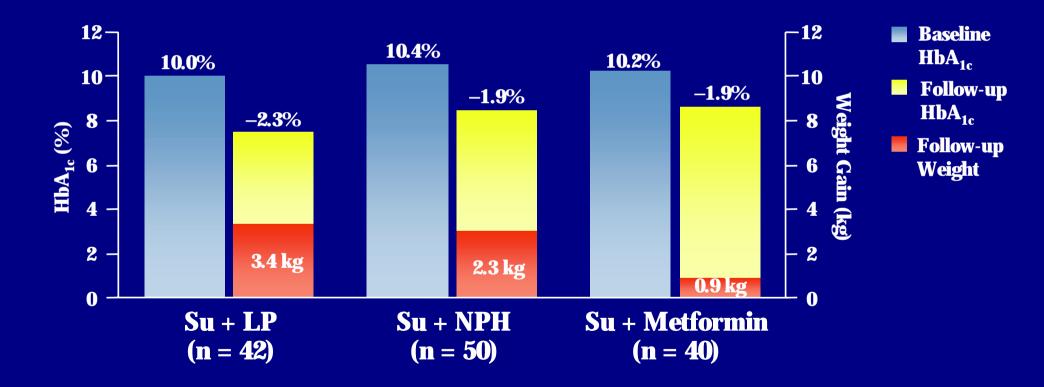
Starting With Bolus Insulin

Combination Oral Agents



Mealtime Insulin

Starting With Bolus Insulin Mealtime Lispro vs NPH or Metformin Added to Sulfonylurea



Browdos, et al. Diabetes. 1999;48(suppl 1):A104.

Case #1: DM 2 on SU with infection

- 49 year old white male
- ODM 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/total daily dose; SF = 40

Initial Dosage Calculations

Correction Bolus

"1500 Rule"

- insulin sensitivity factor
- determines the estimated BG drop

per 1.0 unit of insulin

Glucose Correction Factor

1500 Rule says:

John Smith is on:

- •36 units insulin/day
- **•1500/36=40**
- •1 unit lowers BG 40 mg/dl

Correction Bolus Formula

Current BG - Ideal BG
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

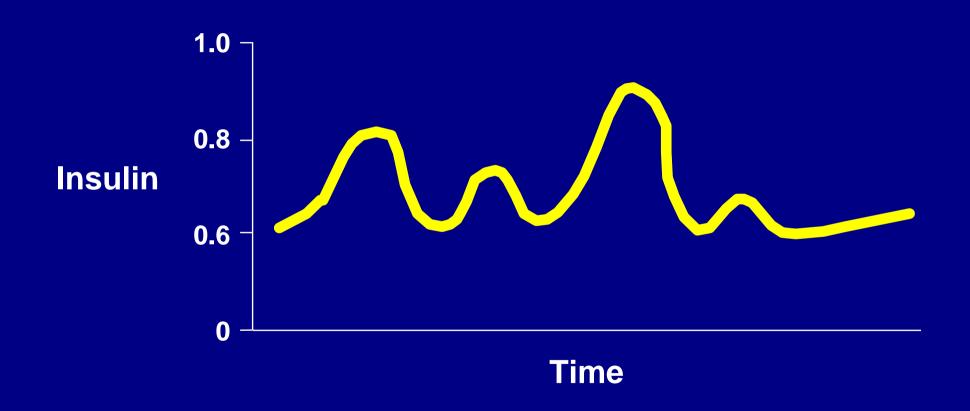
Intensive Therapy for Type 1 Diabetes

- 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

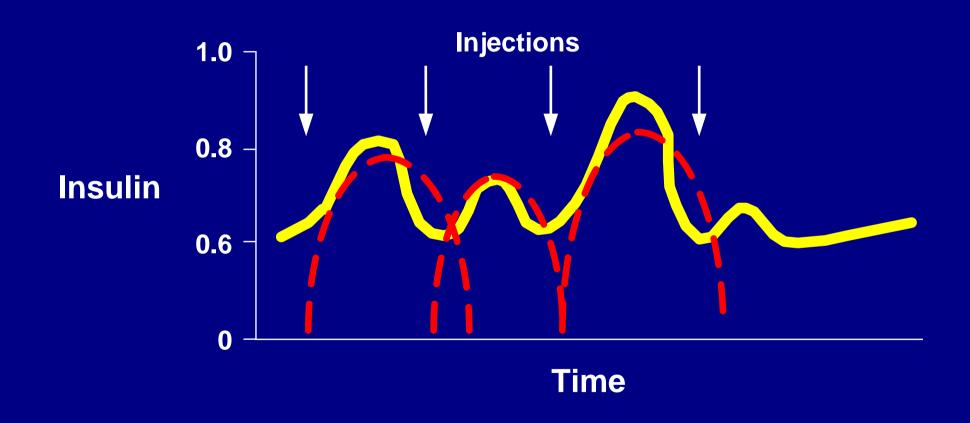
Options in Insulin Therapy

- Current
 - Multiple injections
 - Insulin pump (CSII)
- Future
 - Implant (artificial pancreas)
 - Transplant (pancreas; islet cells)

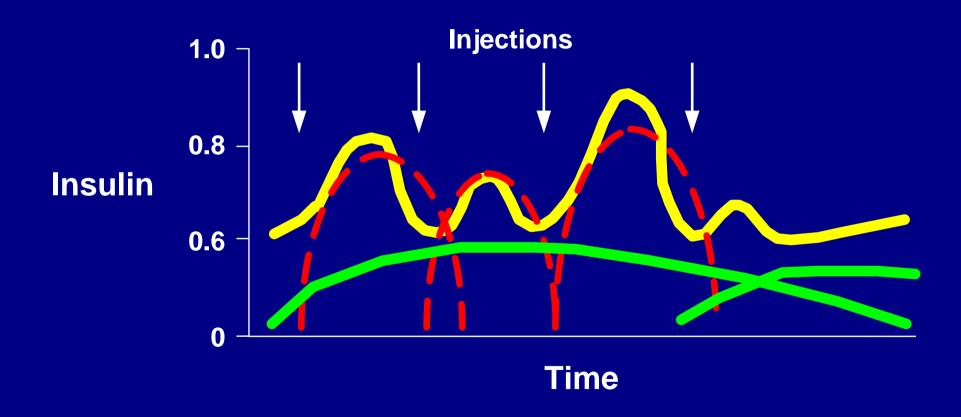
Multiple Injection Therapy Intermediate & Short-Acting Insulin Pre-Meal



Multiple Injection Therapy Intermediate & Short-Acting Insulin Pre-Meal



Multiple Injection Therapy Intermediate & Short-Acting Insulin Pre-Meal



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 InDuoTM

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



InDuoTM - Integration



Feature

 Combined insulin doser and blood glucose monitor

InDuoTM - Compact Size



Feature

Compact, discreet design

<u>Benefit</u>

 Allows discreet testing and injecting anywhere, anytime

InDuoTM - Doser Remembers



Feature

 Remembers amount of insulin delivered and time since last dose

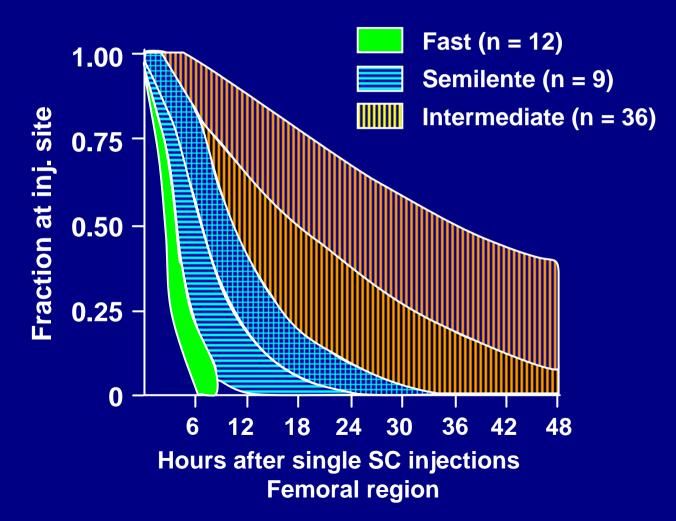
Benefit

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

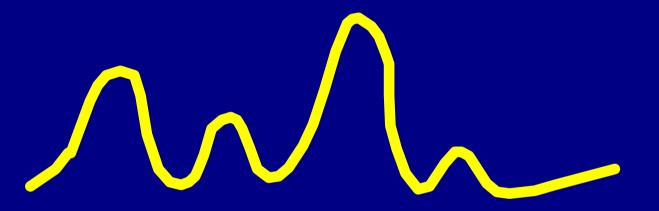
Variability of Insulin Absorption

CSII <2.8%

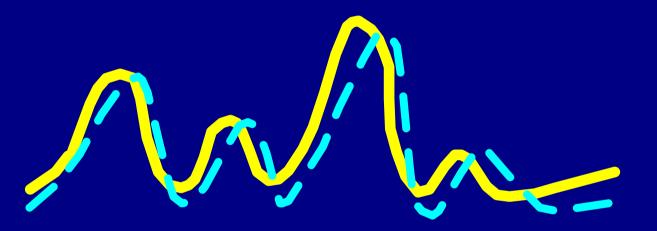
Subcutaneous Injectable 10% to 52%



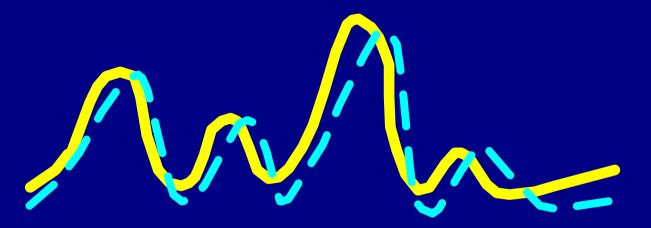
Pump Therapy Basal & Bolus Short-Acting Insulin



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

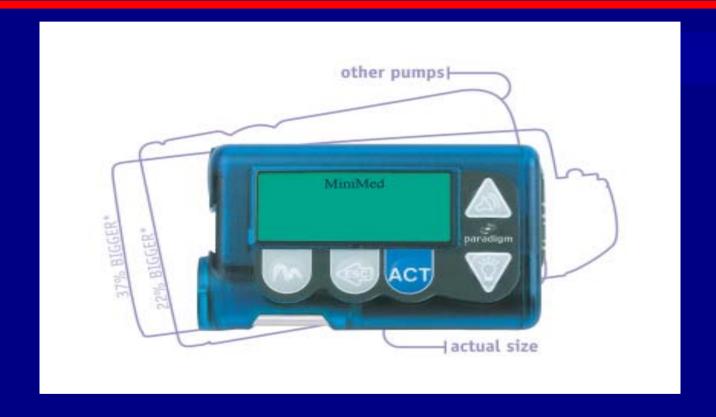




Paradigm Pump



PARADIGM 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

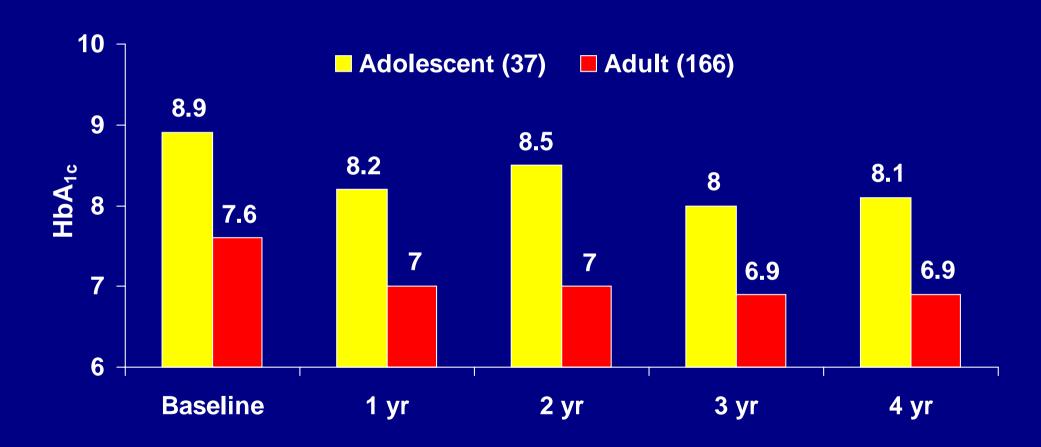
Pharmacokinetic Advantages CSII vs MDI

- Uses only regular or very rapid insulin
 - More predictable absorption than modified insulins (variation 3% vs 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

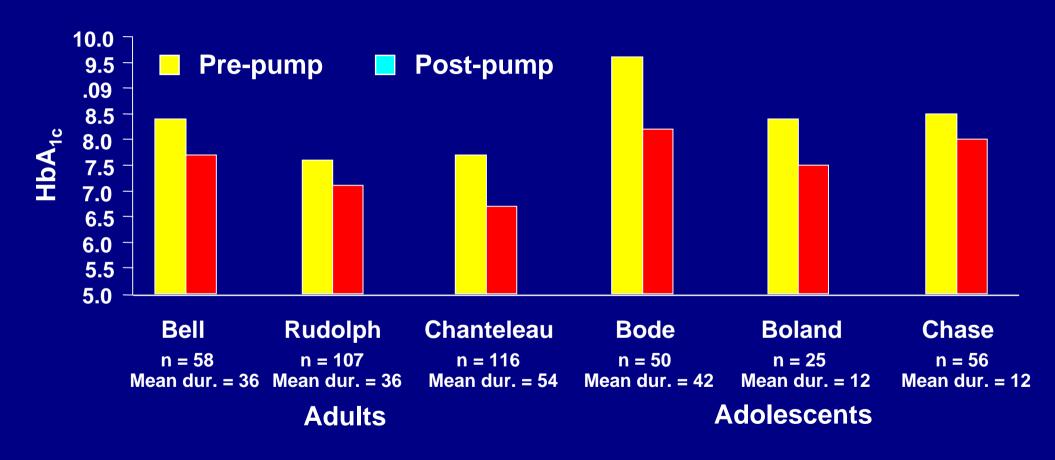
Metabolic Advantages with CSII

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

Glycemic Control



CSII Reduces HbA_{1c}

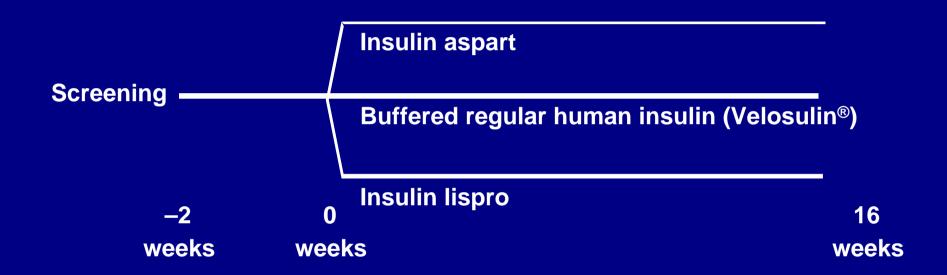


Chantelau E, et al. *Diabetologia*. 1989;32:421–426; Bode BW, et al. *Diabetes Care*. 1996;19:324–327; Boland EA, et al. *Diabetes Care*. 1999;22:1779–1784; Bell DSH, et al. *Endocrine Practice*. 2000;6:357–360; Chase HP, et al. *Pediatrics*. 2001;107:351–356.

CSIIFactors Affecting HbA_{1c}

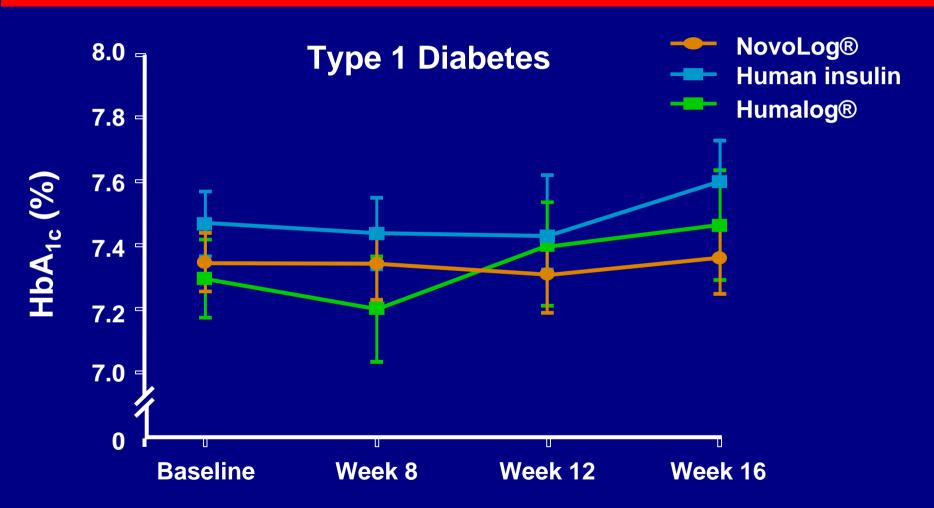
- Monitoring
 - $-HbA_{1c} = 8.3 (0.21 \times BG per day)$
- Recording 7.4 vs 7.8
- Diet practiced
 - -CHO: 7.2
 - -Fixed: 7.5
 - -Other: 8.0
- Insulin type
 - **Lispro: 7.3**
 - -R: 7.7

Insulin aspart versus buffered R versus insulin lispro in CSII study:



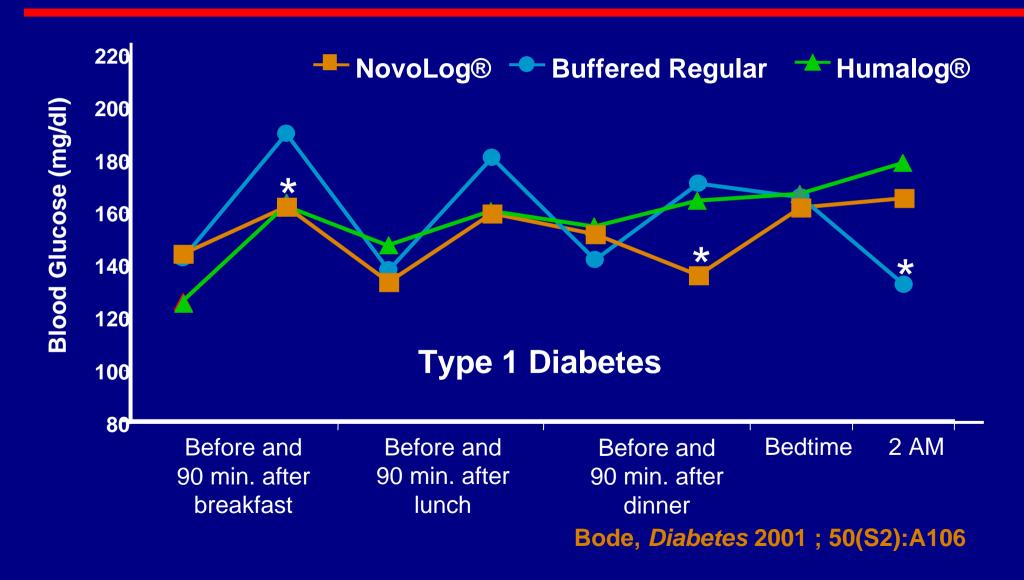
146 patients in the USA; 2–25 years with Type 1 diabetes;
 7% ≤ HbA_{1c} ≤ 9%; previously treated with CSII for 3 months

Glycemic Control with CSII

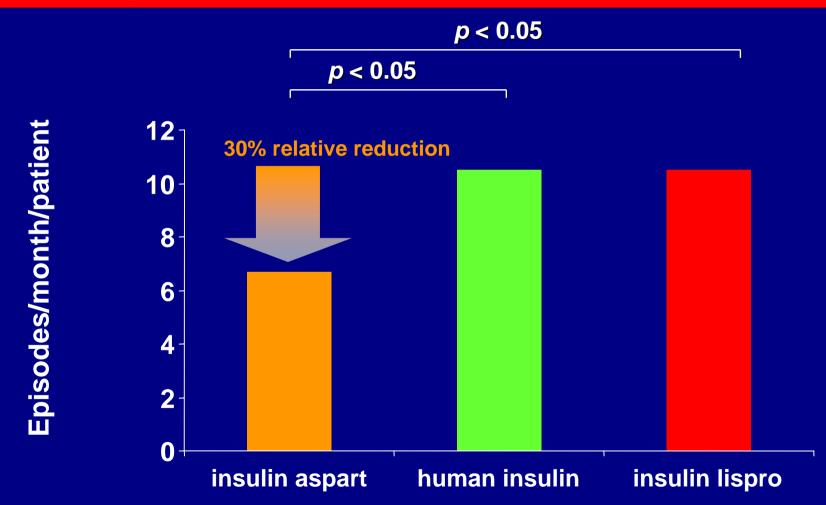


Bode, *Diabetes* 2001; 50(S2):A106

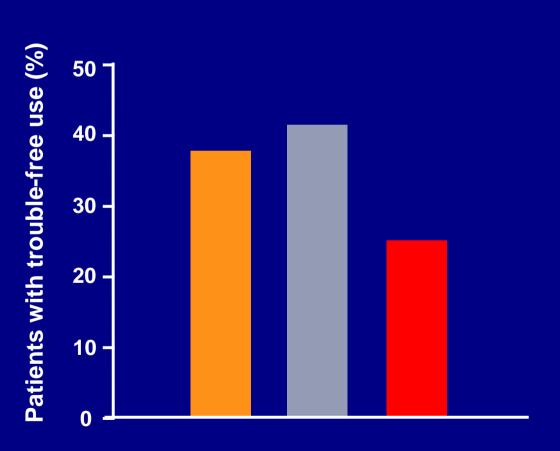
Self-Monitored Blood Glucose in CSII



Symptomatic or Confirmed Hypoglycaemia



Insulin aspart versus buffered R versus insulin lispro in CSII study: pump compatibility



- Insulin aspart
- Buffered human insulin
- Insulin lispro

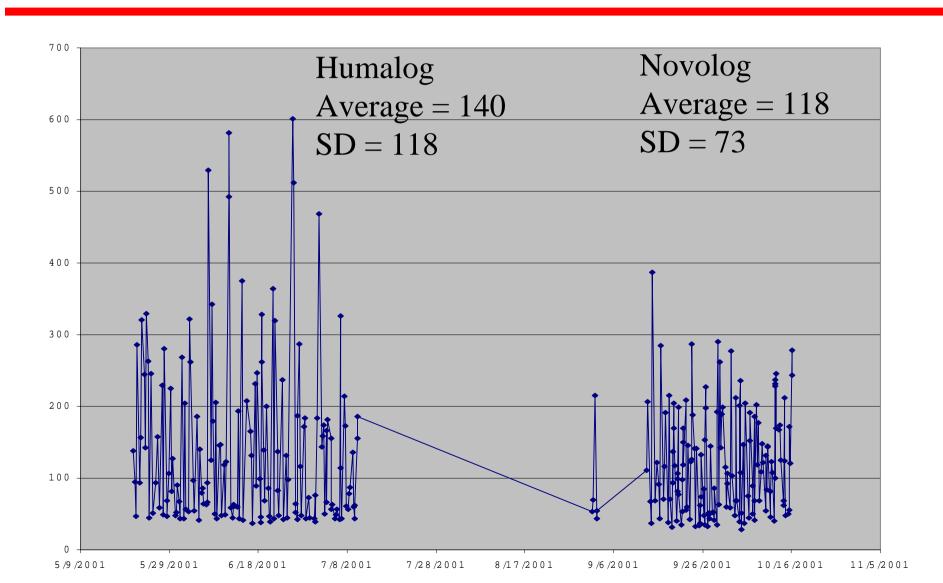
Case Study: 54 year old DM1 on CSII with Lipoatrophy and Insulin Antibodies

- DM 1 onset age 21, 1968
- CSII 1998, A1C 7.8%
- Lipoatrophy with humalog 1999-2000
- Changed to Velosulin BR with still lipoatrophy
- Control suboptimal A1C 7.8%

Case Study: 54 year old DM1 on CSII with Lipoatrophy and Insulin Antibodies

- 7-10-01 A1C 7.8% on 28.8 units per day
- SMBG Avg BG 140, SD 118 based on 2.9 tests/day
- Insulin antibodies positive 1:32
- Changed to Novolog 1 to 1 transfer
- 10-16-01 A1C 6.5% on 20.8 units per day
- SMBG Avg 118, SD 73 based on 3.0 tests per day

DM 1 CSII Patient: Humalog to Novolog

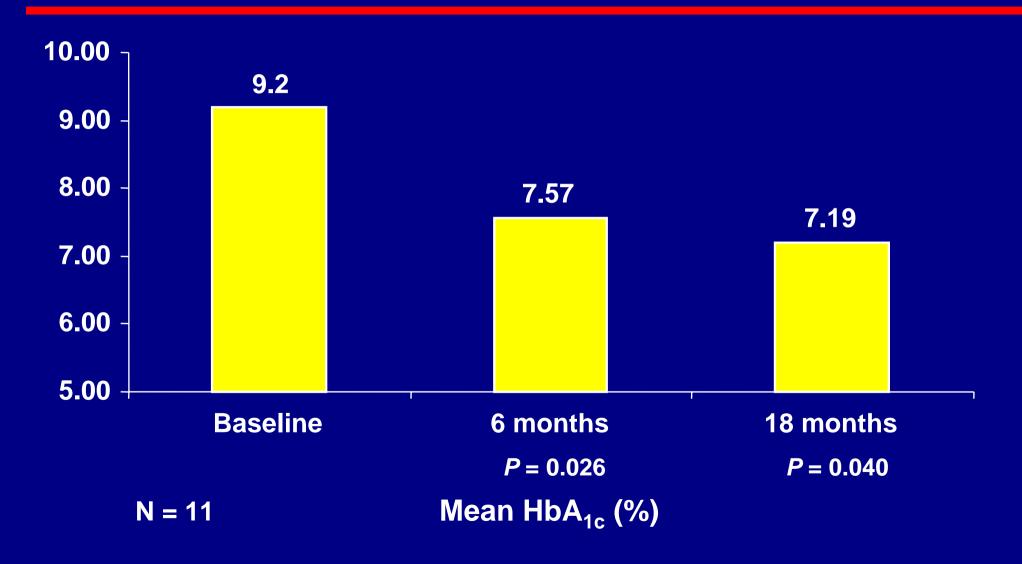


Case Study: 54 year old DM1 on CSII with Lipoatrophy and Insulin Antibodies

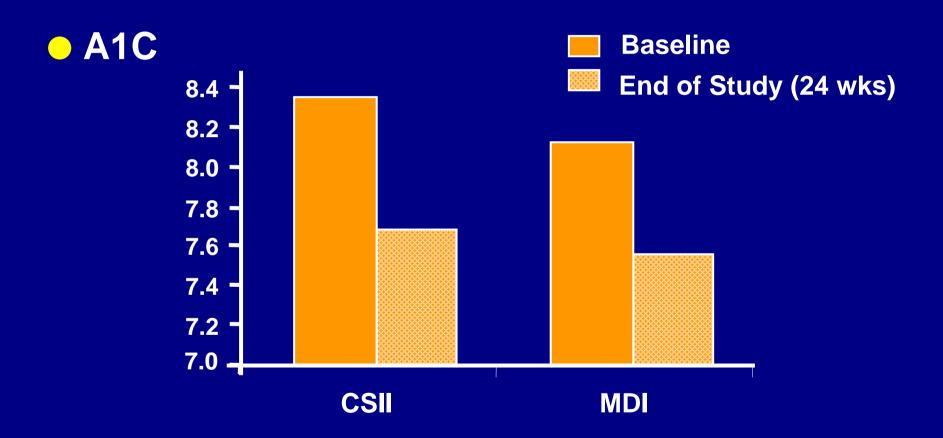
- 2-5-02 A1C 6.3% on 20 units per day
- SMBG Avg BG 104, SD 74 based on 3.1 tests/day

CSII Usage in Type 2 Patients

Atlanta Diabetes Experience



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

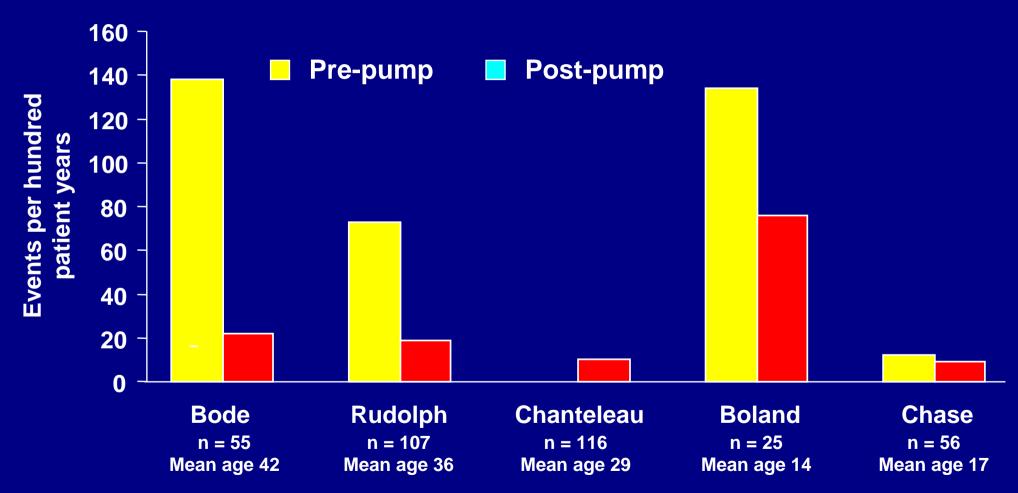


Raskin, *Diabetes* 2001; 50(S2):A106

DM 2 Study: CSII vs MDI

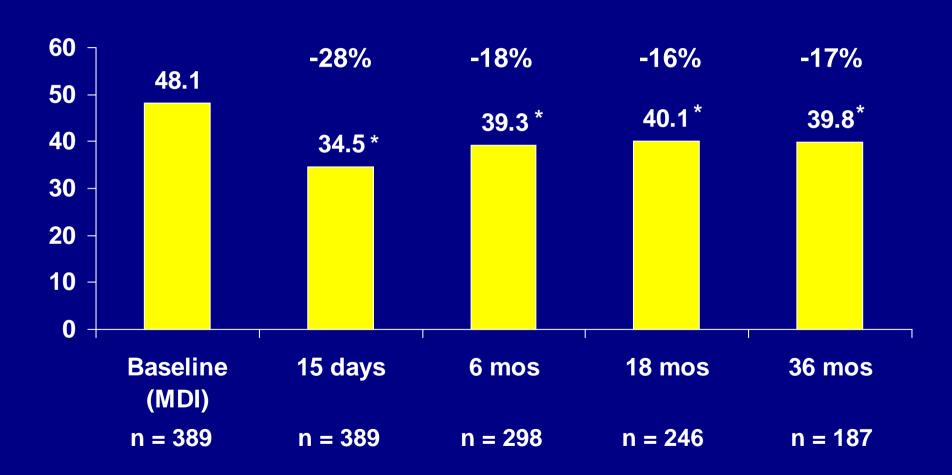
- Overall treatment satisfaction improved in the CSII group: 59% pre to 79% at 24 weeks
- 93% in the CSII group preferred the pump to their prior regiment (insulin +/- OHA)
- CSII group had less hyperglycemic episodes (3 subjects, 6 episodes vs. 11 subjects, 26 episodes in the MDI group)

CSII Reduces Hypoglycemia



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; Chase HP, et al. *Pediatrics*. 2001;107:351–356.

Insulin Reduction Following CSII

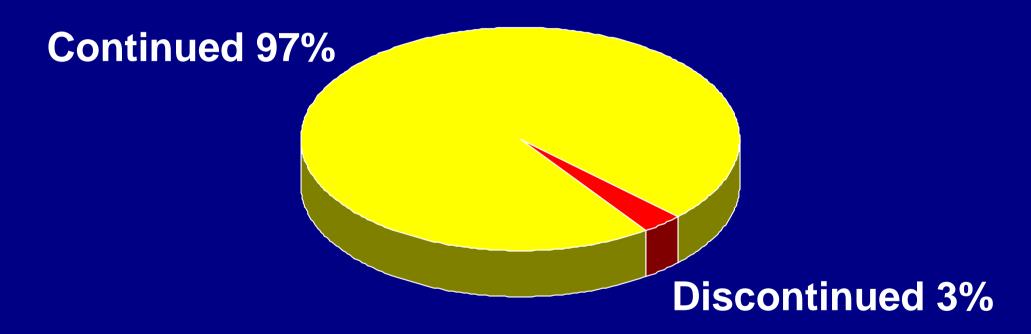


Normalization of Lifestyle

- 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

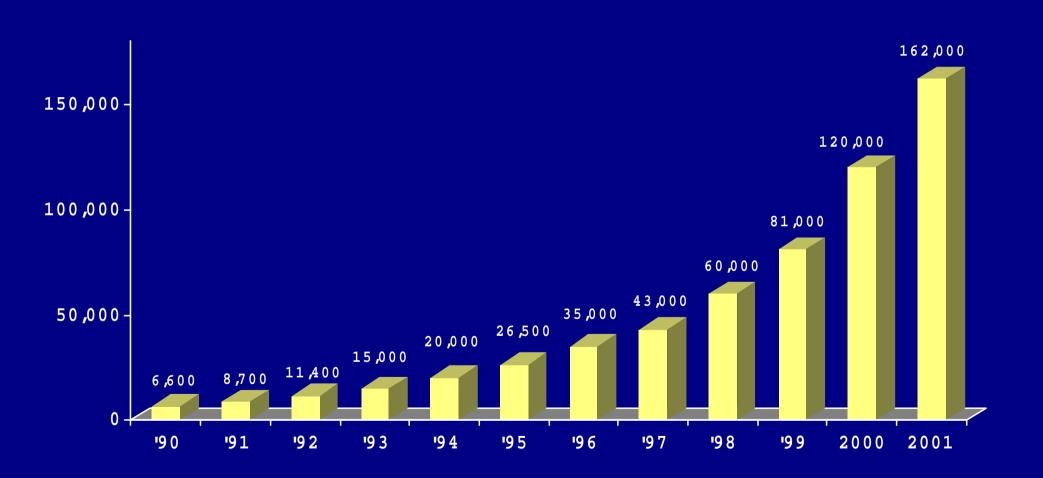
Continuous Subcutaneous Insulin Infusion (CSII)



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

- \bullet 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

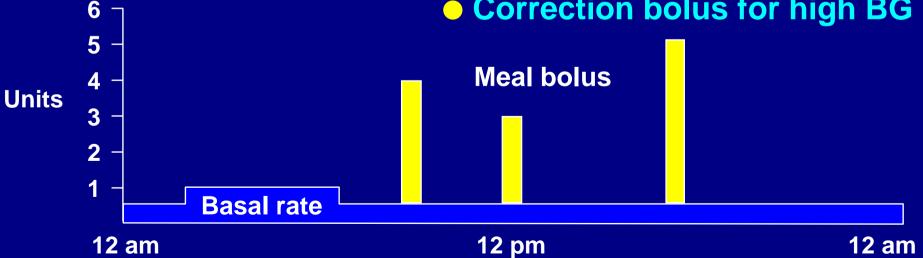
Pump Therapy

Basal rate

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

Meal boluses

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



Time of day

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

Treatment of Hypoglycemia

- Education
 - -Glucose tablets
 - -Glucagon
- Call healthcare team
 - Any hypoglycemic events requiring assistance

Treatment of Hyperglycemia

- If blood glucose is above 250 mg/dl
 - Take a correction bolus by pump
 - Check BG again in 1 hr
- If still above 250 mg/dl
 - Take correction bolus by syringe
 - Change infusion set and reservoir
 - Check BG again in 1 hr
- If BG has not decreased
 - Increase correction bolus by syringe
 - CALL PHYSICIAN

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

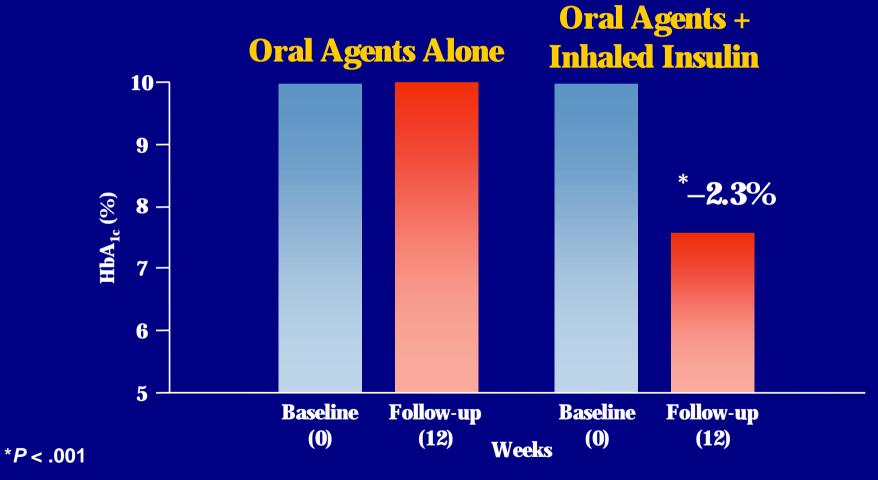
- Insulin analogs and inhaled insulin
- External pumps
- Internal pumps
- Continuous glucose sensors
- Closed-loop systems

Pulmonary Insulin





Oral Agents + Mealtime Inhaled Insulin Effect on HbA_{1c}



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

Categories of Glucose Monitoring

- Non-invasive
 - Near Infrared Spectroscopy (NIR)
- Minimally-invasive (ISF)
 - Micropore sampling
 - lontophoresis
 - Subcutaneous sensors

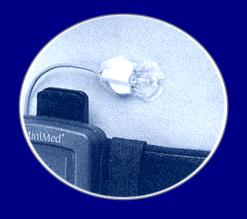
Cygnus GlucoWatch

- Watch Component
- Electrode Component

Cygnus GlucoWatch

- Initial calibration takes 3 hours
- Senses glucose and gives an average every 20 minutes up to 12 hours (r = 0.80 home use)
- Alarm for high, low and rapidly dropping blood sugars
- Indicated for 18 years and older

GLUCOSE MONITORING SYSTEMS - EXTERNAL







Physician Product

- Physician downloads data for retrospective analysis
- Com-Station and software packages combine data from:
 - Sensor
 - Models 508 and 507C insulin pumps
 - Traditional glucose meters

Glucose Profiles

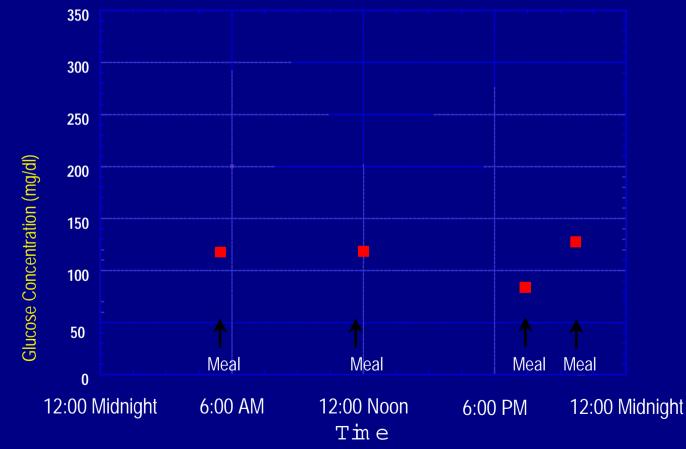
Patient with Type 1 Diabetes

- Practicing MDI
- -HbA_{1C} of 8.5%
- Complicationsof High BG

Renal

Retinal

Neural



Glucose Profiles

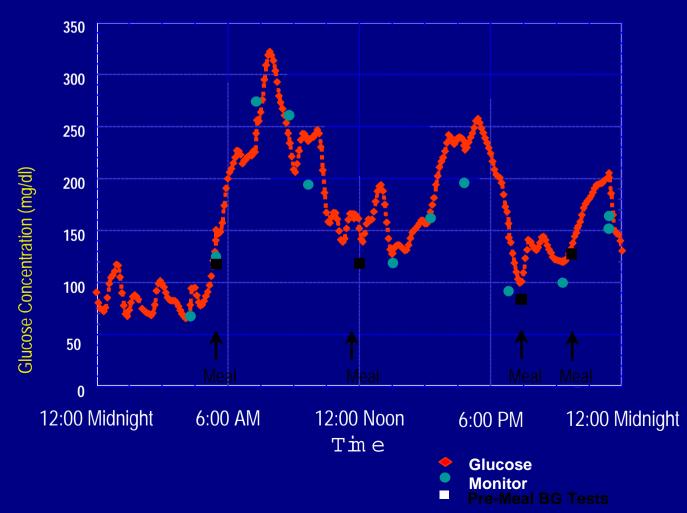
Patient with Type 1 Diabetes

- Practicing MDI
- -HbA_{1C} of 8.5%
- Complicationsof High BG

Renal

Retinal

Neural



New CGMS Software 2-26-02

- Running 24 hour calibration: no 12 am shift
- Slope 2 to 12 ok: less disconnected graphs
- Improved algorithm: less noise
- Improved analysis and printouts: easier to interpret and provide feedback

Other CGMS Updates 2-27-02

- Improved quality of sensors (change in manufacturing ingredient)
- Increased reimbursement for Medicare CPT Code 95250: doubled from \$52 to \$109

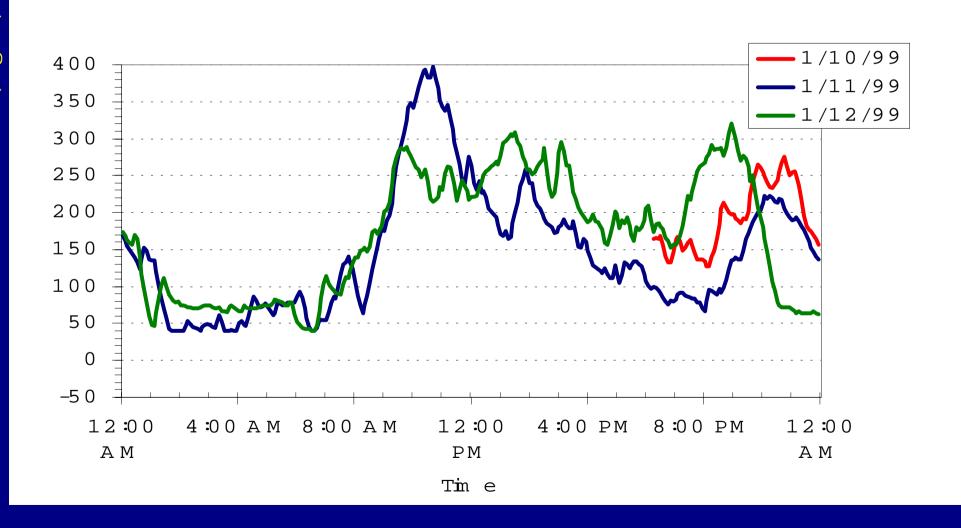
History

- 70 Year-old white male
- Type 2 DM, 15 years
- Current Treatment:
 - -Glucophage 500mg AM, 1000mg PM
 - -Glynase 6mg BID
 - -Rezulin 400mg QD

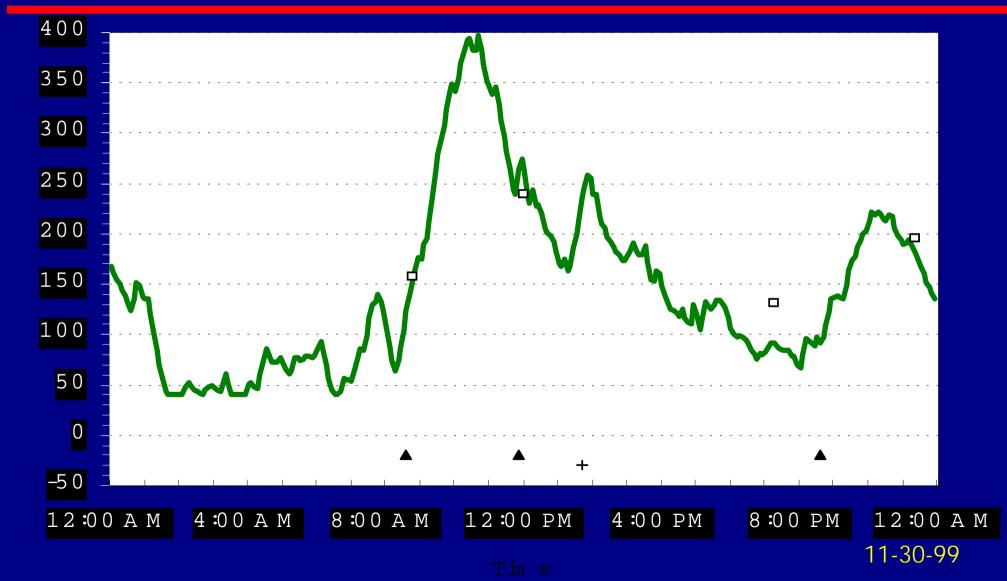
History

- HgA_{1c} increased to 8.0% from 6.5% 18 months earlier
- SMBG Average: 162 mg/dL
 - AM = 137
 - Noon = 199
 - PM = 151
 - HS = 188
- Ht= 73"; Wt= 180 lbs; BMI=23 kg/m2
- CGMS done to determine best course of treatment

Modal Day

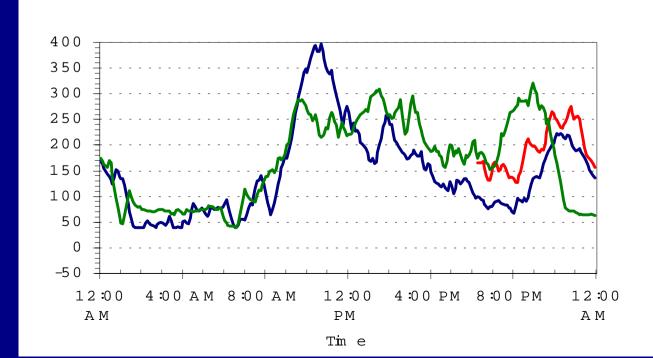


Glucose Sensor Profile

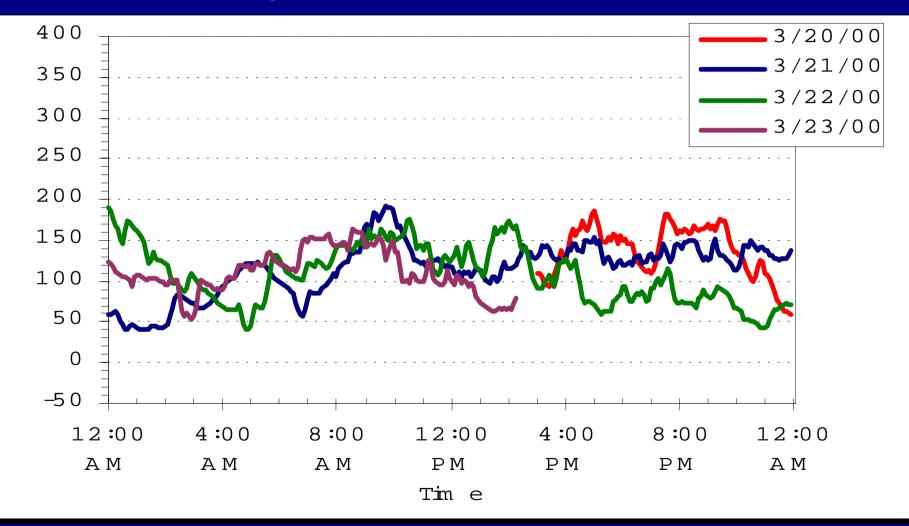


Changes to be made

- Options discussed with patient:
 - 1. Add insulin pre-meal
 - 2. Change Glynase to Prandin
- CGMS re-done six weeks later



Modal Day



Reasons to Use CGMS

Improve glycemic control

Reduce risk of hypoglycemic events

Minimize risk of future hypoglycemia

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





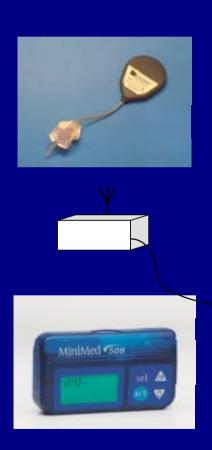


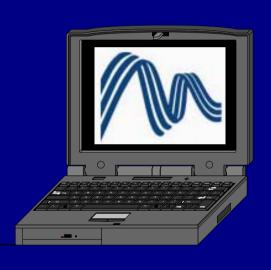
subcutaneous glucose sensor

Insulin infusion pump (currently MiniMed 508)

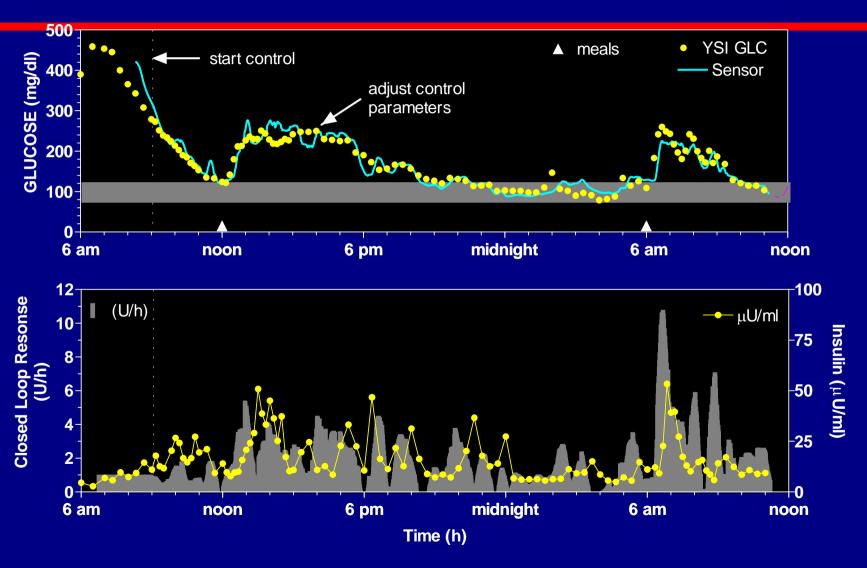
Closed-Loop Setup for Canine Studies







24-h Closed-Loop Control (diabetic canine)



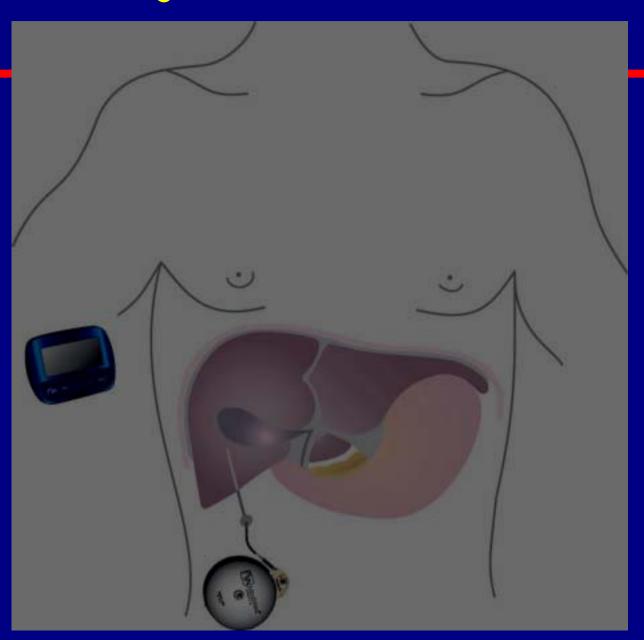
Implantable Pump



- AverageHbA_{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 ρBG)
- > Frequent hypoglycemic episodes
- > Subcutaneous insulin absorption resistance
- > Injection or infusion site reaction

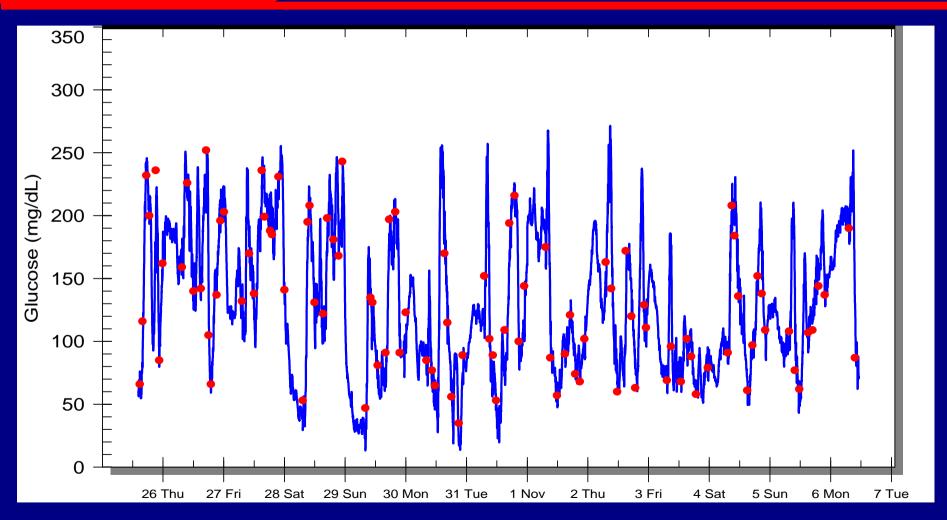


Long-Term Glucose Sensor



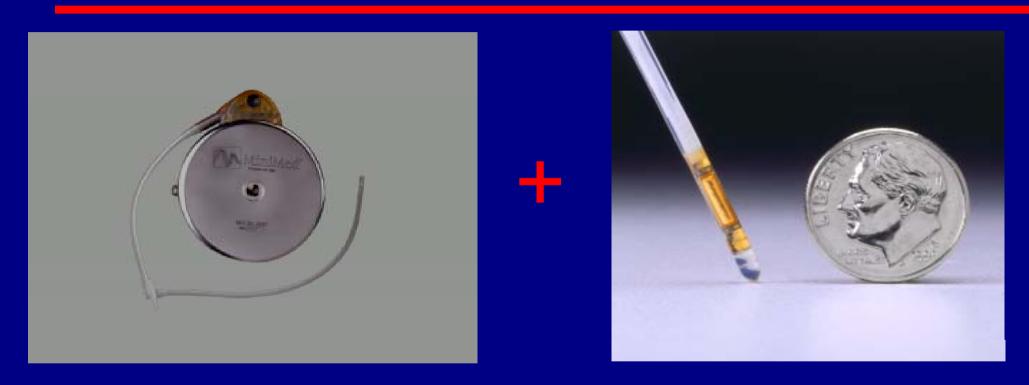
LONG TERM IMPLANTABLE SYSTEM

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.....

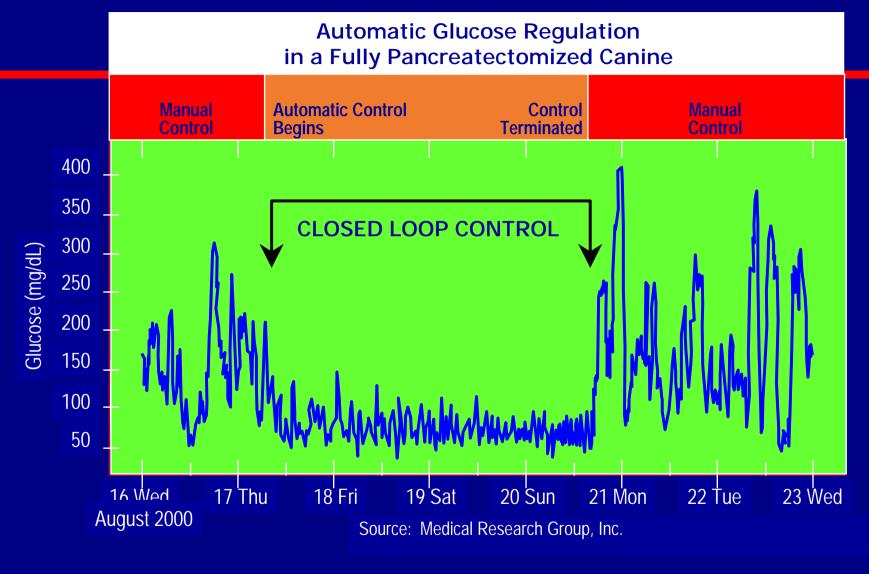
Medtronic MiniMed's Implantable Biomechanical Beta Cell



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

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