IMPROVEMENTS IN QUALITY OF LIFE ASSOCIATED WITH BIPHASIC INSULIN 

OBJECTIVES: To examine the effects on the health-related quality of life (HRQoL) after starting insulin with, or switching to, biphasic insulin aspart 30 (BIAsp30) in Chinese subjects with type 2 diabetes (T2DM) in the A1cChieve study. METHODS: The A1cChieve study was a 24-week, prospective, non-interventional, observational study conducted in routine clinical practices in 28 countries. In China, there were 8,578 T2DM patients recruited from 131 hospitals into the BIAsp30 treatment group (starting insulin with or switching to BIAsp30 at baseline based on physicians' clinical judgments). BIAsp30 was assessed at baseline and 24 weeks by the validated EQ-SD questionnaire (five dimensions and visual analogue scale (VAS)). Descriptive statistics, paired-t-test, and chi-square were conducted for the analyses. RESULTS: The mean age of patients (>50) was 54.9 ± 14.4 years. 57% were male. The reported HRQoL as measured by VAS score (on a scale of 0-100) increased by 6.2 from 75.8 to 82.0 for the overall cohort (p < 0.001). For insulin naive patients, starting insulin with BIAsp30 was associated with a 6.1 increase in VAS score from 75.9 to 82.0 (p < 0.001). Similarly, for insulin experienced patients, switching to BIAsp30 was associated with a 6.7 increase in VAS score from 75.3 to 82.0 (p < 0.001). For the overall cohort in the five dimensions of EQ-SD, the percentage of patients reported no problems in self-care increased from 77.3% to 82.8% (p < 0.005). For the five dimensions of EQ-5D, the percentage of patients reported no pain or discomfort increased from 45.5% to 56.7% (p < 0.005). The percentage of patients reported no problems in usual activities increased from 62.0% to 67.4% (p < 0.005). Changes in VAS and EQ-SD were significant between BIAsp30 and placebo in the A1cChieve study. CONCLUSIONS: In Chinese patients with type 2 diabetes, BIAsp30 was associated with significant improvements in HRQoL.