CONDUCT OUTCOMES RESEARCH IN CHINA - ADDRESSING CHALLENGES IN DATA QUALITY CONTROL
Ye Q1, Ploug U J2
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OBJECTIVES: To systematically examine the efficacy and safety of liraglutide 1.2mg once daily in other hypoglycemic adults in type 2 diabetes through systematic review and meta-analysis of randomized controlled trials. METHODS: A systematic review of the literature and meta-analysis was conducted using PUBMED (Jan 2000 – July 2011) were searched to identify English-language randomized controlled trials. Exclusion criteria: were RCTs > 12 weeks in duration, type 2 diabetes for ≥ 5 years, liraglutide 1.2mg group or other active diabetic medications. Meta-analysis was conducted for the following outcomes: change from baseline in HbA1c, systolic blood pressure and weight as well as the number of hypoglycemic episodes. Two reviewers independently assessed trials for inclusion and extracted data. Differences were solved by consensus: 41 RCTs were identified and 5 RCTs met the inclusion criteria. The comparators were rosiglitazone, glimepiride, placebo and sitagliptin, and were collectively defined as the “comparators”. HbA1c, weight, and systolic blood pressure were analyzed as weighted mean differences (WMD), and the number of hypoglycemic episodes was analyzed using mean differences (MD). RESULTS: In comparison to the “comparator group”, patients receiving liraglutide 1.2mg reduced HbA1c by 0.54% more (95% CI: –0.67 to –0.40), systolic pressure 0.14mmHg more than the comparators (95% CI: –0.22 to –0.06), and the number of hypoglycemic episodes was similar between liraglutide 1.2mg and the comparators (RR = 0.86, 95%CI: 0.39 to 1.93, p = 0.72). CONCLUSIONS: Liraglutide 1.2mg once daily is effective in glycemic control, has the advantage of promoting weight loss and reducing systolic blood pressure versus the comparators for treating type 2 diabetes.

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