THE INFLUENCE OF DPP-4 INHIBITORS ON FAT METABOLISM IN TYPE 2 DIABETES PATIENTS
A. Ametov, D. Gusenbekova
Endocrinology, Russian Medical Academy of Postgraduate Education Studies under The Ministry of Health Care of Russia, Russia

Object: To evaluate the influence of combined therapy of sitagliptin and metformin on fat metabolism in patients with DM 2.

Meth: The study involved 82 patients with obesity, lipid metabolism disorders, who have not reached target levels HbA1c after metformin and diet therapy. 1 gr of patients received sitagliptin 100 mg + metformin 2 g/day; the 2 gr - metformin 2.0 g/day. Dynamics of FG, PPG, HbA1c, BMI, WC, lipid profile, insulin, proinsulin, leptin, adiponectin, HOMAIR, HOMAβ, MRI visceral fat at baseline and at 6 months.

Results: At 6 mths patients in both gr showed positive changes FG, PPG and HbA1c. Gr I, HbA1 decreased from 8.3% to 6.6 %, gr II HbA1c - 8.35% to 7.62 %. No signific. differences in the dynamics of TCh, HDL between the gr. LDL in gr I lowered by 0.7 mmol/l, gr II by 0.3 mmol/l; gr I, TG decreased by 1.33 mmol/l, gr II by 0.63 mmol/l; gr I IRI reduction was 3.45 mcU/ml. Gr II 1.63 mcU/ml. Proinsulin level dropped down gr I by 2.93, gr II by 1.26, C-peptide level increased by 1.4 ng/ml, gr II 0.16 ng/ml. HOMAβ grew up gr I by 23.4 SU, gr II by 4.8 SU. The ratio of proins/ins dropped down in gr I by 0.19, in gr II by 0.02. No signific. differences between the gr in the dynamics of HOMAIR and both gr showed positive dynamics. Adiponectin levels were different between the gr, there was an increase by 1.9 ng/ml in gr I, gr II by 0.49 ng/ml. Leptin lowered by 7.37 ng/ml in gr I, gr II by 1.21 ng/ml. Weight loss was 4.9 gr in gr I; gr II 2.0 kg. BMI gr I decreased by 1.8, gr II by 0.68. WC shortened by 6.5 sm in gr I, 2.42 sm in gr II. MRI showed reduction of visc. fat area by 20.6 sm² in gr I; gr II with -5.7 sm², while in the dynamics of the area of the subcutan. fat there is no reliable dynamics between gr. Conclusion: combined therapy sitagliptin and metformine received important glycemic and nonglycemic effects, as well as improving the function of β cells.