The primary endpoint was changes in glycated haemoglobin (HbA1C) and secondary endpoints included changes in body mass index (BMI), blood pressure (BP), biochemical parameters and percentage of patients reporting adverse effects of therapy.

Data were analysed using SPSS version 20.0 and comparisons of continuous variables were performed using Student’s t test.

Results Eighty-three patients were included (54.2% male). Mean age 56.76±9.87 years, mean duration of T2DM 9.46±5.46 years. Prior to treatment, patients had BMI 37.68±6.82 Kg/m², systolic BP (SBP) 138.80±15.46 mmHg, diastolic BP (DBP) 82.87±10.16 mmHg, fasting glucose 187.33±55.11 mg/dL, HbA1C 8.62%±1.3%, total cholesterol 178.1±35.74 mg/dL, LDL cholesterol (c-LDL) 97.66±32.16 mg/dL, HDL cholesterol (c-HDL) 44.54±13.78 mg/dL, triglycerides 197.64±24.19 mg/dL, GOT 29±20.31 U/L and GPT 39.88±31.69 U/L.

Clinical and biochemical values at 6 months were: BMI 36.08±6.32 Kg/m² (p<0.001), SBP 132.76±12.11 mmHg (p<0.001), DBP 77.41±5.62 mmHg (p<0.000), fasting glucose 165.16±56 mg/dL (p=0.003), HbA1C 7.73%±1.33% (p<0.001), total cholesterol 170.6±39.19 mg/dL (p=0.230), c-HDL 46.25±15.03 mg/dL (p=0.151), c-LDL 87.74±30.5 mg/dL (p=0.007), triglycerides 198.29±22.29 mg/dL (p=0.957), GOT 24.97±12.49 U/L (p=0.051) and GPT 32.76±18.24 U/L (p=0.026). Any adverse effect was reported.

Statistically significant differences were found regarding several variables, such as BMI, HbA1C, fasting glucose, blood pressure, c-LDL and GPT. No differences were found in total cholesterol, c-HDL, triglycerides and GOT.

Conclusion Six-month therapy with Liraglutide improves not only glycemic control (HbA1C, fasting glucose) but also cardiovascular risk factors (BMI, BP, c-LDL), reducing SBP and DBP by 1 to 5 mmHg. Therefore, Liraglutide may offer an alternative therapy for these patients and will help provide extra cardiovascular benefits.

REFERENCES AND/OR ACKNOWLEDGEMENTS
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