MEDICAL TIPS

A prospective multicentre open label study to assess effect of Teneligliptin on glycemic control through parameters of time in range (TIR) Metric using continuous glucose monitoring (TOP-TIR study)

Saboo B et al. Diabetes Metab Syndr 2022; 16(2): 102394.

- A prospective, multicentre, open label study enrolling 59 type 2 diabetes patients between 18 and 65 years age was done between November 2020-May 2021, in which patients were administered Teneligliptin 20 mg once daily, in addition to Metformin.
- The data on time in range (TIR) and other ambulatory glucose profile (AGP) indicators of glycemic variability were obtained on each patient in pre-treatment and two post-treatment phases to analyze the effect of Teneligliptin on the glycemic variability.
- The percent TIR in post-treatment phase I was significantly higher than the pre-treatment phase ($p < 0.0001$), and was maintained till the end of phase II ($p = 0.037$).
- There was significant lowering of time above range (≥ 180 mg/dL) in the phase I ($p = 0.003$), which was maintained in phase II ($p = 0.043$). The reduction in mean glucose level in phase I and II was also significant compared to baseline.

> **Teneligliptin addition to patients uncontrolled on Metformin monotherapy significantly reduced glycemic variability, as well showed significant glycemic improvement.**

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