

Efficacy of a Combination of Metformin and Vildagliptin in Comparison to Metformin Alone in Type 2 Diabetes Mellitus: A Multicentre, Retrospective, Real-World Evidence Study

Mohan V, et al. Diabetes Metab Syndr Obes. 2021 Jun; 14: 2925-2933.

- Early use of combination therapy in diabetes patients may lead to sustained glycemic control and thereby reduce the progression of diabetic complications.
- A more significant reduction in HbA1c level was observed in metformin plus vildagliptin arm than metformin only arm.
- Patients requiring additional antidiabetic drugs at follow-up were significantly lesser in the metformin plus vildagliptin arm than the metformin only arm (15.6% vs 35.2%).
- Adverse events (giddiness, fatigue, and gastric discomfort) were comparable across the two arms.

The findings of this real-world study emphasizes the need for early initiation of combination therapy with metformin plus vildagliptin over metformin monotherapy for achieving better glycemic control.