- This observational, 2-year prospective cohort study was conducted in France on request of the Health Authorities to evaluate the effectiveness, treatment persistence and tolerability of vildagliptin in the management of patients with type 2 diabetes mellitus (T2DM) in routine clinical practice.
- A total of 1700 T2DM patients initiating vildagliptin or treated for < 6 months were recruited through a national representative sample of physicians, and 82% of patients completed the 2-year follow-up.
- Glycosylated hemoglobin (HbA1c) decreased from a mean baseline of 7.8±1.2% when vildagliptin was started, to 7.0±1.1% at 6 months and remained stable thereafter over 2 years. Mean weight, glomerular filtration rate, liver enzymes, and lipid parameters were unchanged over the study period.
- 8 patients (0.5%), all concomitantly treated with insulin and/or sulphonylureas, reported one severe hypoglycemia and 47 (2.9%) patients reported 64 non-severe symptomatic hypoglycemia (59% occurred when patients were treated with insulin and/or sulphonylureas).
- At 6 months, 44.9% of vildagliptin-treated patients reached an HbA1c <7% without hypoglycemia and no weight gain, and this percentage increased to 49.7% at 24 months. Vildagliptin treatment maintenance at 2 years was 88.8
- In everyday conditions of care, vildagliptin efficacy was in line with existing data from randomized clinical trials, well-sustained over 2 years, with low discontinuation rate and low hypoglycemia risk.

This summary slide represents the opinions of the authors. Sponsorship for this study was funded by Novartis Pharma SAS (Rueil Malmaison, France). For a full list of acknowledgments and conflicts of interest for all authors of this article, please see the full text online. 