

- In a retrospective and observational study conducted in Spain, data from 753 patients with type 2 diabetes were recorded through an on-line tool (eDiabetes-Monitor).
- After 3-6 months of liraglutide treatment we observed changes in HbA<sub>1c</sub> of  $-1.1 \pm 1.2\%$ ,  $-4.6 \pm 5.3$  kg in weight and  $-1.7 \pm 2.0$  kg/m<sup>2</sup> in BMI ( $p < 0.001$  for all).
- Compared to baseline, there was a significant reduction in systolic blood pressure ( $-5.9$  mmHg,  $p < 0.001$ ), diastolic blood pressure ( $-3.2$  mmHg,  $p < 0.001$ ), LDL cholesterol ( $-0.189$  mmol/l,  $p < 0.001$ ) and triglycerides ( $-0.09$  mmol/l,  $p = 0.021$ ).
- In patients switched from DPP-4 inhibitors ( $n=151$ ), liraglutide induced a decrease of  $-1.0\%$  in HbA<sub>1c</sub> ( $p < 0.001$ ) and a reduction in weight ( $-4.5$  kg,  $p < 0.001$ ). In patients treated with liraglutide as an add-on therapy to insulin a decrease of  $-1.08\%$  in HbA<sub>1c</sub> ( $p < 0.001$ ) and a weight reduction of  $-4.15$  kg ( $p < 0.001$ ) was observed.
- Our study confirms the effectiveness of liraglutide in a real-life and clinical practice setting.

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