

# GLP-1 receptor agonists can manage postprandial glucose

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(HealthDay)—Glucagon-like peptide 1 (GLP-1) receptor agonists appear beneficial for postprandial glucose management in type 2 diabetes, according to a report published in the October issue of *Clinical Diabetes*.

Debbie A. Hinnen, A.P.N., from the University of Colorado Health in Colorado Springs, discusses therapeutic options for postprandial glucose management in patients with type 2 diabetes on [basal insulin](#).

Noting that for patients to achieve hemoglobin A1c goals, normalization of both fasting plasma glucose (FPG) and postprandial plasma glucose (PPG) is necessary, Hinnen looked at different treatment options. Basal insulin therapy improved FPG but not PPG, and consequently therapies such as mealtime insulin, thiazolidinediones, DPP-4 inhibitors, GLP-1 receptor agonists, and meglitinides can be used to improve PPG levels.

Hinnen writes that GLP-1 receptor agonists more effectively reduce hemoglobin A1c compared with DPP-4 inhibitors and have a more favorable safety profile. In addition, GLP-1 receptors reduce body weight, potentially resulting in better [glucose](#) control and reduced cardiovascular risk. GLP-1 receptor agonists can be introduced throughout type 2 diabetes treatment, and can be used as initial monotherapy when metformin is contraindicated, as adjuvant to metformin, or as part of multidrug combinations.

"Given the wide range of treatment combinations available for managing type 2 diabetes, health care professionals must work with patients to determine the best treatment choices for their individual lifestyle and treatment goals," Hinnen writes.

Hinnen disclosed financial ties to the pharmaceutical industry.

**More information:** [Abstract](#)  
[Full Text](#)

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