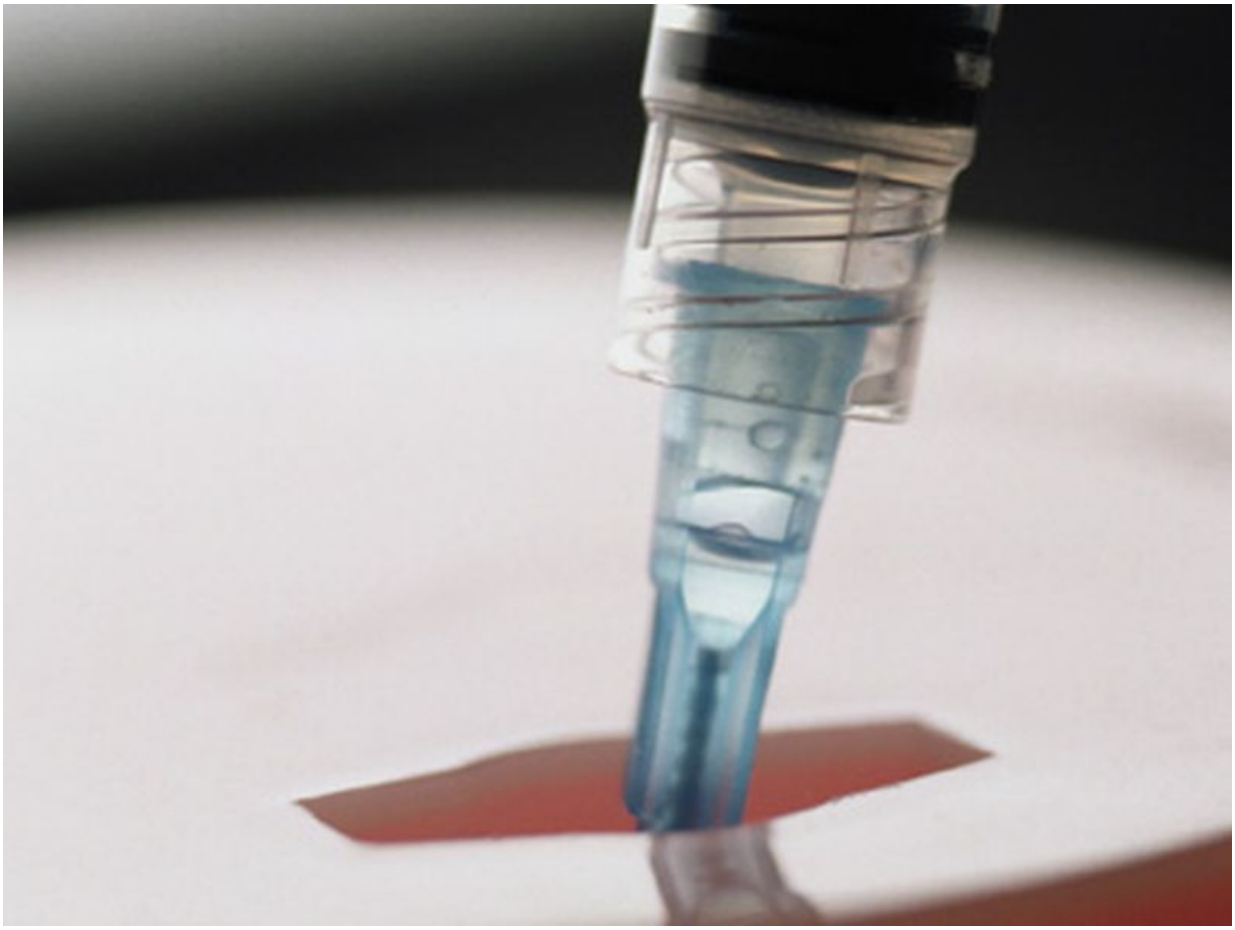
Liraglutide linked to reduction in VAT, improvement in beta-index

September 26 2017



(HealthDay)—For obese individuals with prediabetes or early type 2

diabetes, liraglutide is associated with a greater reduction in visceral adipose tissue (VAT) and greater improvement in β-index, according to a study published online Sept. 14 in *Diabetes Care*.

Francesca Santilli, from the Center of Aging Science and Translational Medicine in Chieti, Italy, and colleagues randomized 62 metformin-treated obese subjects with prediabetes or newly diagnosed type 2 diabetes to liraglutide or lifestyle counseling.

The researchers found that the reduction in VAT was significantly higher in the liraglutide versus the lifestyle counseling arm (P = 0.028) after comparable weight loss, achieved by 20 patients per arm, and superimposable glycemic control, as reflected by hemoglobin A1c level, which was accompanied by greater improvement in β-index (P = 0.021). There were no differences in reduction of subcutaneous adipose tissue (P = 0.64). With liraglutide administration only there was a significant increase in insulin-like growth factor-II serum levels (P = 0.024), and the increase correlated with a decrease in VAT (P = 0.056) and an increase in the β-index (P = 0.012).

"Liraglutide effects on visceral obesity and β-cell function might provide a rationale for using this molecule in obese subjects in an early phase of glucose metabolism dysregulation natural history," the authors write.

One author disclosed financial ties to the pharmaceutical industry.

More information: Abstract/Full Text (subscription or payment may be required)

Citation: Liraglutide linked to reduction in VAT, improvement in beta-index (2017, September