Once-weekly insulin icodec with dosing guide app shows superior HbA1c reduction vs. once-daily insulin in Phase 3a trial

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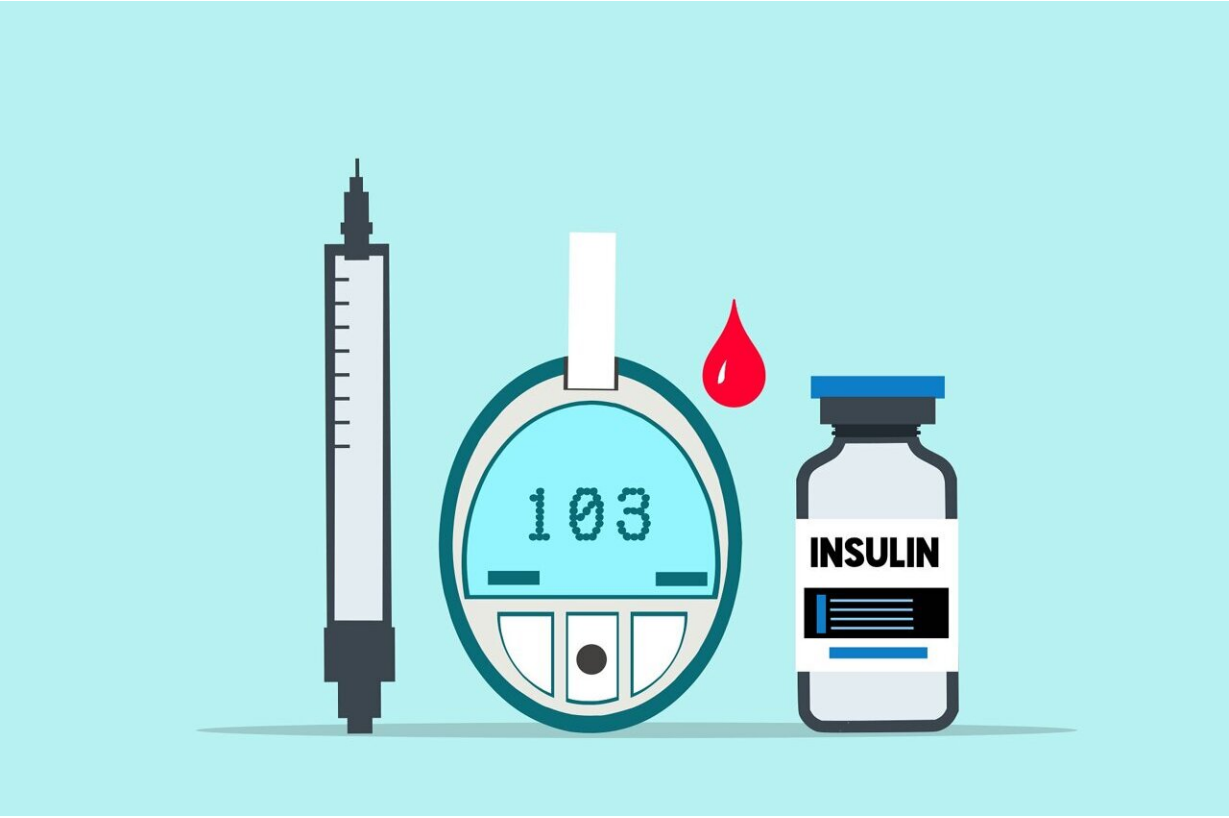

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In the Phase 3a ONWARDS 5 randomized trial, once-weekly insulin icodec titrated with a dosing guide app demonstrated superior reduction

in HbA1c levels and similarly low hypoglycemia rates compared with once-daily insulin. The findings are published in *Annals of Internal Medicine.*

Missed insulin injections and inadequate dose titration of daily basal insulins can lead to suboptimal glycemic control in persons with type 2 diabetes. Once-weekly insulin icodec is a basal insulin analogue that is in development and is aimed at reducing treatment burden. A once-weekly dosing schedule could improve treatment adherence, satisfaction, and glycemic control.

The ONWARDS 5 trial randomly assigned 1,085 insulin-naïve adults with type 2 diabetes in seven countries to either weekly icodec titrated with a dosing guide app (icodec with app) or once-daily basal insulin (OD analogs) dosed per standard practice. The two groups were compared for effectiveness and safety.

The authors found that participants using icodec with app experienced a greater HbA1c reduction, treatment satisfaction, and adherence compared to participants using the OD insulin. According to the authors, the use of icodec with a dosing guide app could conceivably address several challenges seen in everyday practice, including inadequate dose titration and nonadherence to prescribed treatment regimens for patients with diabetes.

More information: *Annals of Internal Medicine* (2023). DOI: 10.7326/M23-1288. www.acpjournals.org/doi/10.7326/M23-1288

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