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

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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.


Provided by American College of Physicians

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