

# DiabetesScan

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# Impact of age at T2D diagnosis on outcomes

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ARTICLE



## Impact of age at type 2 diabetes mellitus diagnosis on mortality and vascular complications: systematic review and meta-analyses

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# Research in context

## What is already known about this subject?

- T2D is increasingly diagnosed at a younger age
- Pathogenesis of long-term vascular complications associated with early- or late-onset T2D is not well characterised
- Studies examining the relationship between age at diagnosis and long-term complications vary widely in population characteristics or methodological rigour, and report inconsistent findings
  - For example, younger age at diagnosis is associated with increased/decreased risk of complications, no difference in risk, or variable effects in different end organs

## What is the key question?

*What is the risk of mortality, macro- and microvascular complications associated with age at diagnosis of T2D?*

# Aims and methods

## Aims/hypothesis:

- Few studies examine the association between age at diagnosis and subsequent T2D complications
- This paper aimed to summarise the risk of mortality, macro- and microvascular complications associated with age at diagnosis

## Methods:

- Data sourced from MEDLINE and evidence-based medicine databases from inception to July 2018
- Observational studies investigating effect of age on macro- and microvascular complications in T2D selected according to pre-specified criteria
- Two investigators independently extracted data and evaluated all studies

# Criteria for inclusion

1

Study of adults with T2D investigating effect of age at diagnosis on macro- and microvascular complications

2

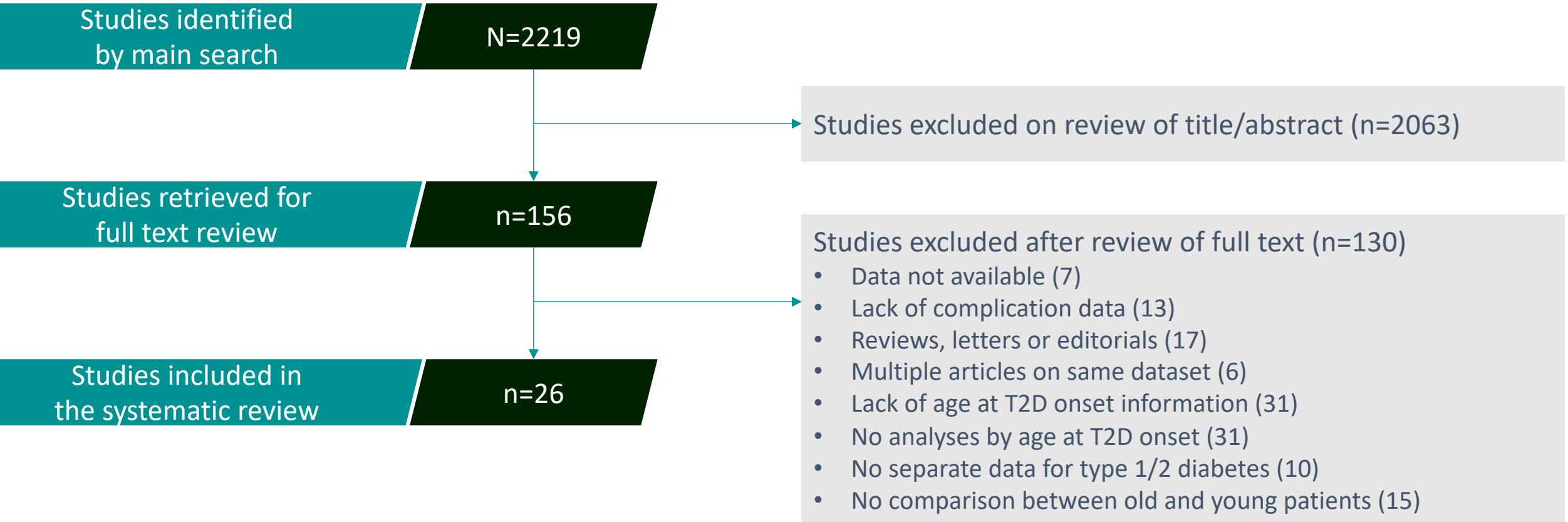
Assess one or more of the following outcome variables:

- All-cause mortality
- Macrovascular disease
- Microvascular disease
- Retinopathy
- Nephropathy
- Neuropathy
- Cardiovascular disease
- Cerebrovascular disease
- Peripheral vascular disease

3

Have available mortality/ complication rate, where mortality was either a pre-specified primary or secondary outcome, or methods indicated complete follow-up of participants

# Study selection process



# Primary outcome: All-cause mortality

## All-cause mortality

Huo L, et al

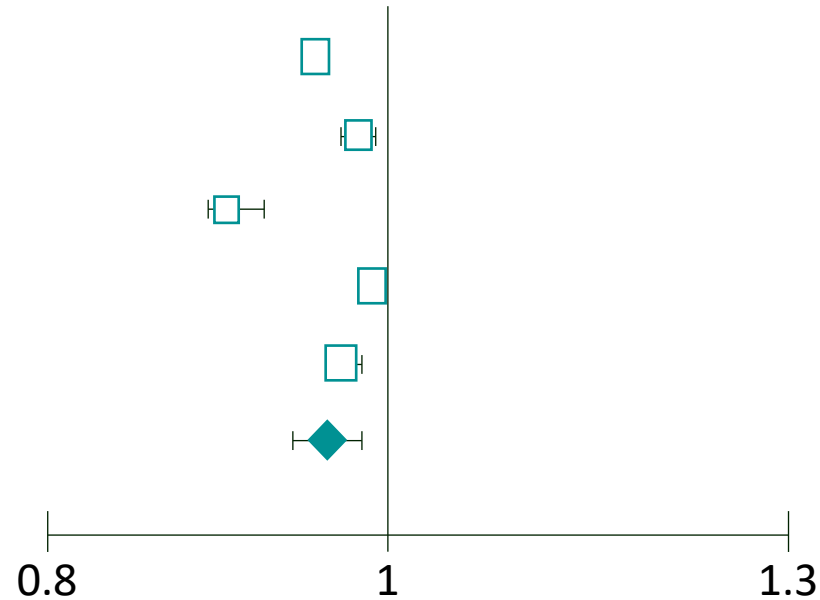
Kenealy T, et al

Pavkov ME, et al

Penno G, et al

Zoungas S, et al

**Overall (P<0.001, I<sup>2</sup>=98%)**



## OR (95% CI)

0.95 (0.95, 0.96)

0.98 (0.97, 0.99)

0.90 (0.89, 0.92)

0.99 (0.99, 0.99)

0.97 (0.96, 0.98)

**0.96 (0.94, 0.99)**

## n

744,188

70,057

2,963

15,733

11,140

**844,081**

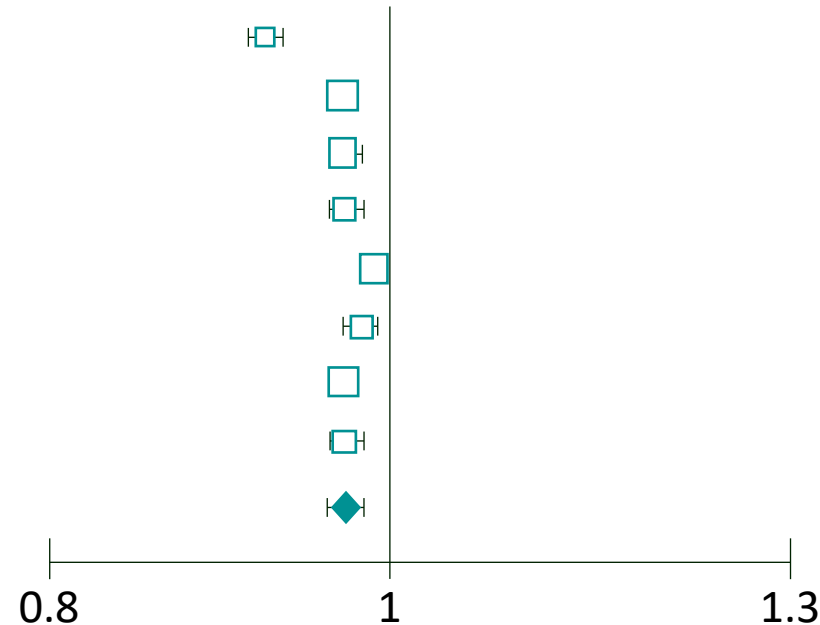
Data from 5 studies comprising 1,325,493 participants indicated that each 1-year increase in diagnosis was associated with a 4% decrease in all-cause mortality

The size of the symbols is proportional to the study weight and horizontal lines represent 95% CIs.  
Nanayakkara N, et al. Diabetologia 2021;64:275–87.

# Primary outcome: Macrovascular disease

## Macrovascular disease

Chan JC, et al  
 Huo X, et al  
 Kenealy T, et al  
 Nanayakkara N, et al  
 Pugliese G, et al  
 Song SH, et al  
 Yeung RO, et al  
 Zoungas S, et al  
**Overall (P<0.001, I<sup>2</sup>=97%)**



## OR (95% CI)

## n

0.92 (0.91, 0.93) 9,506  
 0.97 (0.97, 0.97) 222,770  
 0.97 (0.97, 0.98) 48,444  
 0.97 (0.96, 0.98) 3,029  
 0.99 (0.98, 0.99) 15,933  
 0.98 (0.97, 0.99) 2,733  
 0.97 (0.97, 0.97) 42,453  
 0.97 (0.96, 0.98) 11,140  
**0.97 (0.96, 0.98) 356,008**

Data from 8 studies comprising 566,011 participants indicated that each 1-year increase in diagnosis was associated with a 3% decrease in macrovascular disease

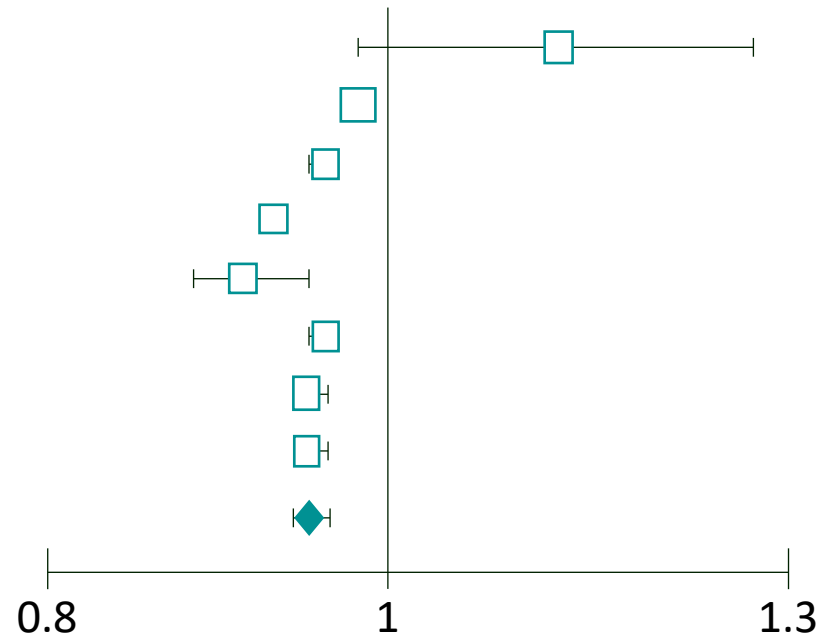
The size of the symbols is proportional to the study weight and horizontal lines represent 95% CIs.  
 Nanayakkara N, et al. Diabetologia 2021;64:275–87.



# Primary outcome: Microvascular disease

## Microvascular disease

Amutha A, et al  
 Chan JC, et al  
 Kenealy T, et al  
 Nanakkara N, et al  
 Pradeepa R, et al  
 Pugliese G, et al  
 Yeung RO, et al  
 Zoungas S, et al  
**Overall (P<0.001, I<sup>2</sup>=93%)**



## OR (95% CI)

## n

1.12 (0.98, 1.27) 90  
 0.98 (0.97, 0.99) 9,506  
 0.96 (0.95, 0.96) 65,547  
 0.93 (0.92, 0.93) 3,033  
 0.91 (0.88, 0.95) 1,608  
 0.96 (0.95, 0.96) 15,733  
 0.95 (0.95, 0.96) 42,453  
 0.95 (0.94, 0.96) 11,140  
**0.95 (0.94, 0.96) 149,110**

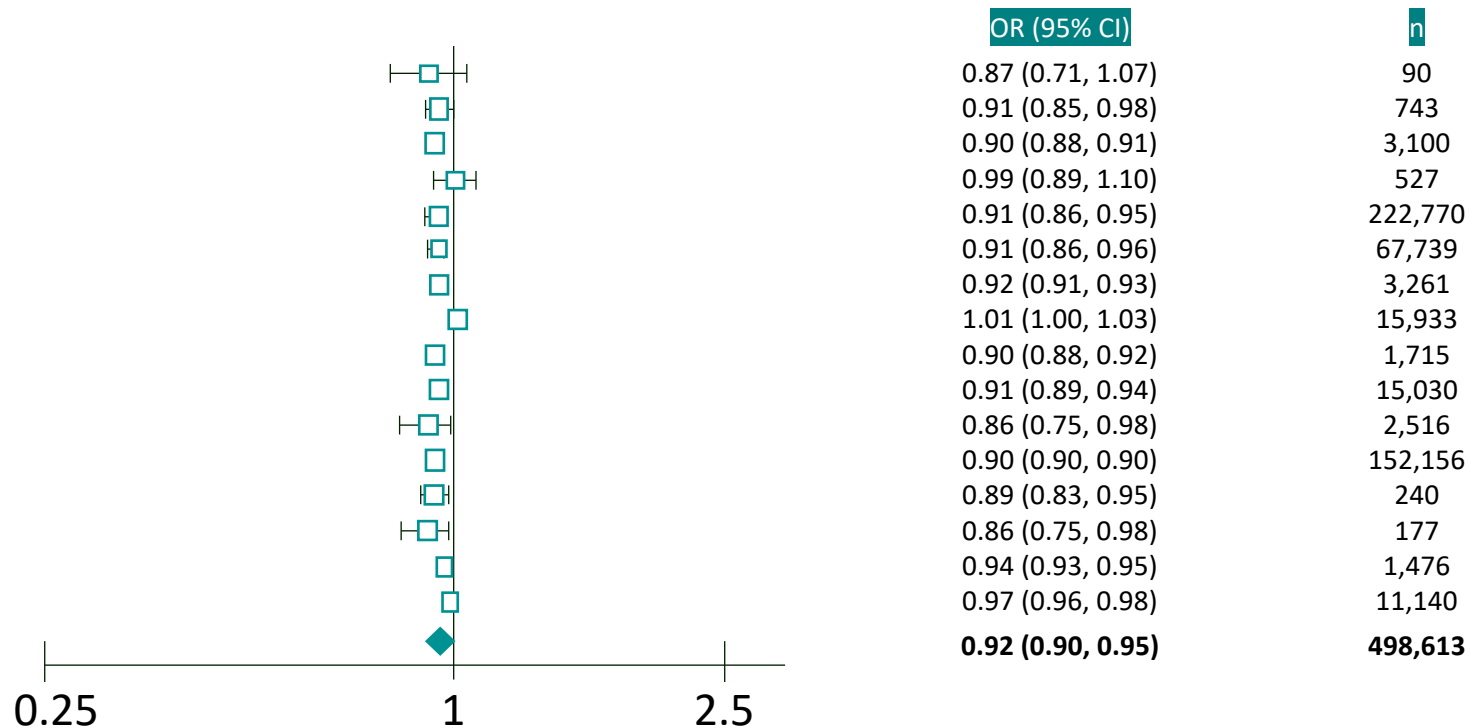
Data from 8 studies comprising 149,110 participants indicated that each 1-year increase in diagnosis was associated with a 5% decrease in microvascular disease

The size of the symbols is proportional to the study weight and horizontal lines represent 95% CIs.  
 Nanayakkara N, et al. Diabetologia 2021;64:275–87.

# Secondary outcomes: Retinopathy

## Retinopathy

Amutha A, et al  
 Amutha A, et al  
 Cai X, et al  
 Chen MS, et al  
 Huo X, et al  
 Kenealy T, et al  
 Nanayakkara N, et al  
 Pugliese G, et al  
 Rema M, et al  
 Romera-Aroca P, et al  
 Song SH, Gray TA  
 Thomas RL, et al  
 Unnikrishnan R, et al: Older onset  
 Unnikrishnan R, et al: Younger onset  
 Wong J, et al  
 Zoungas S, et al  
**Overall (P<0.001, I<sup>2</sup>=97%)**



Each 1-year increase in diagnosis was associated with a 8% decrease in retinopathy

The size of the symbols is proportional to the study weight and horizontal lines represent 95% CIs.

For Unnikrishnan R, et al., older onset refers to those diagnosed aged >50 years and younger onset refers to those diagnosed aged ≤25 years.

Nanayakkara N, et al. Diabetologia 2021;64:275–87.

# Secondary outcomes: Nephropathy

## Nephropathy

Amutha A, et al

Amutha A, et al

Kenealy T, et al

Nanayakkara N, et al

Pavkov ME, et al

Romera-Aroca P, et al

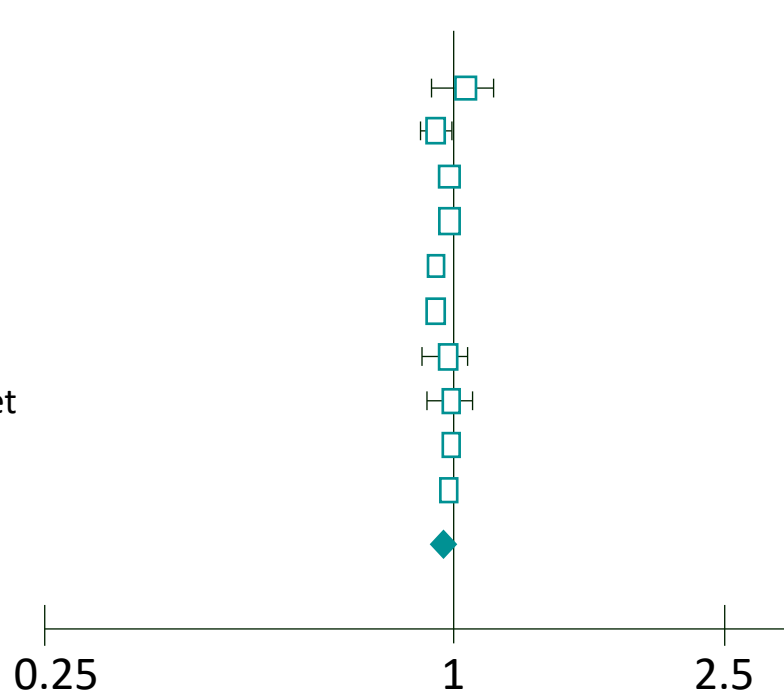
Unnikrishnan R, et al: Older onset

Unnikrishnan R, et al: Younger onset

Unnikrishnan R, Rema M, et al

Zoungas S, et al

**Overall (P<0.001, I<sup>2</sup>=92%)**



OR (95% CI)

n

1.04 (0.88, 1.22)

90

0.89 (0.83, 0.96)

840

0.96 (0.95, 0.96)

66,128

0.95 (0.94, 0.97)

2,970

0.90 (0.88, 0.91)

2,726

0.90 (0.89, 0.92)

15,030

0.95 (0.85, 1.06)

267

0.97 (0.87, 1.08)

173

0.97 (0.95, 0.99)

267

0.96 (0.95, 0.97)

11,140

**0.94 (0.92, 0.96)**

**99,631**

0.25

1

2.5

Each 1-year increase in diagnosis was associated with a 6% decrease in nephropathy

The size of the symbols is proportional to the study weight and horizontal lines represent 95% CIs.

For Unnikrishnan R, et al., older onset refers to those diagnosed aged >50 years and younger onset refers to those diagnosed aged ≤25 years.

Nanayakkara N, et al. Diabetologia 2021;64:275–87.

# Secondary outcomes: Coronary heart disease

## CHF

Kenealy T, et al

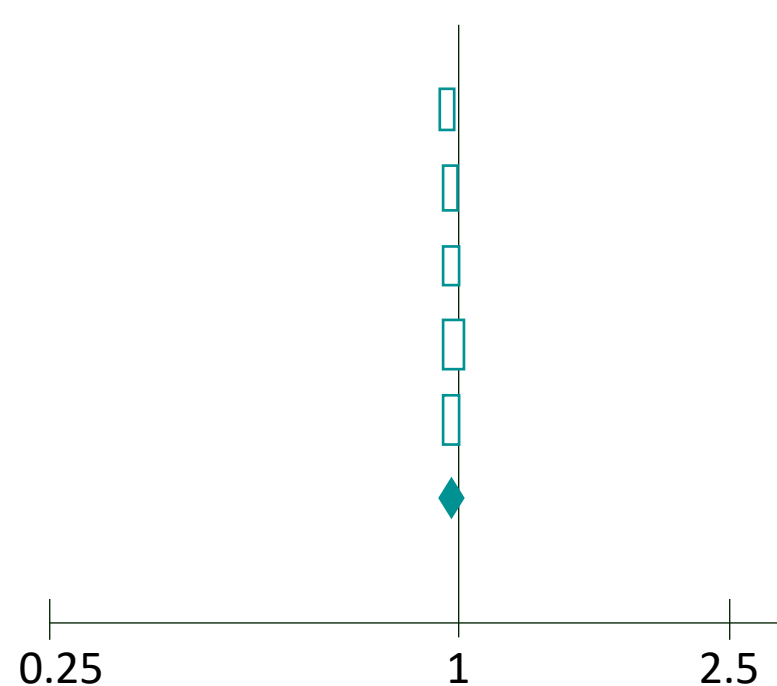
Nanayakkara N, et al

Pugliese G, et al

Song SH, et al

Zoungas S, et al

**Overall (P<0.001, I<sup>2</sup>=54%)**



OR (95% CI)

n

0.97 (0.96, 0.98)

59,228

0.98 (0.97, 0.99)

3,037

0.98 (0.97, 0.98)

15,733

0.99 (0.97, 0.99)

2,733

0.98 (0.97, 0.99)

11,140

**0.98 (0.97, 0.98)**

**91,871**

Each 1-year increase in diagnosis was associated with a 2% decrease in coronary heart disease

The size of the symbols is proportional to the study weight and horizontal lines represent 95% CIs.

For Unnikrishnan R, et al., older onset refers to those diagnosed aged >50 years and younger onset refers to those diagnosed aged ≤25 years.

Nanayakkara N, et al. Diabetologia 2021;64:275–87.

# Results

26 observational  
studies

1,325,493  
individuals

from 30  
countries

- Random-effects meta-analyses with inverse variance weighting used to obtain pooled ORs
- Age at T2D diagnosis was inversely associated with risk of all-cause mortality and macro- and microvascular disease (all  $P < 0.001$ )
- Each 1-year increase in age at T2D diagnosis was associated with a 4%, 3% and 5% decreased risk of all-cause mortality, macro- and microvascular disease, respectively, adjusted for current age
  - Effects were consistent for individual components of composite outcomes (all  $P < 0.001$ )
- Younger age at T2D diagnosis was associated with higher risk of mortality and vascular disease

Early and sustained interventions to delay T2D onset and improve blood glucose levels and cardiovascular risk profiles of those already diagnosed are essential to reduce morbidity and mortality

# How might this impact clinical practice?

Identification and quantification of the higher risk of mortality and vascular disease conferred by younger age at T2D diagnosis may enable risk stratification of people early in the condition



Providing greater opportunities for interventions to reduce the risk of adverse outcomes



# Baseline use of metformin in CVOTs

DPP-4i	% on MF
EXAMINE (Alogliptin)	66.2
SAVOR-TIMIS3 (Saxagliptin)	69.6
TECOS (Sitagliptin)	81.6
CARMELINA (Linagliptin)	*56.1

CVOT, cardiovascular outcome trial.  
Harrington JL, et al. Curr Diab Rep 2018;18(9):64.

# Baseline use of metformin in CVOTs

DPP-4i	% on MF	SGLT-2i	% on MF
EXAMINE (Alogliptin)	66.2	EMPA-REG (Empagliflozin)	74
SAVOR-TIMIS3 (Saxagliptin)	69.6	CANVAS Programme (Canagliflozin)	77
TECOS (Sitagliptin)	81.6	DECLARE (Dapagliflozin)	82
CARMELINA (Linagliptin)	*56.1	CREDENCE (Canagliflozin)	*58
		VERTIS CV (Ertugliflozin)	76

CVOT, cardiovascular outcome trial.  
Harrington JL, et al. Curr Diab Rep 2018;18(9):64.

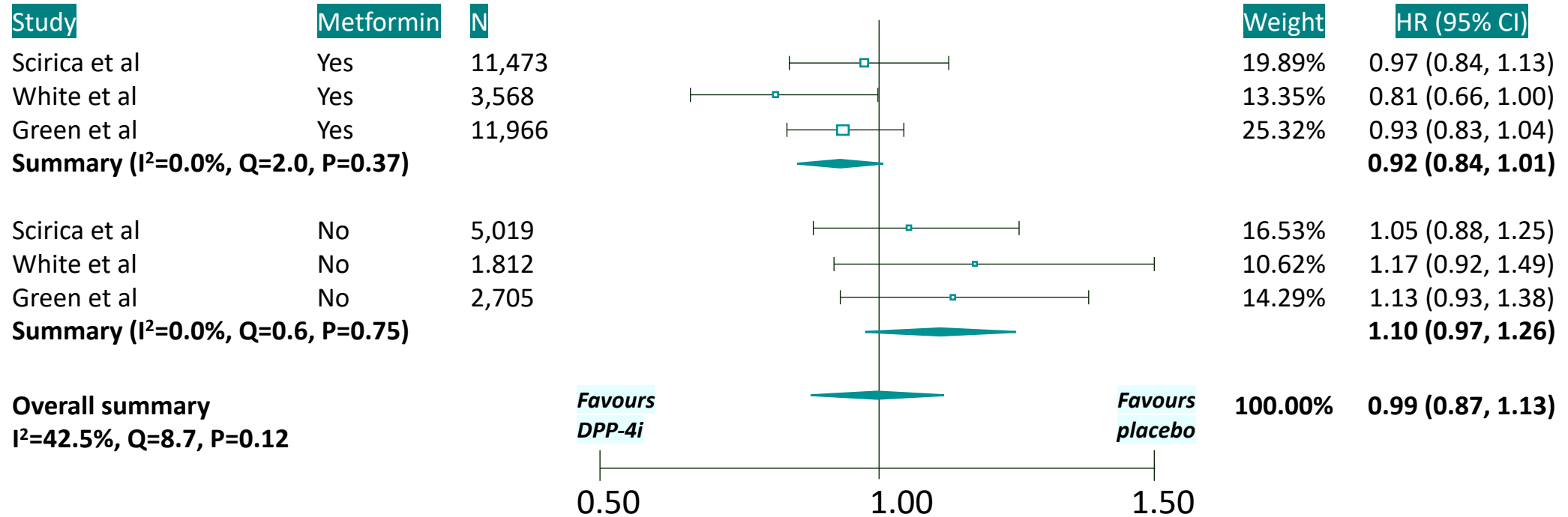


# Baseline use of metformin in CVOTs

DPP-4i	% on MF	SGLT-2i	% on MF	GLP-1RA	% on MF
EXAMINE (Alogliptin)	66.2	EMPA-REG (Empagliflozin)	74	ELIXA (Lixisenatide)	65
SAVOR-TIMIS3 (Saxagliptin)	69.6	CANVAS Programme (Canagliflozin)	77	LEADER (Liraglutide)	76
TECOS (Sitagliptin)	81.6	DECLARE (Dapagliflozin)	82	SUSTAIN 6 (Semaglutide)	74
CARMELINA (Linagliptin)	*56.1	CREDENCE (Canagliflozin)	*58	EXSCEL (Exenatide)	85
		VERTIS CV (Ertugliflozin)	76	HARMONY (Albiglutide)	74
				REWIND (Dulaglutide)	81
				PIONEER 6 (Oral Semaglutide)	77

CVOT, cardiovascular outcome trial.  
Harrington JL, et al. Curr Diab Rep 2018;18(9):64.

# Metformin may moderate the effect of DPP-4i on CV outcomes



Using meta-regression, the difference in overall DPP-4i effect between prevalent metformin users and baseline nonusers was statistically significant (P=0.036), indicating a difference in the relative effects of DPP-4i based on metformin status

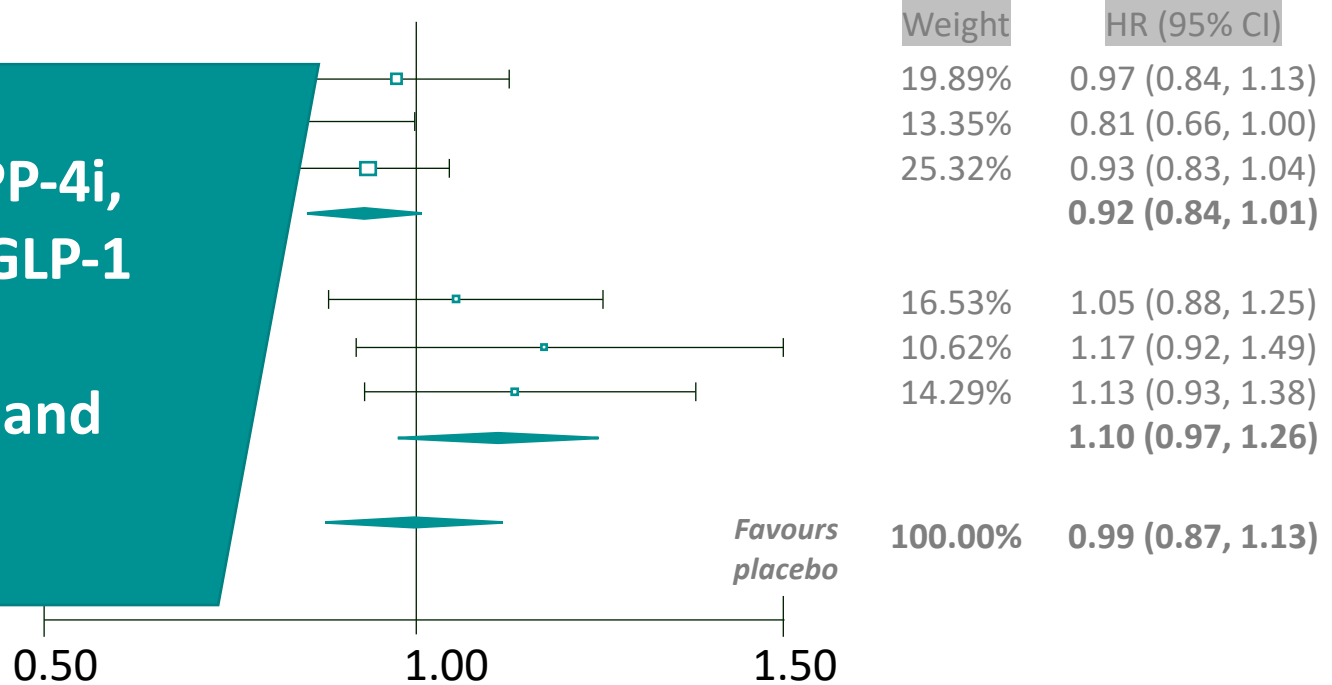
# Metformin may moderate the effect of DPP-4i on CV outcomes



Study Metformin N

Metformin raises GLP-1, DPP-4i, and blocks degradation of GLP-1

Synergistic effect of DPP-4i and metformin on CD34+ EPCs



Using meta-regression, the difference in overall DPP-4i effect between prevalent metformin users and baseline nonusers was statistically significant (P=0.036), indicating a difference in the relative effects of DPP-4i based on metformin status

Crowley MJ, et al. Diabetes Care 2017;40;1787–9; Dore FJ, et al. Cardiovas Diabetol 2018;17:65.

# Individual and pooled RCT results for the primary outcome, stratified by metformin use at baseline

DPP-4i

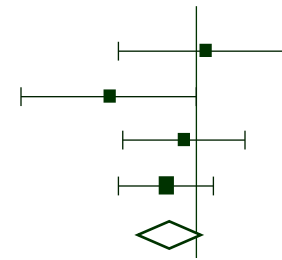
Metformin

CARMELINA

EXAMINE

SAVOR-TIMI-53

TECOS



HR (95% CI)

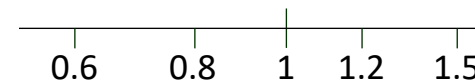
1.02 (0.83, 1.25)

0.81 (0.66, 1.00)

0.97 (0.84, 1.13)

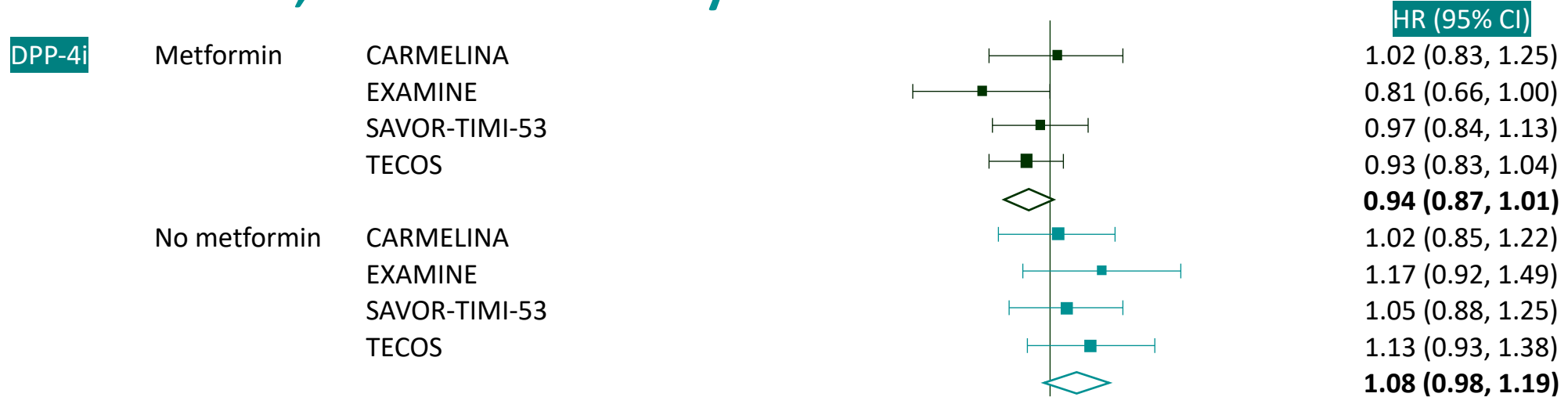
0.93 (0.83, 1.04)

**0.94 (0.87, 1.01)**



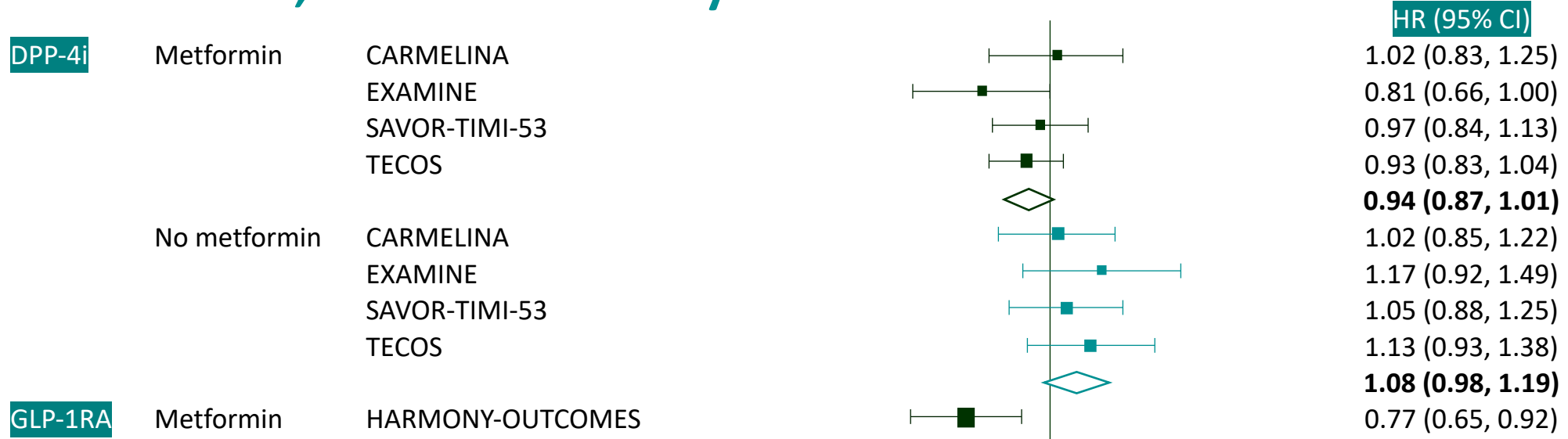
Zaccardi F, et al. Diabetes Care 2020;dc202080.

# Individual and pooled RCT results for the primary outcome, stratified by metformin use at baseline

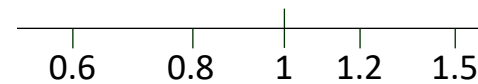


Zaccardi F, et al. Diabetes Care 2020;dc202080.

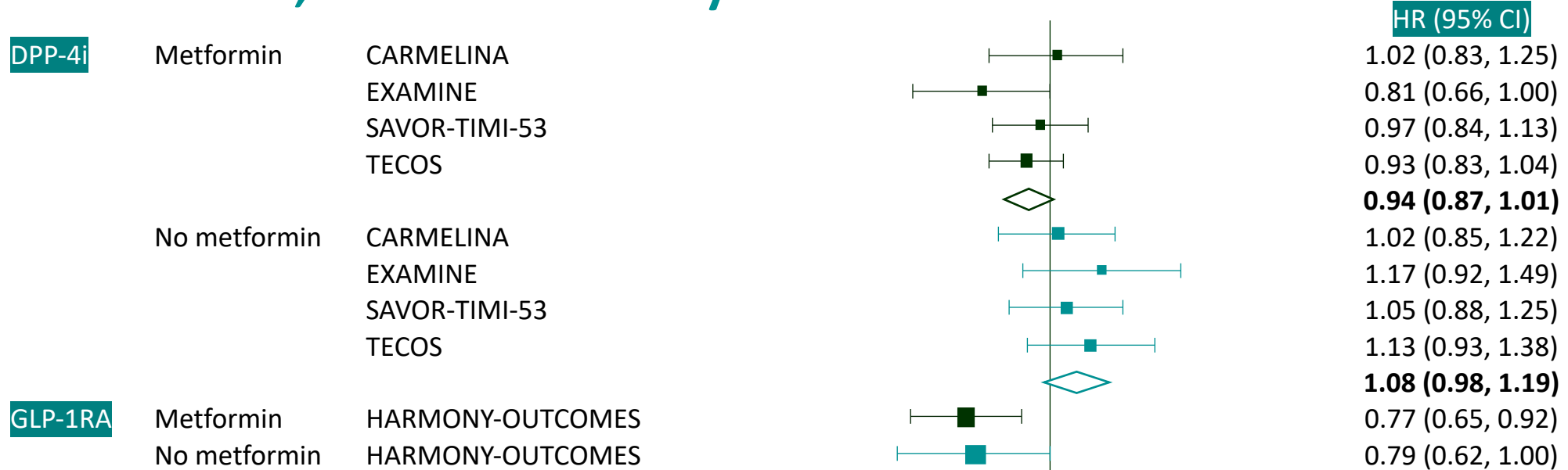
# Individual and pooled RCT results for the primary outcome, stratified by metformin use at baseline



Zaccardi F, et al. Diabetes Care 2020;dc202080.

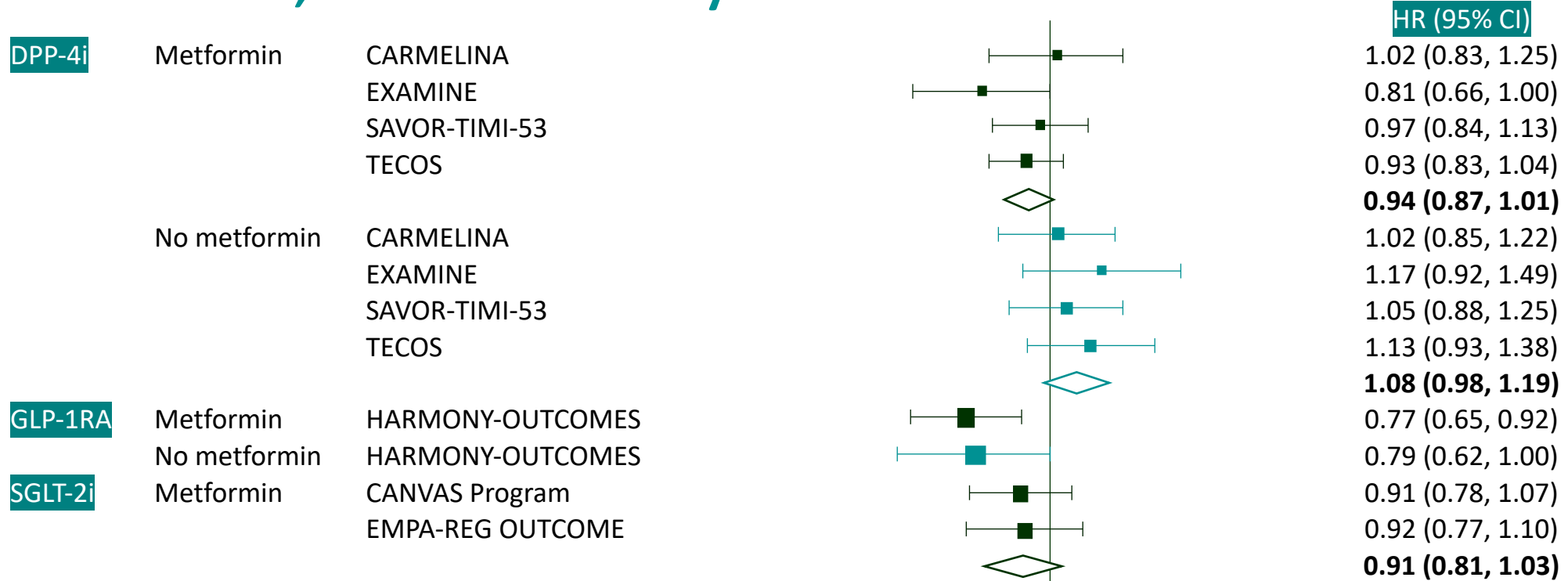


# Individual and pooled RCT results for the primary outcome, stratified by metformin use at baseline



Zaccardi F, et al. Diabetes Care 2020;dc202080.

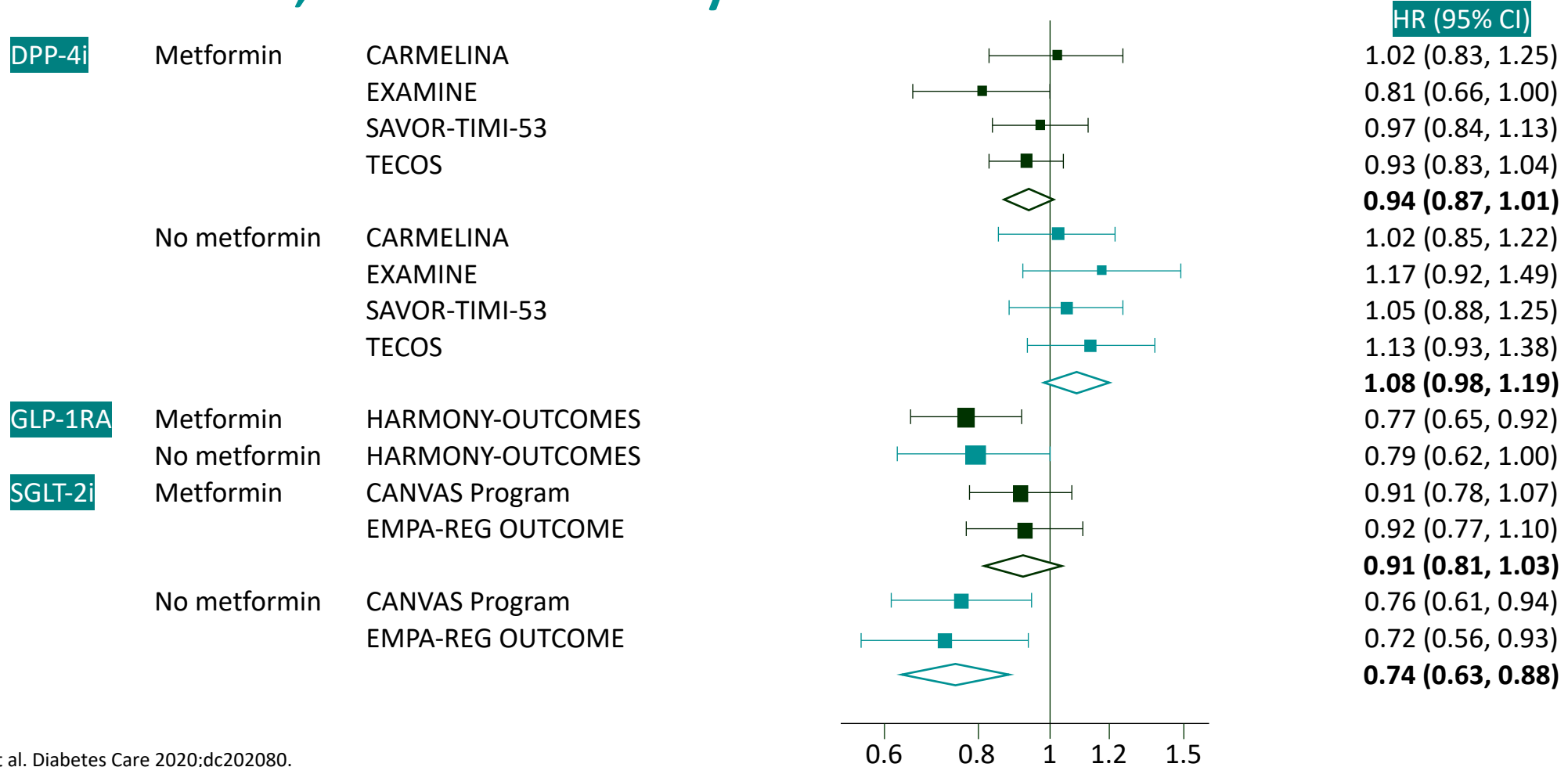
# Individual and pooled RCT results for the primary outcome, stratified by metformin use at baseline



Zaccardi F, et al. Diabetes Care 2020;dc202080.



# Individual and pooled RCT results for the primary outcome, stratified by metformin use at baseline



Zaccardi F, et al. Diabetes Care 2020;dc202080.

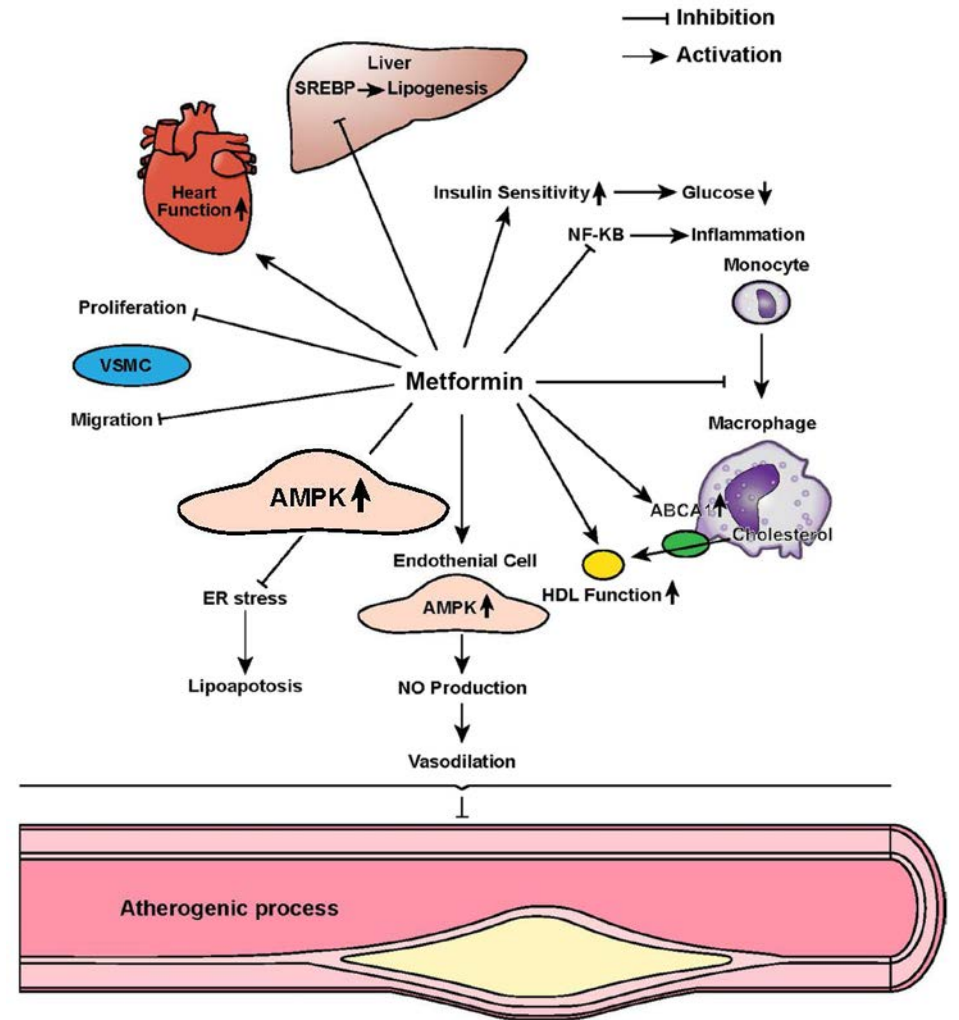
# Potential interaction between metformin and SGLT-2i

## Metformin stimulates AMPK (master regulator of genes)

- Protects heart from injury
- Activation of AMPK thought to be mechanism MF ameliorates cardiomyopathy in animal models but ? sufficient to expect cardio-protective effects

## SGLT-2i via Sirtuin-1 (SIRT1)

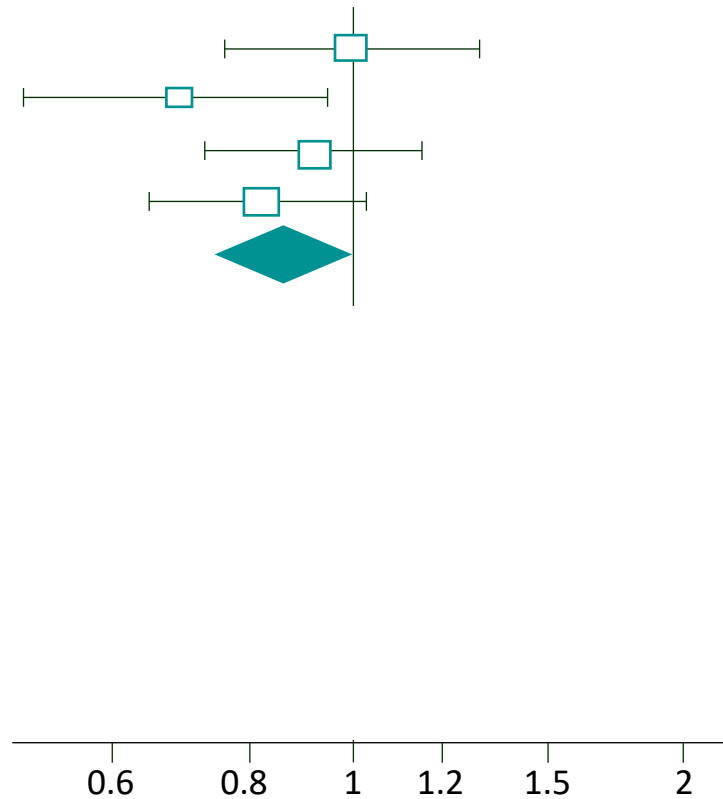
- Roles of AMPK/SIRT1 intertwined
- ? If AMPK already activated by metformin then cardio-protective effects dependent on SGLT-2i maybe attenuated



# Interaction by baseline metformin for MACE

DPP-4i

CARMELINA  
EXAMINE  
SAVOR-TIMI-53  
TECOS



HR<sub>met</sub>/HR<sub>no met</sub>

1.00 (0.76, 1.31)

0.69 (0.50, 0.95)

0.92 (0.73, 1.16)

0.82 (0.66, 1.03)

HR<sub>met</sub>/HR<sub>no met</sub> indicates the ratio between HR in participants with baseline metformin versus those without. If >1, indicates a smaller effect in those taking metformin.

For SGLT-2i, overall the effect was worse in those taking metformin while for DPP-4 was better. Shown are the within-group mean eGFR values.

Zaccardi F, et al. Diabetes Care 2020;dc202080.

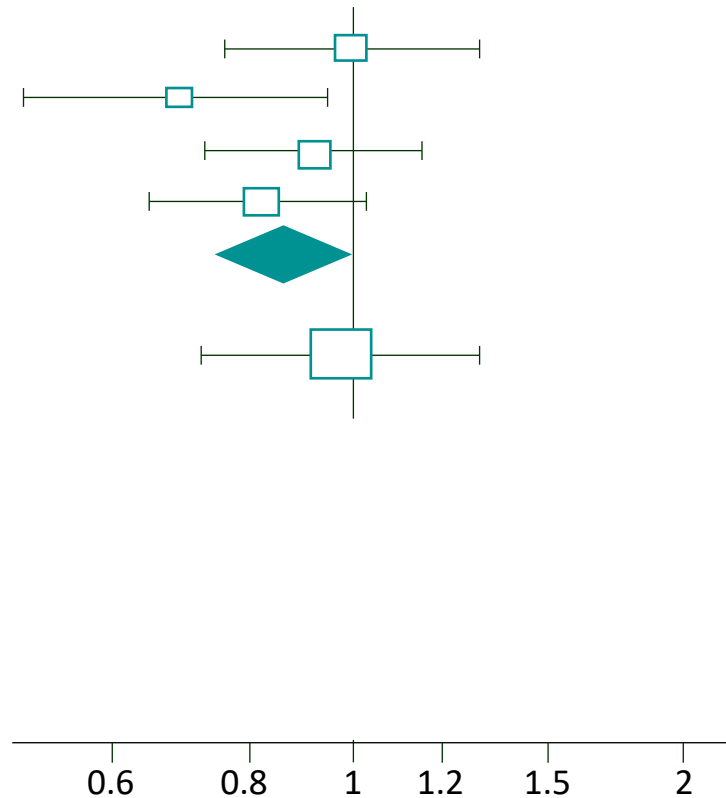
# Interaction by baseline metformin for MACE

DPP-4i

CARMELINA  
EXAMINE  
SAVOR-TIMI-53  
TECOS

GLP-1RA

HARMONY-OUTCOMES



HR<sub>met</sub>/HR<sub>no met</sub>

1.00 (0.76, 1.31)

0.69 (0.50, 0.95)

0.92 (0.73, 1.16)

0.82 (0.66, 1.03)

0.87 (0.76, 0.98)

HR<sub>met</sub>/HR<sub>no met</sub> indicates the ratio between HR in participants with baseline metformin versus those without. If >1, indicates a smaller effect in those taking metformin.

For SGLT-2i, overall the effect was worse in those taking metformin while for DPP-4 was better. Shown are the within-group mean eGFR values.

Zaccardi F, et al. Diabetes Care 2020;dc202080.

# Interaction by baseline metformin for MACE

DPP-4i

CARMELINA  
EXAMINE  
SAVOR-TIMI-53  
TECOS

GLP-1RA

HARMONY-OUTCOMES

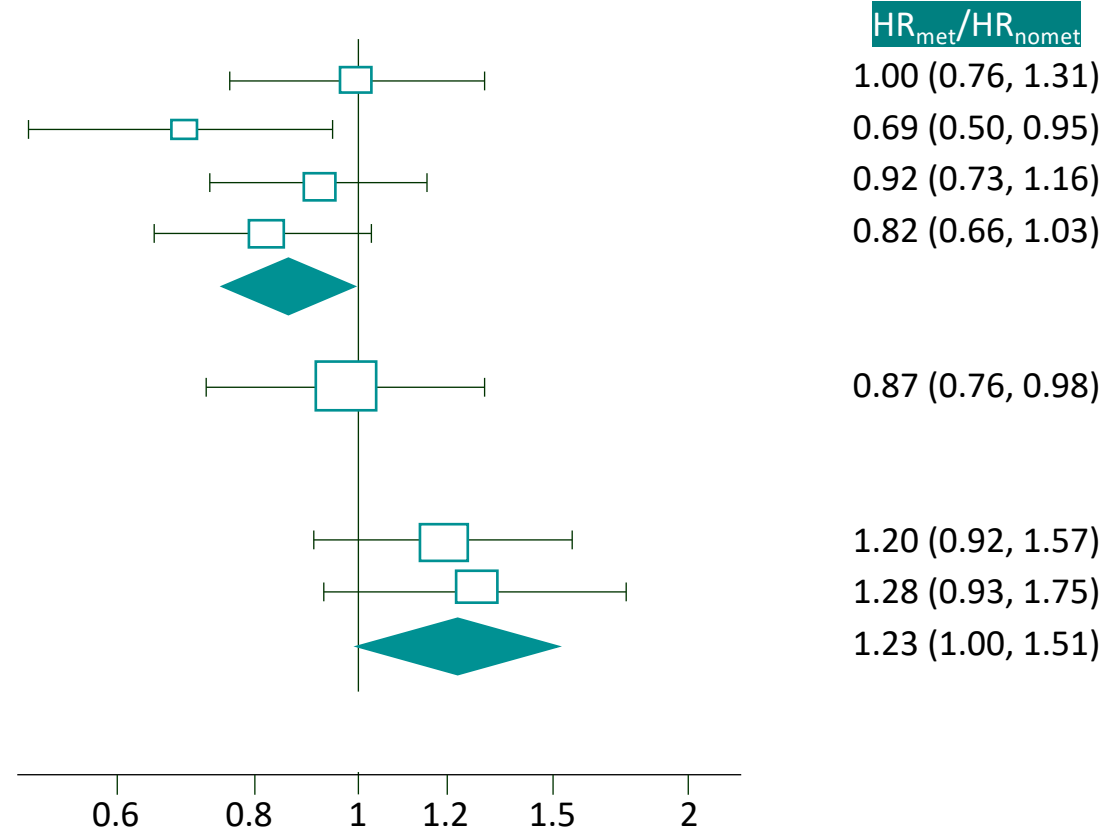
SGLT-2i

CANVAS Program  
EMPA-REG OUTCOME

eGFR

79 (met), 67 (no met)

77 (met), 66 (no met)



HR<sub>met</sub>/HR<sub>no met</sub> indicates the ratio between HR in participants with baseline metformin versus those without. If >1, indicates a smaller effect in those taking metformin. For SGLT-2i, overall the effect was worse in those taking metformin while for DPP-4 was better. Shown are the within-group mean eGFR values. Zaccardi F, et al. Diabetes Care 2020;dc202080.

# Interaction by baseline metformin for MACE

**DPP-4i**

CARMELINA  
EXAMINE  
SAVOR-TIMI-53  
TECOS

**GLP-1RA**

HARMONY-OUTCOMES

**SGLT-2i**

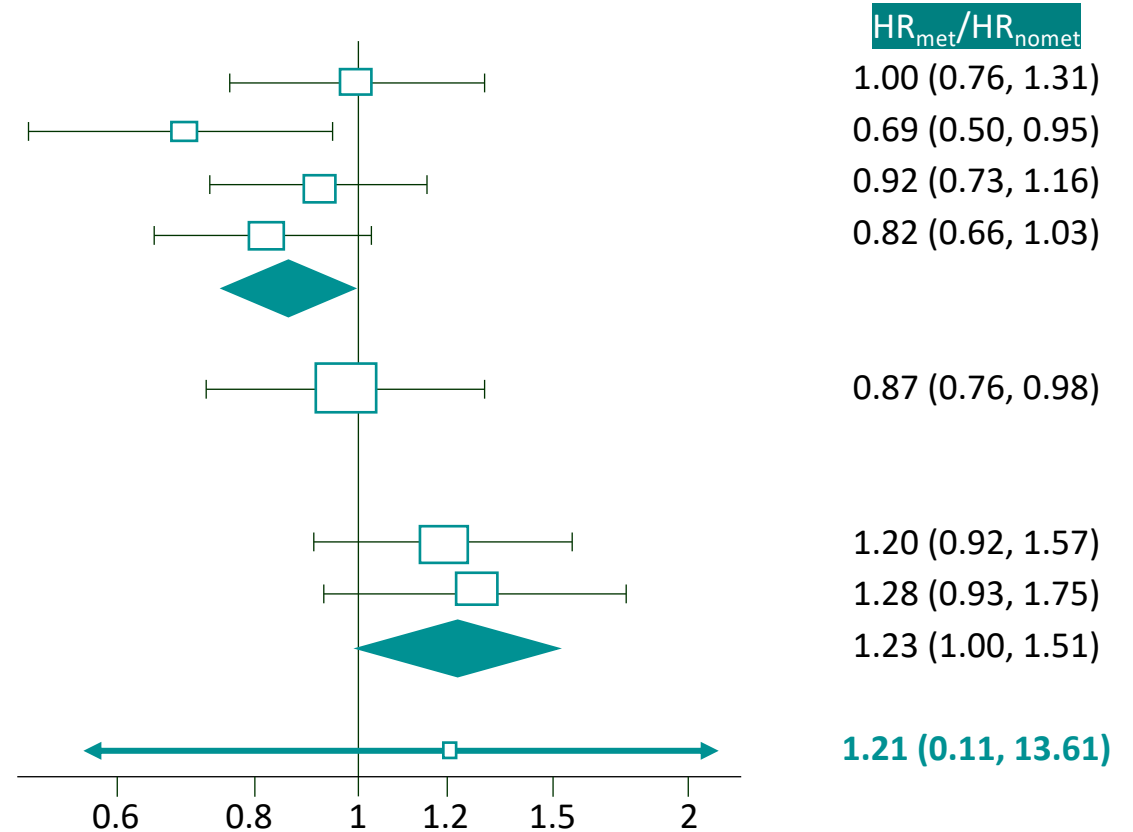
CANVAS Program  
EMPA-REG OUTCOME

**eGFR**

79 (met), 67 (no met)

77 (met), 66 (no met)

Estimate adjusted for eGFR



HR<sub>met</sub>/HR<sub>no met</sub> indicates the ratio between HR in participants with baseline metformin versus those without. If >1, indicates a smaller effect in those taking metformin. For SGLT-2i, overall the effect was worse in those taking metformin while for DPP-4 was better. Shown are the within-group mean eGFR values. Zaccardi F, et al. Diabetes Care 2020;dc202080.

# Impact of baseline GLA on outcomes









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**ORIGINAL ARTICLE**

WILEY

## Cardiorenal outcomes with dapagliflozin by baseline glucose-lowering agents: Post hoc analyses from DECLARE-TIMI 58

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Deepak L. Bhatt MD<sup>3</sup>  | Darren K. McGuire MD<sup>6</sup> | Leon Litwak MD<sup>7</sup> |  
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Anna Maria Langkilde MD<sup>9</sup> | Marc S. Sabatine MD<sup>3</sup>  | Itamar Raz MD<sup>1,2</sup> 

# Aims and methods

## Aims/hypothesis:

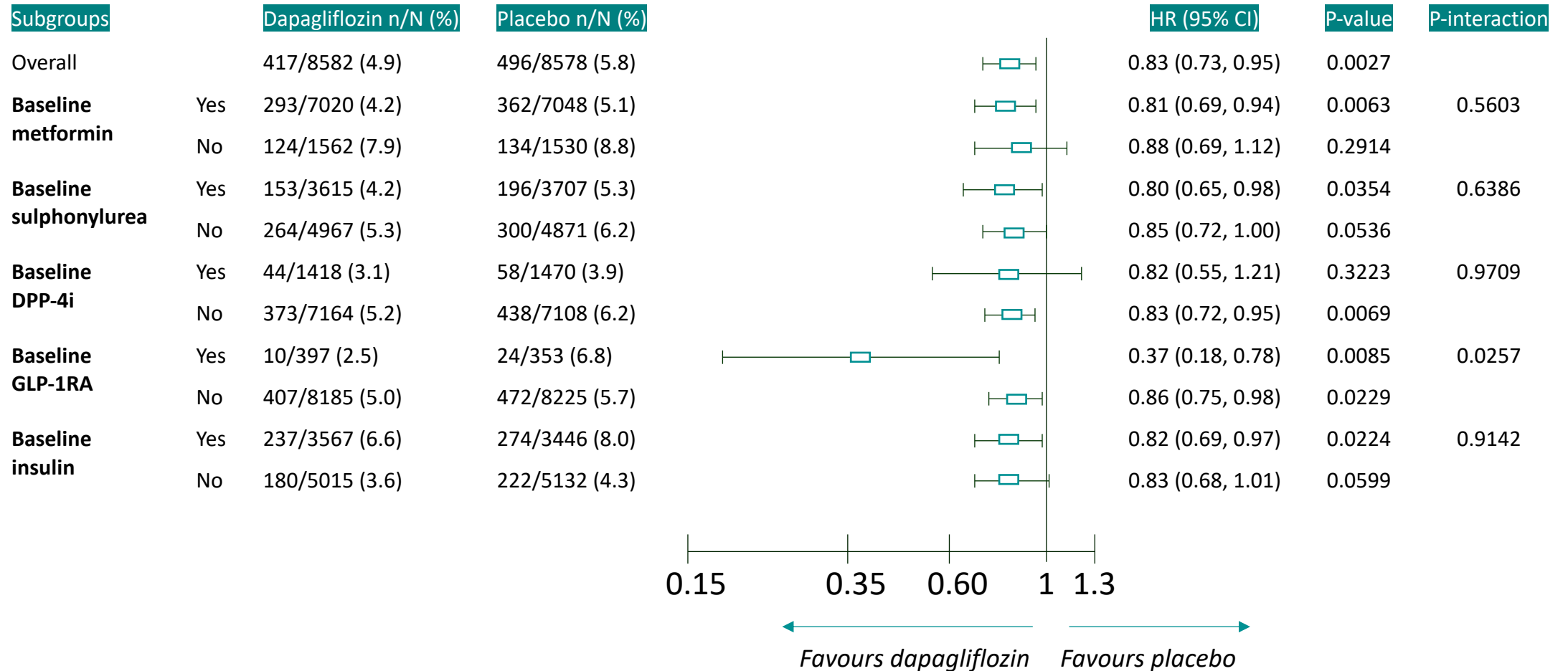
- To assess the associations between baseline glucose-lowering agents and cardiorenal outcomes with dapagliflozin versus placebo in the DECLARE-TIMI 58 study

## Methods:

- This post hoc analysis elaborates on the efficacy and safety outcomes by baseline glucose-lowering agent for treatment effect, and treatment interaction

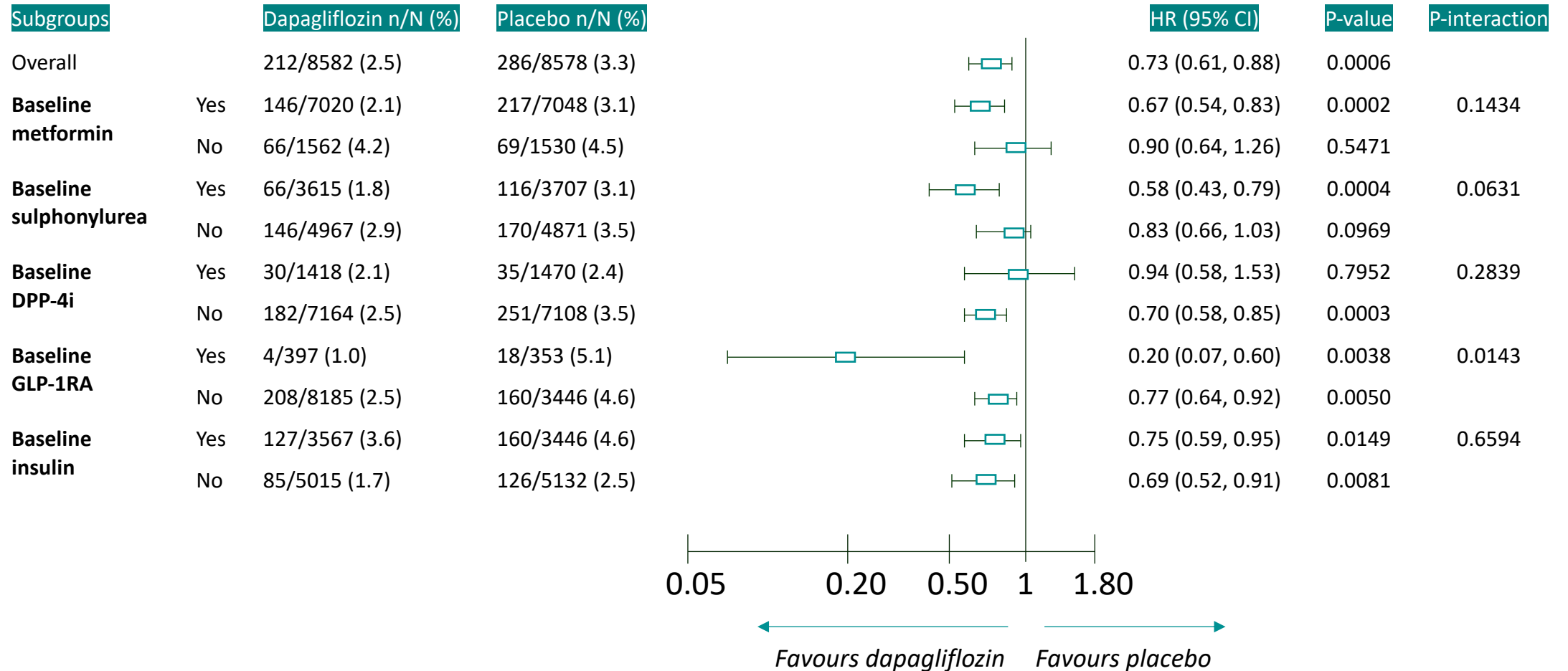


# Impact of baseline GLA on CVD/HHF



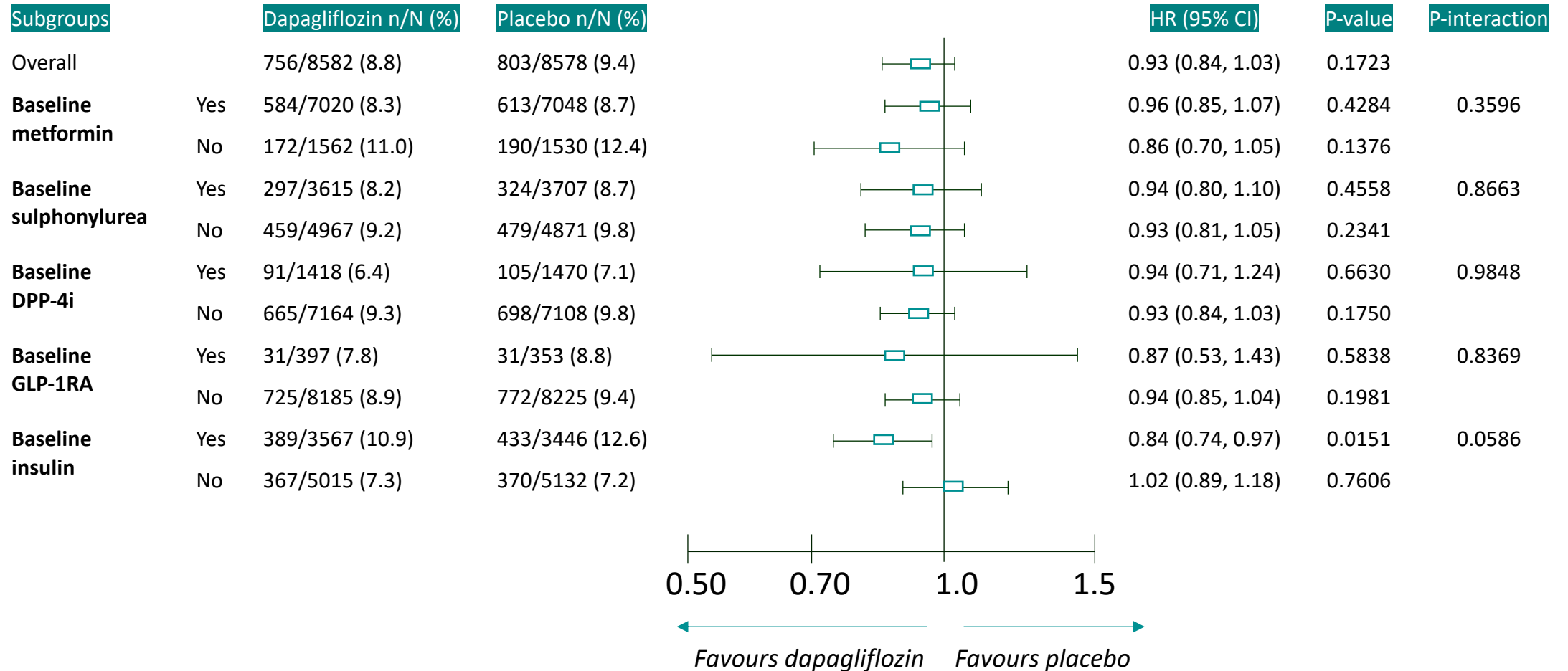
Cahn A, et al. Diabetes Obes Metab 2021;23:29–38.

# Impact of baseline GLA on HHF

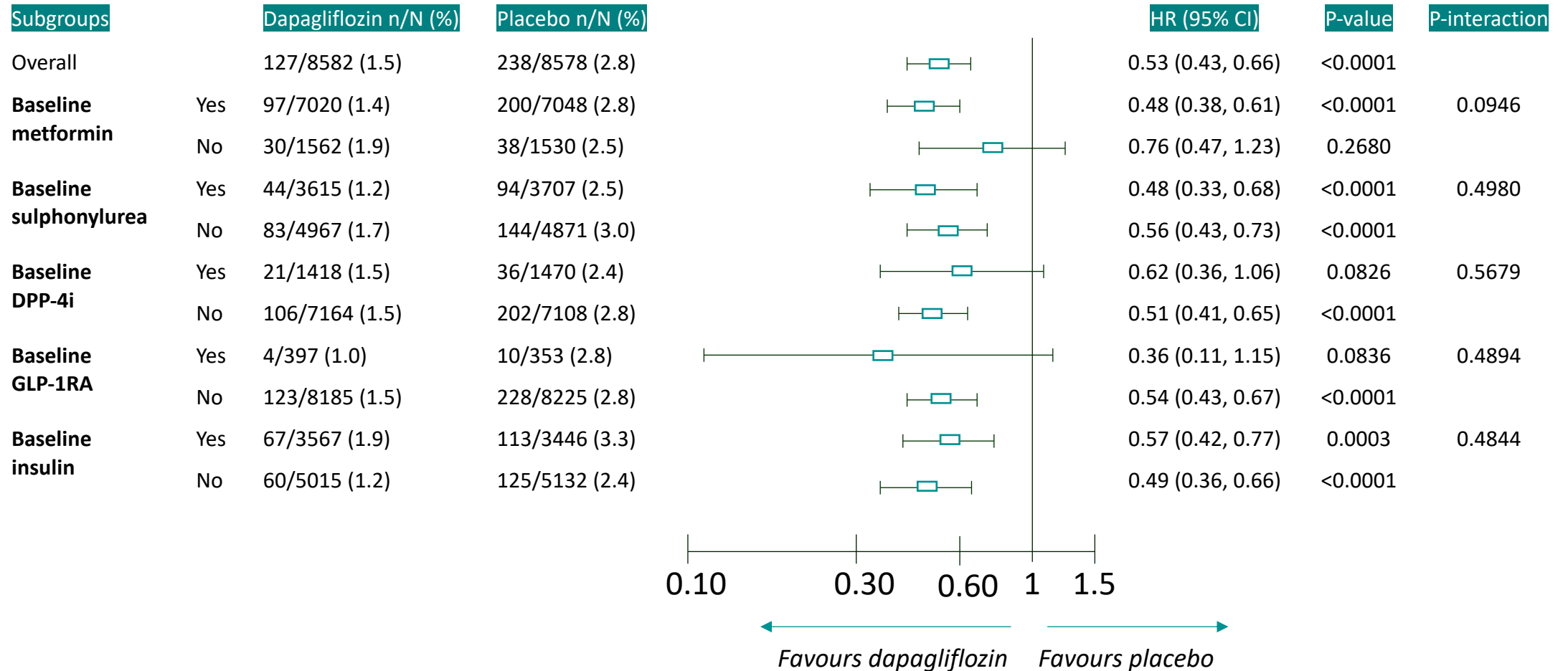


Cahn A, et al. Diabetes Obes Metab 2021;23:29–38.

# Impact of baseline GLA on MACE



# Impact of baseline GLA on renal outcomes



Cahn A, et al. Diabetes Obes Metab 2021;23:29–38.

# Conclusion

- The effects of dapagliflozin on cardiorenal outcomes were generally consistent regardless of baseline glucose-lowering agent
  - With consistent benefits regardless of baseline metformin use
- Given some evidence of cardiovascular risk, the potential clinical benefit of combining SGLT-2 inhibitors with GLP-1 RAs should be explored further