



## TOOLKIT – UP TO DATE GUIDELINES

Resource	Address
American Diabetes Association. <b>9. Pharmacologic approaches to glycemic treatment: Standards of medical care in diabetes-2021.</b> <i>Diabetes Care.</i> 2021;44(suppl 1):S111-S124.	<a href="https://pubmed.ncbi.nlm.nih.gov/33298420/">https://pubmed.ncbi.nlm.nih.gov/33298420/</a>
American Diabetes Association. <b>10. Cardiovascular disease and risk management: Standards of medical care in diabetes-2021.</b> <i>Diabetes Care.</i> 2021;44(suppl 1):S125-S150.	<a href="https://pubmed.ncbi.nlm.nih.gov/33298421/">https://pubmed.ncbi.nlm.nih.gov/33298421/</a>
Buse JB, et al. <b>2019 update to: Management of hyperglycemia in type 2 diabetes, 2018. A consensus report by the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD).</b> <i>Diabetes Care.</i> 2020;43:487-493.	<a href="https://pubmed.ncbi.nlm.nih.gov/31857443/">https://pubmed.ncbi.nlm.nih.gov/31857443/</a>
Cosentino F, et al. <b>2019 ESC Guidelines on diabetes, pre-diabetes, and cardiovascular diseases developed in collaboration with the EASD.</b> <i>Eur Heart J.</i> 2020;41:255-323.	<a href="https://pubmed.ncbi.nlm.nih.gov/31497854/">https://pubmed.ncbi.nlm.nih.gov/31497854/</a>
Das SR, et al. <b>2020 Expert Consensus Decision Pathway on Novel Therapies for Cardiovascular Risk Reduction in Patients With Type 2 Diabetes: A Report of the American College of Cardiology Solution Set Oversight Committee.</b> <i>J Am Coll Cardiol.</i> 2020;76:1117-1145.	<a href="https://pubmed.ncbi.nlm.nih.gov/32771263/">https://pubmed.ncbi.nlm.nih.gov/32771263/</a>
Davies MJ, et al. <b>Management of hyperglycemia in type 2 diabetes, 2018. A consensus report by the American Diabetes Association (ADA) and the European Association for the Study of Diabetes (EASD).</b> <i>Diabetes Care.</i> 2018;41:2669-2701.	<a href="https://pubmed.ncbi.nlm.nih.gov/30291106/">https://pubmed.ncbi.nlm.nih.gov/30291106/</a>
Grundy SM, et al. <b>2018 AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the Management of Blood Cholesterol: A Report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines.</b> <i>Circulation.</i> 2019;139:e1082-e1143.	<a href="https://pubmed.ncbi.nlm.nih.gov/30586774/">https://pubmed.ncbi.nlm.nih.gov/30586774/</a>

## WEIGHT LOSS WITH GLP-1-BASED THERAPIES

Resource	Address
Astrup A, et al. <b>Effects of liraglutide in the treatment of obesity: A randomised, double-blind, placebo-controlled study.</b> <i>Lancet.</i> 2009;374:1606-1616.	<a href="https://pubmed.ncbi.nlm.nih.gov/19853906/">https://pubmed.ncbi.nlm.nih.gov/19853906/</a>
Davies M, et al. <b>Semaglutide 2.4 mg once a week in adults with overweight or obesity, and type 2 diabetes (STEP 2): A randomised, double-blind, double-dummy, placebo-controlled, phase 3 trial.</b> <i>Lancet.</i> 2021;397:971-984.	<a href="https://pubmed.ncbi.nlm.nih.gov/33667417/">https://pubmed.ncbi.nlm.nih.gov/33667417/</a>
Davies MJ, et al. <b>Efficacy of liraglutide for weight loss among patients with type 2 diabetes: The SCALE diabetes randomized clinical trial.</b> <i>JAMA.</i> 2015;314:687-699.	<a href="https://pubmed.ncbi.nlm.nih.gov/26284720/">https://pubmed.ncbi.nlm.nih.gov/26284720/</a>
Frias JP, et al. <b>Tirzepatide versus semaglutide once weekly in patients with type 2 diabetes.</b> <i>N Engl J Med.</i> 2021;385:503-515.	<a href="https://pubmed.ncbi.nlm.nih.gov/34170647/">https://pubmed.ncbi.nlm.nih.gov/34170647/</a>
Honigberg MC, et al. <b>Use of glucagon-like peptide-1 receptor agonists in patients with type 2 diabetes and cardiovascular disease: A review.</b> <i>JAMA Cardiol.</i> 2020;5:1182-1190.	<a href="https://pubmed.ncbi.nlm.nih.gov/32584928/">https://pubmed.ncbi.nlm.nih.gov/32584928/</a>
Ludvik B, et al. <b>Once-weekly tirzepatide versus once-daily insulin degludec as add-on to metformin with or without SGLT2 inhibitors in patients with type 2 diabetes (SURPASS-3): A randomised, open-label, parallel-group, phase 3 trial.</b> <i>Lancet.</i> 2021;398:583-598.	<a href="https://pubmed.ncbi.nlm.nih.gov/34370970/">https://pubmed.ncbi.nlm.nih.gov/34370970/</a>
Nauck MA. et al. <b>The evolving story of incretins (GIP and GLP-1) in metabolic and cardiovascular disease: A pathophysiological update.</b> <i>Diabetes Obes Metab.</i> 2021;23(suppl 3):5-29.	<a href="https://pubmed.ncbi.nlm.nih.gov/34310013/">https://pubmed.ncbi.nlm.nih.gov/34310013/</a>
Pi-Sunyer X, et al. <b>A randomized, controlled trial of 3.0 mg of liraglutide in weight management.</b> <i>N Engl J Med.</i> 2015;373:11-22.	<a href="https://pubmed.ncbi.nlm.nih.gov/26132939/">https://pubmed.ncbi.nlm.nih.gov/26132939/</a>
Rosenstock J, et al. <b>Efficacy and safety of a novel dual GIP and GLP-1 receptor agonist tirzepatide in patients with type 2 diabetes (SURPASS-1): A double-blind, randomised, phase 3 trial.</b> <i>Lancet.</i> 2021;398:143-155.	<a href="https://pubmed.ncbi.nlm.nih.gov/34186022/">https://pubmed.ncbi.nlm.nih.gov/34186022/</a>
Rubino D, et al. <b>Effect of continued weekly subcutaneous semaglutide vs placebo on weight loss maintenance in adults with overweight or obesity: The STEP 4 randomized clinical trial.</b> <i>JAMA.</i> 2021;325:1414-1425.	<a href="https://pubmed.ncbi.nlm.nih.gov/33755728/">https://pubmed.ncbi.nlm.nih.gov/33755728/</a>
Wadden TA, et al. <b>Effect of subcutaneous semaglutide vs placebo as an adjunct to intensive</b>	<a href="https://pubmed.ncbi.nlm.nih.gov/33625476/">https://pubmed.ncbi.nlm.nih.gov/33625476/</a>

<p><b>behavioral therapy on body weight in adults with overweight or obesity: The STEP 3 randomized clinical trial.</b> <i>JAMA</i>. 2021;325:1403-1413.</p>	
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## CARDIOVASCULAR HEALTH

Resource	Address
<p>Gerstein HC, et al. <b>Dulaglutide and cardiovascular outcomes in type 2 diabetes (REWIND): A double-blind, randomised placebo-controlled trial.</b> <i>Lancet</i>. 2019;394:121-130.</p>	<p><a href="https://pubmed.ncbi.nlm.nih.gov/31189511/">https://pubmed.ncbi.nlm.nih.gov/31189511/</a></p>
<p>Holman RR, et al. <b>Effects of once-weekly exenatide on cardiovascular outcomes in type 2 diabetes.</b> <i>N Engl J Med</i>. 2017;377:1228-1239.</p>	<p><a href="https://pubmed.ncbi.nlm.nih.gov/28910237/">https://pubmed.ncbi.nlm.nih.gov/28910237/</a></p>
<p>Honigberg MC, et al. <b>Use of glucagon-like peptide-1 receptor agonists in patients with type 2 diabetes and cardiovascular disease: A review.</b> <i>JAMA Cardiol</i>. 2020;5:1182-1190.</p>	<p><a href="https://pubmed.ncbi.nlm.nih.gov/32584928/">https://pubmed.ncbi.nlm.nih.gov/32584928/</a></p>
<p>Marso SP, et al. <b>Liraglutide and cardiovascular outcomes in type 2 diabetes.</b> <i>N Engl J Med</i>. 2016;375:311-322.</p>	<p><a href="https://pubmed.ncbi.nlm.nih.gov/27295427/">https://pubmed.ncbi.nlm.nih.gov/27295427/</a></p>
<p>Marso SP, et al. <b>Semaglutide and cardiovascular outcomes in patients with type 2 diabetes.</b> <i>N Engl J Med</i>. 2016;375:1834-1844.</p>	<p><a href="https://pubmed.ncbi.nlm.nih.gov/27633186/">https://pubmed.ncbi.nlm.nih.gov/27633186/</a></p>
<p>Pfeffer MA, et al. <b>Lixisenatide in patients with type 2 diabetes and acute coronary syndrome.</b> <i>N Engl J Med</i>. 2015;373:2247-2257.</p>	<p><a href="https://pubmed.ncbi.nlm.nih.gov/26630143/">https://pubmed.ncbi.nlm.nih.gov/26630143/</a></p>