

DM2 TREATMENT ALGORITHM redGDPS 2023

1. The choice of drug according to the predominant clinical condition prevails over the choice regarding HbA1c values. In green, options with proven event reduction.

2. If history of stroke, preferably pioglitazone or GLP1ra.

3. High CVR if ≥3 CVRFs: Obesity, hypertension, hypercholesterolemia, smoking, albuminuria, GFR <60 ml/min, or family history of early CVD.

4. SGLT2i and/or GLP1ra with evidence of event reduction.

5. Currently, in Spain, GLP1ras are only financed if BMI ≥30 kg/m² at start of treatment.

6. Titrate the Metformin dose to improve digestive tolerance.

7. If GFR <15 ml/min preferably DPP4i, repaglinide, or pioglitazone.

8. Cana, Dapa or Empagliflozin if GFR ≥20 ml/min.

9. Reduce metformin dose by half if GFR <45 ml/min and discontinue if GFR <30 ml/min.

10. Liraglutide, Dulaglutide, and Semaglutide may be prescribed if GFR ≥15 ml/min.

11. De-intensification or simplification of complex therapeutic regimens is recommended. In patients with CVD, elevated CVR, HF, or CKD, use SGLT2i or GLP1ra, if there is no contraindication.

12. If BMI >35 kg/m², choose GLP1ra and consider bariatric surgery. If hepatic steatosis, pioglitazone, GLP1ra and/or SGLT2i.

13. Do not associate DPP4i with GLP1ra or SU with repaglinide. Consider the patient's profile and renal function when choosing the third and fourth drug.

14. Consider an HbA1c <6.5% target in young, newly diagnosed, monotherapy or nonpharmacological patients.

15. Reassess HbA1c 3 months after initiation or after therapeutic change. Intensify treatment if the personalised objective is not achieved. When the objective has been achieved, HbA1c control every 6 months.

16. Gliclazide or glimepiride are those of choice.

17. Cardinal symptoms: polyuria, polydipsia and weight loss.

ABBREVIATIONS:

ACR: albumin/creatinine ratio; CKD: chronic kidney disease; CVD: cardiovascular disease; CVRFs: cardiovascular risk factors; DPP4i: dipeptidyl peptidase 4 inhibitor; GFR: glomerular filtration rate; GIPra: insulinotropic polypeptide receptor agonist; GLP1ra: glucagon-like peptide receptor agonist; HbA1c: glycosylated haemoglobin; HF: heart failure; Met: metformin; MPG: mean plasma glucose; NIAD: non-insulin antidiabetic drug; Pio: pioglitazone; SGLT2i: sodium-glucose cotransporter type 2 inhibitor; SU: sulfonylurea.

