Liraglutide for weight management

Target audience: primary and secondary care healthcare professionals

Goal of the activity: updating knowledge; helping clinical decision-making

Authors/disclosures: DTB editorial team/no conflict of interest

Specific learning objectives: to improve knowledge and understanding regarding the efficacy and safety of liraglutide for the management of patients who are overweight or obese

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Question 1

How many anti-obesity drugs have been withdrawn from use worldwide since 1950?

a. 5
b. 10
c. 15
d. 20
e. 25

Answer: e. Since 1950, 25 anti-obesity drugs have been withdrawn from use across the world, largely as a result of adverse effects.

Question 2

What is the estimated reduction in median survival for people with a body mass index of 40–50kg/m²?

a. 2–4 years
b. 5–7 years
c. 8–10 years
d. 12–15 years
e. >15 years

Answer: c. It is estimated that median survival is reduced by 2–4 years for those with a BMI of 30–35kg/m² and by 8–10 years for those with a BMI of 40–50kg/m².
Question 3

In the SCALE obesity and prediabetes study, what was the difference in the primary end-point of weight change from baseline between liraglutide and placebo at 56 weeks?

a. −2.6%
b. −5.4%
c. −6.1%
d. −8.0%
e. −10.2%

Answer: b. The mean weight loss was 8.0% (8.4kg) with liraglutide and 2.6% (2.8kg) with placebo (treatment difference −5.4% [5.6kg], p<0.001).

Question 4

In a meta-analysis what was the incremental weight loss with liraglutide over orlistat?

a. 0.7kg
b. 1.3kg
c. 2.7kg
d. 4.1kg
e. 6.0kg

Answer: c. Liraglutide was associated with an incremental weight loss over orlistat of 2.7kg (95% CI 1.8 to 3.6).

Question 5

Which one of the following was the most reported adverse event with liraglutide in the clinical trials?

a. Nausea
b. Vomiting
c. Diarrhoea
d. Hypoglycaemia
e. Pancreatitis

Answer: a. A pooled analysis of the clinical trials showed that gastrointestinal adverse events were very common with liraglutide treatment. Nausea was reported in 39.3% and vomiting in 15.7% of participants taking liraglutide compared with 13.8% and 3.9% for placebo, respectively. Diarrhoea was reported in 20.9% and constipation in 19.4% of participants taking liraglutide, compared with 9.9% and 8.5% with
placebo, respectively.