

▼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

Article reference: *DTB* 2017; 55: 78-81

Questions DOI: 10.1136/dtb.2017.7.0503

## 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How many anti-obesity drugs have been withdrawn from use worldwide since 1950?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Answer: e. Since 1950, 25 anti-obesity drugs have been withdrawn from use across the world, largely as a result of adverse effects.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/m<sup>2</sup>?

- 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/m<sup>2</sup> and by 8–10 years for those with a BMI of 40–50kg/m<sup>2</sup>.

### 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 .