

Case report SOC+

Patient VLT (female, 62 years old, new manifestation, height: 175 cm, weight: 94 kg, BMI: 30.7 kg/m², HbA1c: 10.2 %).
First presentation in 2010 by the family doctor.
His initial treatment consisted of Metformin 500 mg (1-0-0), which led to gastrointestinal side effects, and then Glimiperid 3 mg.



Values of the phenotyping parameters at first presentation in 2010:

- HbA1c: 10.2 %
 - intact Proinsulin: 14.5 pmol/L (sv: <7 pmol/L)
 - Adiponectin: 2.1 mg/ (sv: > 8 mg/L)
 - hsCRP: 6.4 mg/dL (sv: < 1 mg/dL)
- ➔ Insulin resistance-driven phenotype with increased β -cell dysfunction (stage III) and increased CHD risk

Therapy:

- Liraglutid 0.6 mg 1-0-0
- Pioglitazon 30 mg 1-0-0
- Sitagliptin 50 mg 1-0-0

The unusual combination of Liraglutid and Sitagliptin was used to enhance the GLP-1 effect of Liraglutid for weight loss.

The Liraglutid dose was increased to 1.2 mg after 2 weeks. Under this optimized SOC+ combination therapy, the patient has had stable diabetes control for over 11 years.

She lost about 20 kg in the first 2 years and has so far shown no signs of diabetes progression.



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