



Optimizing Type 2 Diabetes Care: Utilization Patterns of Linagliptin, Dapagliflozin & Metformin Combination therapy

Authors: Dr M K Sowmiya, Dr Santosh Revankar, Dr Kamlesh Patel

Affiliations: Lupin Pharmaceutical Ltd, Mumbai, India

Abstract No - R-513140-RSSDI2025



Background

- T2DM is a multifactorial chronic condition requiring multifaceted treatment strategies.
- While metformin is the standard first-line therapy, many patients fail to achieve glycemic targets with monotherapy.
- Combination therapies, particularly those involving SGLT2i and DPP4i, have shown promise in improving glycemic control and reducing complications.

Objective of the Study

To evaluate the clinical utilization of fixed dose combination (FDC) of Linagliptin, Dapagliflozin and Metformin in diverse T2DM patient profiles across India.

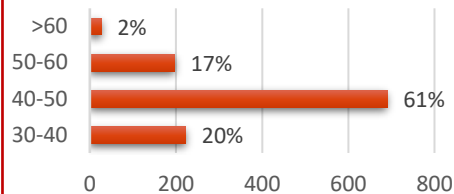
Methods and Materials

- Cross sectional, observational, questionnaire-based survey was conducted through personal interviews with **1250 clinicians across India**.
- Data were analyzed to evaluate usage patterns and clinical considerations regarding triple OAD therapy

Results

- Triple combination therapy was widely adopted by clinicians with significant 99% respondents agreed that combination therapies offer aggressive proactive approach to early glycemic control and complication reduction in T2DM.
- Linagliptin and Dapagliflozin, is the most preferred combination with metformin in triple FDC for T2DM patients with HbA1C more than 8.5%.
- Majority of clinicians (91%) believed that Linagliptin, Dapagliflozin and Metformin FDC reduced pill burden and improved adherence.

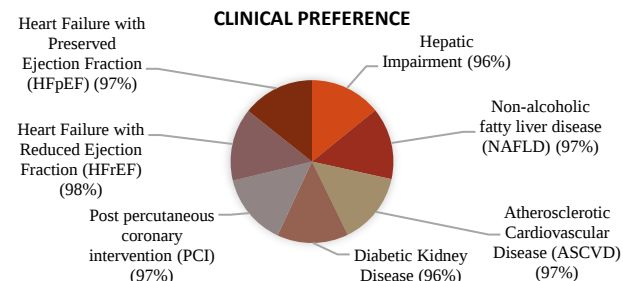
Age-wise Prescription Trends for Linagliptin + Dapagliflozin + Metformin Therapy



Therapy of Linagliptin, dapagliflozin and metformin was commonly prescribed for patients aged 40 –50 years.

- It is commonly recommended for patients with established cardiovascular risk, uncontrolled T2DM (HbA1c > 8.5%), drug-naïve and those who are overweight or obese.

Clinician recommendations for Linagliptin + Dapagliflozin + Metformin therapy across various high-risk subgroups.



Conclusion: The survey highlights a clinical preference of **Linagliptin, Dapagliflozin and Metformin** in managing T2DM, especially in patients with poor glycemic control and cardiorenal comorbid condition with improvement in adherence, making it a cornerstone in personalized diabetes management strategies in India.