

### **KEYNOTE ADDRESS**

#### LONG-TERM STRATEGIES FOR HEALTHY LIVING WITH DIABETES:



Jennifer L. Sherr, MD, PhD Professor of Pediatrics, Pediatric Endocrinology Yale University School of Medicine



### **KEYNOTE ADDRESS**

#### LONG-TERM STRATEGIES FOR HEALTHY LIVING WITH DIABETES: MOVING BEYOND INSULIN THERAPY



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#### CONFLICT OF INTEREST DISCLOSURE

**Research Contracts:** Abott Diabetes, JDRF, Insulet, Medtronic, NIH, Provention Bio, Type 1 Diabetes Exchange

Consulting: Abott Diabetes, Bigfoot Biomedical, Insulet, Medtronic, Zealand

Advisory Boards: for Bigfoot Biomedical, Cecelia Health, Insulet Corporation, Medtronic Diabetes, Startup Health Diabetes Moonshot, and Vertex



JDRF T1D LOOKS LIKEWC 13,075 and any suiving with the transformation of the second stress of t

Antihero by Taylor Swift (a story about my pancreas)

"It's me, hi. I'm the problem. it's me."

# Jen's T1D Footprint

#### WITH T1D, THE NUMBERS ADD UP

Join me and JDRF on our journey to create a world without T1D, ending its impact on millions.

jdrf.org/T1DLooksLikeMe

#### THE DISCOVERY OF INSULIN...



#### DIABETES SUFFERERS GIVEN MESSAGE OF HOPE

Discovery Made at University of Toronto Will Be Means of Pro longing Life Considerably—F. G. Banting and C. H. Best Pushed Experiments All Last Summer.

I ushed Experiments 7411 Last Summer.

BANTING STAKES HIS ALL ON THE RESULT

sage of loops to sufferers [Foof J, J. R. Macleod, an investigabetes goes out authentically for himself in this field of research for over 15 years, that every oppories of the Univestigo Tohe modenty of medical menlife investigators of the robtained. The harm of that and these research men in the physiology and blochas measurements and pretains and research men in g fails and premature hopes e extracts can possibly be

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> established rovement in human na- University he not only won his way.



Pictures from University of Toronto website

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## THE DISCOVERY OF INSULIN... CHANGING A DEATH SENTENCE INTO A CHRONIC CONDITION



DEAR DR. BANTING, IWISH YOU COOLD COME TO SEEME. LAM & FAT BOY NOW AND I FEEL FINE. ICAN CLIMB ATREE. MARGARET WOULD LIKE TO SEE YOU. LOTSOFLOVE FROM TEDDY RYDER



Pictures from University of Toronto website

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# A Grim Picture - the State of Type 1 Diabetes



Foster NC, Roy W Beck RW, Miller KM1, et al. State of Type 1 Diabetes Management and Outcomes From the T1D Exchange in 2016-2018 Diabetes Technol Ther. 2019 Feb;21(2):66-72. doi: 10.1089/dia.2018.0384.

### **MOST INDIVIDUALS WITH T1D HAVE GLYCEMIA ABOVE TARGETS**



Foster et al. State of Type 1 Diabetes Management and Outcomes from the T1D Exchange in 2016-2018 DTT 2019; 21 (2):66-72

## MANY WITH T1D HAVE OVERWEIGHT/OBESE BMI



Foster et al. State of Type 1 Diabetes Management and Outcomes from the T1D Exchange in 2016-2018 DTT 2019; 21 (2):66-72

#### CARDIOVASCULAR DISEASE RISK IS HIGH IN T1D



Rawshani A, Rawshani A, Franzen S, Eliasson B, Svensson AM, Miftaraj M, McGuire D, Sattar N, Rosengren A, Gudbjornsdottir S. Mortality and Cardiovascular Disease in Type 1 and Type 2 Diabees. NEJM 2017; 376: 1407-18.

#### CVD RISK IS ASSOCIATED WITH AGE OF ONSET



Development of type 1 diabetes before age 10 resulted in a loss of **17.7 life-years for women and 14.2 life years for men.** 

Life lost **was ~10 years** for those diagnosed later in life.

Rawashani A, Sattar N, Franzen S, Rawshani A, Hattersley AT, Svensson AM, Eliasson B, Gudbjornsdottir S. Excess mortality and cardiovascular disease in young adults with type 1 diabetes in relation to age at onset: a nationwide, register-based cohort study. Lancet 2018; 392:477-86.

## **IS TOO MUCH INSULIN A PROBLEM?**

### **ISSUES WITH SUBCUTANEOUS INSULIN DELIVERY**

- Insulin is released from the pancreas.
- More than 50% is cleared by the liver.
- Thus, injected insulin needs to be 2X higher than what the body would make.
- These high insulin levels make people more insulin resistant.

#### Insulin secretion and clearance rationale



Gregory, J. M., et al. The Peripheral Peril: Injected Insulin Induces Insulin Insensitivity in Type 1 Diabetes. Diabetes 2020; **69**(5): 837-847. Gregory JM, Smith TJ, Slaughter JC, et al. latrogenic hyperinsulinemia, not hyperglycemia, drives insulin resistance in type 1 diabetes as revealed by comparison with GCK-MODY (MODY2). Diabetes 2019;68:1565–1576 Figure from: Piccini F, Bergman RN. The Measurement of Insulin Clearnace. Diabetes Care 2020; 43 (9):2296-2302.

#### INSULIN IS NOT THE ONLY PROBLEM, GLUCAGON ALSO LEADS TO ISSUES



Nature Reviews | Gastroenterology & Hepatology

#### **INAPPROPRIATE GLUCAGON RELEASE CONTRIBUTES TO HYPERGLYCEMIA**



Sherr et al. Diabetes Care 2014; 37 (6): 1741-1744.

#### **GLUCAGON RISE WAS SIMILAR TO HEALTHY CONTROL RESPONSE TO LOWS**



### HOW DO WE THINK ABOUT GOALS FOR DIABETES MANAGMENT?

### WHAT ARE SOME POTENTIAL GOALS FOR TREATMENT?

- To achieve glycemic targets
- To maintain healthy body weight
- To reduce risk of long-term complications of diabetes
- To tackle abnormal glucagon response
- To minimize the burden of disease

**The Caveat:** Care plans need to be individualized with shared goal setting between people with diabetes and their providers



### WHAT IS IN OUR ARSENAL FOR MANAGEMENT OF TYPE 1 DIABETES?

### WHAT MEDICATIONS ARE APPROVED FOR USE IN PEOPLE WITH T1D?



Seerup Frandsen Lancet Diabetes and Endocrinology 4(9):766-780. doi:10.1016/S2213-8587 (16)000395

### **HOW DOES IT WORK?**





Dr. Alfonso Galderisi Assistant Professor

There was a 39% reduction in both glucose and glucagon in the 4-hours after a mixed meal with pramlintide



Galderisi, Sherr et al. JCEM 2018; 103 (3):1088-1094. doi10.1210/jc.2017-02265

### DATA ON PRAMLINTIDE USE IN PEOPLE WITH T1D

- Reductions in Hemoglobin A1c found with pramlintide<sup>1,2</sup>
- All 3 trials showed used of pramlintide led to weight loss<sup>1-3</sup>
- Side effects from the medication included mild nausea and decreased appetite<sup>1-3</sup>
- Severe hypoglycemia increased in the first 4-weeks of treatment with pramlintide<sup>2</sup>
- The problem: injections prior to each meal!

1- Whitehouse F,. Diabetes Care 2002; 25 (4):724-730, , 2- Ratner R et. al. Diabet Med 2004; 21 (11):1204-12. 3- Edeleman et al. Diabetes Care 2006; 28 (10):2189-95.

#### **COULD CO-FORMULATION OF INSULIN AND PRAMLINTIDE WORK?**



Riddle MC et. al.. Diabetes, Obesity, and Metabolism 2015; 17 (9):904-907.

### LOWER MEAN SENSOR GLUCOSE WITH COADMINISTRATION

**Study design:** Feasibility trials to assess coadministration of pramlintide with regular insulin using two pumps

**Safety:** GI side effects noted in nearly half of the pramlintide admissions and in only 7% of the placebo admissions.



Riddle MC. Et al. Control of Postprandial Hyperglycemia in Type 1 Diabetes by 24-Hjour Fixed Dose Coadministration of Pramlintide and Regular Human Insulin: A Randomized Two-Way Crossover Study. Diabetes Care 2016; 41 (11):2346-2352.

# DO WE NEED ADDITIONAL THERAPIES TO ACHIEVE OUR MANAGEMENT GOALS FOR PEOPLE WITH T1D?

#### **GLUCAGON LIKE PEPTIDE-1 RECEPTOR AGONISTS**



Seerup Frandsen Lancet Diabetes and Endocrinology 4(9):766-780. doi:10.1016/S2213-8587 (16)000395

#### ADJUNCT ONE: LOWER HEMOGLOBIN A1C AND INSULIN DOSES



#### ADJUNCT ONE: BENEFICIAL IMPACT ON BODY WEIGHT



Mathieu C, et al. Diabetes Care. 2016;39(10):1702-1710. doi:10.2337/dc16-0691

#### ADJUNCT ONE: THE DRAW BACKS



Side effects:

- Higher rates of hypoglycemia in all groups receiving liraglutide
- The liraglutide 1.8 mg group had a higher rate of hyperglycemia with ketosis

### **INSULIN DOSES REDUCED WITH GLP-1, BUT NO CHANGE IN GLUCAGON**

Liraglutide led to a 5% reduction in weight and a 26% reduction in total daily insulin dose.





Dr. Alfonso Galderisi Assistant Professor



Galderisi, Sherr et al. JCEM 2018; 103 (3):1088-1094. doi10.1210/jc.2017-02265

### WHAT CAN WE LEARN FROM STUDIES OF GLP-1 AND TYPE 2 DIABETES

Standard treatments	Reference group									
GLP-1 receptor	0.88 (0.82 to 0.93)	0.87 (0.81 to 0.94)	0.91 (0.83 to 0.99)	0.83 (0.75 to 0.92)	0.17 (0.07 to 0.27)	0.98 (0.90 to 1.06)	Severe gastrointestinal events 1.97			
Interventions	All cause death (OR, 95%Cl)	Cardiovascular death (OR, 95%CI)	Admission to hospital for heart failure (OR, 95%CI)	End stage kidney disease* (OR, 95%Cl)	Health related quality of life score (OR, 95%Cl)	Severe hypoglycaemia (OR, 95%Cl)	Drug specific adverse events (OR, 95%CI)			

- Cardiovascular Disease
- Kidney Disease
- Improving Quality of Life

- High to moderate certainty evidence
- Among the most effective
- Among the intermediate effective
- Not convincingly different from standard treatment
- Among the intermediate harmful
- Among the most harmful

### Moving beyond glucose targets and seeing benefits for the whole body

Shi Q et al. Benefits and harms of drug treatment for type 2 diabetes: a systematic review and network meta-analysis of randomized controlled trials. BMJ 2023; 381:e0704068

### **ONGOING INVESTIGATION OF GLP-1 AT BDC**

- Led by Dr. Viral Shah
- Recruiting adults (>18 years old) with Type 1 diabetes on automated insulin delivery.
- Exploring once weekly semaglutide
- For more information, please go to the BDC table outside.



### SODIUM GLUCOSE CO-TRANSPORTERS



- Initial studies demonstrated the efficacy of SGLT-2 inhibitors in those with T1D.
- Yet, use of these agents has been associated with an increased risk of near euglycemic DKA.

Perkins Diabetes Care 2014; 37(5):1480-3. doi:10.2337/ dc13-2338.Henry Diabetes Care 2105; 38 (3):412-9. doi10.2337/dc-2955. Pieber Diabetes Obes Metab 2015; 17 (10):928-35. doi:10.111/dom.12494. Peters Diabetes Care 2015 38 (9):1687-93. doi:10.2337/dc15-0843.

#### EASE 3: SGLT2s IN PEOPLE WITH T1D LEADS TO LOWER HbA1c



#### EASE 3: LOWER HbA1c ACHIEVED WITH LOWER INSULIN DOSES AND WEIGHT LOSS



Rosenstock J, et al., Diabetes Care. 2018;41(12):2560-2569. doi:10.2337/dc18-1749

### **ARE RATES OF DKA HIGHER WITH SGLT2 inhibitors?**

SUPPLEMENT	ARY TAP	BLE S1.	Frequen	ICY OF D	KA AND	ITS CAU	JSES DUR	ING CLIN	ICAL TRI	als Adoi	PTING SG	LT21 AND	SGLT1/21	IN TYPE	1 DIABETI	ES
		DEPICTI	S1	D	EPICT2 <sup>a</sup>	,82	EASE-	2 and EAS	$E-3^{b,S3}$	EAS	E-3 <sup>S3</sup>	Tande	em3 <sup>c,S4</sup>	Can	agliflozin t	rial <sup>85</sup>
Drug	L	Dapagliflo	zin	D	apaglifloz	zin	E	mpaglifloz	in	Empag	liflozin	Sotag	liflozin	(	Canaglifloz	in
Dose (mg/day) N Pump users, n (%) Basal insulin dose reduction (%)	5 277 97 (37) -11.6	10 296 94 (36) -13.7	Placebo 260 95 (37) -0.6	5 271 92 (34) -11	10 270 92 (34) -17	Placebo 272 92 (34) -1.4	10 491 99 (41) -13.3 <sup>d</sup>	25 489 98 (41) -12.7 <sup>d</sup>	Placebo 484 97 (41) 	2.5 241 82 (34) -7.9°	Placebo 241 81 (34) 	400 699 275 (39.3) -9.9	Placebo 703 280 (39.8)	100 117 74 (61.5) -19	300 117 73 (62.4) -22.4	Placebo 117 72 (61.5) —
Frequency of DKA Number of patients with definite DKA, n (%)	11 (4)	10 (3.4)	5 (1.9)	7 (2.6)	6 (2.2)	0 (0)	32 <sup>e</sup> (4.3)	31 <sup>e</sup> (3.3)	8 <sup>e</sup> (1.2)	3 (0.8)	5 (1.2)	21 (3) <sup>f</sup>	4 (0.6) <sup>f</sup>	6 (5.1)	11 (9.4)	0 (0)
Cause of DKA documented Insulin pump failure, <i>n</i> (%) Missed insulin dose,	3 (25) 4 (33)	2 (20) 4 (40)	2 (40) 1 (20)	1 (14) 2 (28)	2 (33) 1 (17)	0 (0) 0 (0)	7 (22) 1 (3)	2 (6) 2 (6)	0 (0) 1 (13)	0 (0) 0 (0)	0 (0) 0 (0)	_	_	_	_	_
n (%) Severe illness, n (%) Other/not identified, n (%)	0 (0) 5 (41)	0 (0) 4 (40)	0 (0) 2 (40)	4 (57)	3 (50)	0 (0)	7 (22) 17 (53)	12 (39) 15 (48)	2 (25) 5 (62)	0 (0) 3 (100)	2 (40) 3 (60)	_	_	_	_	_

<sup>a</sup>The trial included subjects with HbA<sub>1c</sub> 7.5%–10% at baseline, whereas in DEPICT1 HbA<sub>1c</sub> was between  $\geq$ 7.7% and  $\leq$ 11.0%. <sup>b</sup>Data for EASE-2 and EASE-3 are pooled for analysis of DKA events.

Sotagliflozin is an inhibitor of sodium-glucose cotransporters 1 and 2 (SGLT1 and 2), whereas dapagliflozin and empagliflozin are selective inhibitors for SGLT2 channel. <sup>d</sup>Percentage reduction is referred to total daily dose adjusted for change in placebo group.

<sup>e</sup>Data are reported as number of patient-event (percentage of patients). <sup>f</sup>The events in pump users were 12 (4.4%) and 2 (0.7%) for sotagliflozin and placebo group, respectively.

Siebel Diabetes Technol Ther. 2019; 21 (3):101-104. doi:10.1089/dia.2018.0356

### **ARE RATES OF DKA HIGHER WITH SGLT2 inhibitors?**



Placebo rate of DKA ranges from 0-1.9% of those studied

Higher dose SGLT2 inhibitors rate of DKA ranges from 2.2-9.4% of those studied

Lower dose SGLT2 inhibitors rate of DKA is 0.8%

Maybe use of lower doses can provide a path forward. But can we do anything else?

Siebel Diabetes Technol Ther. 2019; 21 (3):101-104. doi:10.1089/dia.2018.0356

### **MIMICKING THE TIME OF GREATEST RISK**

- Insulin infusion sets are the Achilles heel of pump (and AID) therapy.
- With an infusion set failure, hyperglycemia ensues with subsequent development of ketosis.
- The time such issues are most likely to go unnoticed is overnight.
- Can we create an experimental condition to see how SGLT2i impact ketosis development?

### RISE IN GLUCOSE WAS BLUNTED, BUT KETONE LEVEL WAS SIMILAR





Patel Diabetes Technol Ther. 2017; 19(11):618-622. doi:10.1089/dia.2017.0267



### **ALTERED SIGNAL TO ASSESS FOR KETOSIS**

- The use of SGLT2i does not affect rate of ketone development after the interruption of basal insulin delivery.
- SGLT2i use does NOT affect the recovery from ketosis after insulin suspension in pump users
- The key is <u>altering the threshold</u> to check for ketones.
- But other methods of ketone monitoring may be of benefit.

### COULD CONTINUOUS KETONE MONITORS BE THE KEY TO SAFE SGLT2 USE

Initial feasibility trials of these monitors have been conducted.

Each participant wore 3 continuous ketone monitors and data was compared to fingerstick ketone measurements.

#### Study Outcome:

- The continuous ketone meter results were similar to the blood ketone measures.
- Further assessments needed



**Figure 5.** Plot of ISF ketone values measured by the sensors against capillary ketone strip reference measurements. Number of Paired data points is 3132.

### WHOLE BODY BENEFITS OF SGLT2 IN PEOPLE WITH TYPE 2 DIABETES

Interventions	All cause death (OR, 95%Cl)	Cardiovascular death (OR, 95%CI)	Admission to hospital for heart failure (OR, 95%CI)	End stage kidney disease* (OR, 95%CI)	Health related quality of life score (OR, 95%Cl)	Severe hypoglycaemia (OR, 95%Cl)	Drug specific adverse events (OR, 95%CI)				
SGLT-2 inhibitors	0.88 (0.83 to 0.94)	0.86 (0.80 to 0.94)	0.66 (0.60 to 0.73)	0.61 (0.55 to 0.67)	0.30 (0.10 to 0.49)	0.90 (0.79 to 1.02)	Genital infection 3.30 (2.88 to 3.78) Amputation 1.27 (1.01 to 1.61) Ketoacidosis 2.07 (1.44 to 2.98)				
Standard treatments			Re	eference gr	oup						
High to moderate certainty evidence											
							Among the most effective				
Iк	(idnev Dis	Among the I	Not convincingly different from standard treatment								
•		Among the i	Among the intermediate hermful								
t Ir	mproved	Among the r	Among the most harmful								

Moving beyond glucose targets and seeing benefits for the whole body

Shi Q et al. Benefits and harms of drug treatment for type 2 diabetes: a systematic review and network meta-analysis of randomized controlled trials. BMJ 2023; 381:e0704068

#### SUMMARY

- Adjunctive to insulin agents help
  - Lower hemoglobin A1c
  - Reduce insulin doses
  - Reduce weight, or maintain healthy body weight
- Benefits extend to our whole body:
  - Reducing risk of cardiovascular disease
  - Reducing risk of kidney disease
  - Improving quality of life
- Methods for safe adoption of some therapies may require new technologies, like continuous ketone monitors.

# We are re-writing the story of Cardiovascular disease



# WHAT ABOUT DISEASE PREVENTION?

### CLASSIC MODEL OF TYPE 1 DIABETES DEVELOPMENT



#### USING STAGES TO DEFINE PROGRESSION



### TRYING TO PREVENT PROGRESSION IN RELATIVES AT RISK

Anti-CD3: binds to t-cells that are causing the autoimmune response and inactivates them. Therefore, the beta cells are not destroyed. Delivered as a 14-day IV infusion 76 participants Study population: • Relatives of people with Type 1 Diabetes • >8 years old at enrollment • High risk for progression to clinical diabetes (stage 2 disease)

> Herold KC, Bundy BN, Long, A, Bluestone JA, DiMeglio LA, Dufort MJ, Gitelman SE, Gottlieb PA, Krischer JP, Linsley PS, Marks JB, Moore W, Moran A, Rodriguez H, Russell WE, Schatz D, Skyler JS, Tsalikian E, Wherrett DK, Ziegler AG, Greenbaum CJ for the Type 1 Diabetes TrialNet Study Group. An Antic-CD3 Antibody, Teplizumab, in Relatives at Risk for Type 1 Diabetes. NEJM 2019; 381: 603-13

#### **TEPLUZIMAB DELAYS DIAGNOSIS OF STAGE 3 DISEASE**



Herold KC, Bundy BN, Long, A, Bluestone JA, DiMeglio LA, Dufort MJ, Gitelman SE, Gottlieb PA, Krischer JP, Linsley PS, Marks JB, Moore W, Moran A, Rodriguez H, Russell WE, Schatz D, Skyler JS, Tsalikian E, Wherrett DK, Ziegler AG, Greenbaum CJ for the Type 1 Diabetes TrialNet Study Group. An Antic-CD3 Antibody, Teplizumab, in Relatives at Risk for Type 1 Diabetes. NEJM 2019; 381: 603-13



- Those with stage 2 diabetes who are over age 8 are eligible for treatment.
- Clinical infusion protocols have been created.



#### SUMMARY

- With screening, a method to delay clinical diagnosis is feasible.
- Just as insulin transformed life for people with diabetes over a century ago, Tzield has opened the door to a new age of diabetes management.
- This is not the end, but the end of the beginning.

### THANK YOU!

Laughter is the best medicine.... Unless you have diabetes, then insulin, insulin is the best medicine.



