

Biphasic insulin aspart for the management of diabetic patients with unsatisfactory metabolic control Tratamiento con insulina aspártica bifásica en pacientes con diabetes en mal control metabólico. Experiencia clínica programada

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Background: Biphasic insulin aspart (InAsBi) is a mixture of 30% of rapid acting soluble aspart insulin and 70% aspart insulin retarded with protamine. The soluble portion reduces postprandial serum glucose rises and the retarded portion reduces basal glucose levels. Aim: To assess the efficacy of biphasic insulin aspart in diabetics with a bad metabolic control. Material and methods: Multicentric study that included diabetic patients with a glycosilated hemoglobin over 7% that were transferred to treatment with InAsBi, given in one to three daily doses, according to glycemic control and followed for 12 weeks. At the end of follow up, glycosilated hemoglobin levels (HbA1c) were measured again. Results: One hundred ninety six patients were enrolled and 154, age 59 ± 12 (84 females), completed the follow up. HbA1c levels decreased in at least 1% in 96 and increased in eight cases. In the total group HbA1c decreased from 10.1 ± 1.7 to $8.4 \pm 1.4\%$ ($p < 0.01$). Those with higher initial values an