

Which Initial Combination for Type 2 Diabetes

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The initial combination is the starting pharmacological intervention together with lifestyle changes for the management of most components of the Cardiovascular-Kidney-Metabolic Syndrome (American Heart Association; November 2023) e.g. hypertension, heart failure, dyslipidemia, and chronic kidney disease. For type 2 diabetes, the VERIFY trial (Vildagliptin/Metformin vs. Metformin; 2019)

showed better outcomes for the initial combination vs. stepwise approach.

The 2 debate sessions during the American Diabetes Association (June 2023) and the European Association for the Study of Diabetes (October 2023) were about initial combination vs. step-wise approach for Type 2 Diabetes. The support was for the initial combination. However, there was no mention of which combination and why.