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Optimizing Diabetes and Obesity Management:

Integrating Continuous Glucose Monitoring and GLP-1 Agonists

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Statement of Disclosure

Mary Catherine Platz has nothing to disclose concerning possible financial relationships with ineligible companies that may have a direct or indirect interest in the subject matter of this presentation.

Objectives

- Review GLP-1 agonists mechanisms of action
- Compare GLP-1 agonists to GLP-1/GIP receptor agonists
- Discuss common side effects seen with GLP-1 agonists
- Describe the benefits of GLP-1 agonists in the care of patients with diabetes or obesity
- Identify current types of continuous glucose monitoring devices available
- Describe the benefits of continuous glucose monitoring devices for patients with diabetes or obesity
- Explain the benefits of using continuous glucose monitoring devices in coordination with GLP-1 agonists

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Review Question #1:

Which of the following are benefits seen in GLP-1 Agonist medication? Select all that apply.

- a. Stimulation of insulin secretion
- b. Reduction in time of gastric emptying
- c. Stimulates glucagon releases during hypoglycemia
- d. Weight loss

Review Question #2:

Which of the following have a FDA approved indicated for obesity?

- a. Dulaglutide
- b. Byetta ${\mathbb R}$

c. Liraglutide

d. Ozempic®

Review Question #3:

Patient JC has been regularly taking his Saxenda® injections and has been seeing great results. Unfortunately, JC missed his last 4 doses of medication. Which of the following is the correct recommendation for JC?

- a. Refer to the prescribing health care provider for directions on restarting the medication
- b. Tell the patient to resume taking the medication at the next scheduled dose
- c. Tell the patient to give two doses next time to make up for some of the missed doses
- d. Tell the patient that they need to be better at remembering their medication

Review Question #4:

Which of the following patients would be eligible to receive semaglutide for weight loss?

- a. 47 yof with a BMI of 25 and a history hyperlipidemia
- b. 36 yom with a BMI of 28 and a history of anxiety
- c. 55 yom with a BMI of 31
- d. 17 yof with a BMI of 27 and a history of type 2 diabetes

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Review Question #5:

Which of the following continuous glucose monitors have the capability to share results with others? Select all that apply

- a. Dexcom G7 ®
- b. Freestyle Libre 3®
- c. Eversense E365®
- d. Dexcom Stelo®

Glucagon-like Peptide 1 agonists (GLP-1) Mechanism of Action Contain a GLP-1 analog Attach to GLP-1 receptors Increase insulin production Increases beta cells (pancreatic cells that make insulin) Regulation of ion channels (potassium, calcium) Decreased glucagon secretion Attach to alpha cells in the pancreas Glucagon normally reducing production of glucagon stimulates liver to Slowed gastric emptying release stored glucose Lowers appetite 0 into bloodstream What is the MOA for GLP-1 drugs and how do they work? Drugs.com. February 10, 2025. Accessed April 21, 2025. https://www.drugs.com/medical-answers/what-moa-glp-1-drugs-how-work-3579170/.

Glucose-Dependent Insulinotropic Polypeptide (GIP) Mechanism of Action

- After nutrient ingestion → GIP secreted by enteroendocrine K cells
- Acts on the GIP receptor (largely located in beta cells of pancreatic islets) → binding increases intracellular cAMP levels
 - Increases calcium ion concentration and insulin exocytosis
- \rightarrow stimulation of insulin secretion
 - Plays a major role in postprandial insulin
 Gupta K, Raja A. Physiology, Gastric Inhibitory Persponses
 Etykuda M. The Role of GIP. Remoter in the CO

Gupta K, Raja A. Physiology, Gastric Inhibitory Peptide. [Updated 2022 Sep 26]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2025 Jan-. Available from: https://www.ncbi.nlm.nih.gov/books/NBK546653/ Fukuda M. The Role of GIP Receptor in the CNS for the Pathogenesis of Obesity. *Diabetes*. 2021;70(9):1929-1937.





GLP-1 Agonist Side Effects

- Loss of appetite
- Nausea
- Vomiting
- Diarrhea
- Dizziness
- Mild tachycardia
- Infection risk
- Headaches
- Indigestion
- Injection site reactions

professional CC medical. GLP-1 agonists. Cleveland Clinic. April 11, 2025. Accessed April 21, 025. https://my.clevelandclinic.org/health/treatments/13901-glp-1-agonist

Severe but Rare:

- Pancreatitis
- Medullary thyroid cancer
- Acute kidney injury
- Worsening diabetesrelated retinopathy

GLP-1 Agonists Considerations

Pregnancy

- Unsafe for use in pregnancy
- Animal studies show developmental abnormalities for the fetus
- Recommend using reliable birth control methods
- Referral to HCP if patient becomes pregnant while using

al CC medical. GLP-1 agonists. Cleveland Clinic. April 11, 2025. Accessed April 21, 2025.

Hypoglycemia

- Low risk of mild hypoglycemia
- Increased risk with other medications (sulfonylureas or insulin)
- What is hypoglycemia?
- Signs and Symptoms to watch for:
 - o Shaking
- o Intense hunger
- o Sweating/chills o Difficulty
 - thinking
- o Dizziness/lighthe adedness
 - o Pale skin color
- o Increased heart o Nausea rate

Tashko G. Trulicity Pen.: 2018, Accessed April 21, 2025 https://gertitashkomd.com/how-to-use-trulicity-pen-for-dia

GLP-1 Agonists Dulaglutide (Trulicity®) FDA Approval: Type 2 Diabetes Administration: inject subcutaneously (SQ) once weekly • Administration on the same day of the week each week is recommended Missed Doses: take missed dose as soon as remembered if within 3 days of scheduled dose If greater than 3 days: skip the missed dose, and resume administration on next scheduled dose Storage: Unopened Pens: refrigerator, Do NOT freeze medication • Room Temperature: stored at room temp for up to 14 days if needed Avoid exposure to extreme heat Trulicity (dulaglutide). Package Insert. Eli Lily and Company; 2020

GLP-1 Agonists

Exenatide (Byetta®)

- FDA Approval: Type 2 Diabetes
- Administration: inject subcutaneously (SQ) twice daily
- Missed Doses: take the missed dose as soon as remembered, if almost time for next dose. Skip missed dose. Do NOT take double or extra doses
- Storage:
 - Unopened Pens: refrigerator, Do NOT freeze medication
 - Opened Pens \rightarrow Room Temperature: stored at room temp for up to 30 days
 - Do not store pen with needle attached

Byetta (exenatide). Package Insert. Amylin Pharmaceuticals, LLC; 2014



GLP-1 Agonists Kwon J. Marathe P. Bydureon Pen.: 2021, Accessed April 21 2025. https://diatribe.org/diabetes-medications/fda-approve bydureon-bcise-new-autoinjector-launch-early-201 **Exenatide (Bydureon®)** BYDUREON BCISE' FDA Approval: Type 2 Diabetes Administration: inject subcutaneously (SQ) once weekly • Administration on the same day of the week each week is recommended Missed Doses: take missed dose as soon as remembered, unless it is within 3 days of next scheduled dose • If next dose is within 3 days: skip the missed dose, and resume administration on next scheduled dose Storage: Refrigerator, Do NOT freeze medication Room Temperature: stored at room temp for up to 28 days • Store in original carton until it is time to administer. Remove dose from carton 15 minutes prior to administration. Use immediately after mixing. Bydureon (exenatide extended-release). Package Insert. Amylin Pharmaceuticals, LLC; 2012

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GLP-1 Agonists

Victoza Box and Pen. Novo Nordisk Accessed April 21, 2025. https://www.novomedlink.com/diabetes/products/treatments/victoz

Liraglutide (Victoza®)

- FDA Approval: Type 2 Diabetes
- Administration: inject subcutaneously (SQ) once daily
- Missed Doses: take the missed dose as soon as remembered, if almost time for next dose. Skip missed dose. Do NOT take double or extra doses
- Storage:
 - Unopened Pens: Refrigerator, Do NOT freeze medication
 - Opened Pens: Room Temperature: stored at room temp for up to 30 days

• Do not store with a needle attached

Protect from light and excessive heat



Victoza (liraglutide). Package Insert. Novo Nordisk; 2017

GLP-1 Agonists Saxenda Pen. Accessed A https://mobileivmedics.com/produ Liraglutide (Saxenda®) FDA Approval: Obesity • Administration: inject subcutaneously (SQ) once daily • Missed Doses: take the missed dose as soon as remembered. if almost time for next dose. Skip missed dose. Do NOT take double or extra doses If you miss more than 3 doses, contact prescriber for how to restart medication Storage: Unopened Pens: Refrigerator, Do NOT freeze medication • Opened Pens: Room Temperature: stored at room temp for up to 30 days Do not store with a needle attached Protect from light and excessive heat axenda (liraglutide). Package Insert. Novo Nordisk; 2018

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GLP-1 Agonists

Lixisenatide (Adlyxin®)

- FDA Approval: Type 2 Diabetes
- Administration: inject subcutaneously (SQ) once daily within 1 hour before the first meal of the day (administer at the same time each day)
- Missed Doses: take the missed dose 1 hour prior to the next meal, if it is almost time for next dose, skip missed dose. Do NOT take double or extra doses
- Storage:
 - Unopened Pens: Refrigerator, Do NOT freeze medication
 - Opened Pens: Room Temperature: for up to 14 days
 - Do not store with a needle attached
 - Replace cap after each use to protect from light



1Sheehy C. Adlyxin Pen . Accessed April 21, 202

maserve.com/pharmacy_drugs/ad

https://phai

GLP-1 Agonists Ozempic Pen, Accessed April 21, 2025 https://www.ivimbealth.co Semaglutide, injection (Ozempic[®]) OZEMPIC -2.0- mg • FDA Approval: Type 2 Diabetes Administration: inject subcutaneously (SQ) once weekly Missed Doses: take the missed dose as soon as remembered if it is within 5 days of missed dose • Greater than 5 days from missed dose: Skip missed dose, and take next dose as scheduled. Do NOT take double or extra doses Storage: Unopened Pens: Refrigerator, Do NOT freeze medication 0 Opened Pens: Room Temperature: stored at room temp for up to 56 days Do not store with a needle attached 0 Protect from light and excessive heat 0 Ozempic (semaglutide). Package Insert. Novo Nordisk; 2017 21

GLP-1 Agonists Semaglutide (Rybelsus®) NDC 0169-4303-30 RYBELSUS* 3 mg (semaglutide) Tab Once daily Oral use only FDA Approval: Type 2 Diabetes Administration: oral administration, once daily Rx only Take dose immediately after waking up, do not eat or 0 drink anything before administration. Wait at least 30 minutes before eating, drinking, or taking any other NDC 0169-4307-30 medications/vitamins RYBELSUS® 7 mg (semaglutide) Table Once daily Take with less than 4 oz of plain water 0 Do not crush or chew medication • Missed Doses: skip misses dose, take next scheduled dose. Do not double next dose. Storage: room temperature in original container 0169-4314-30 RYBELSUS® 14 mg Protect from moisture (semaglutide) Tablets Once daily Oral use only Keep container tightly closed Rx only Rybelsus Bottles of Varying Strengths. Accessed April 21, 2025 Rybelsus (semaglutide). Package Insert. Novo Nordisk; 2019 https://mvrockv.ca/product/rvbelsus/

GLP-1 Agonists

Semaglutide, injection (Wegovy®)

- FDA Approval: Obesity
- Administration: inject subcutaneously (SQ) once weekly
- Missed Doses: take the missed dose as soon as remembered if it is within 5 days of missed dose
 - Greater than 5 days from missed dose: Skip missed dose, and take next dose as scheduled. Do NOT take double or extra doses
 - If miss two weeks or more: contact HCP for guidance on how to restart medication
- Storage:
 - Refrigerator (preferred), Do NOT freeze medication
 - Room Temperature: stored at room temp for up to 28 days
 - Store with cap on With cap on Wegovy (semaglutide). Package Insert. Novo Nordisk; 2021
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Combination Product: GLP-1 and GIP

Tirzepatide (Mounjaro®)

- FDA Approval: Type 2 diabetes
- Administration: inject SQ once weekly
- Warnings: pancreatitis, acute kidney injury, gastrointestinal adverse reactions
- Side Effects: nausea, diarrhea, decreased appetite, vomiting, constipation, dyspepsia, abdominal pain
- Storage:
 - Refrigerator (preferred)
 - Room temperature: up to 21 days
 - Do NOT freeze
 - Store in original carton to protect from light

Mounjaro (tirzepatide). Package Insert. Eli Lily and Company; 2022



Mounjaro Pens of Varying Strength. Accessed April 21, 2025..

unjaro"

mounjaro™



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Obesity Diabetes

Obesity

- Typically measured using BMI
 - BMI: 25.0 29.9 kg/m² = overweight
 - BMI: 30 or greater = obese

• Other methods of monitoring:

- Waist Circumference
 - Men: 102 cm
 - Women: 88 cm
- Hip Circumference
- Body Adiposity Index (BAI) → uses height and Hip Circumference
- Waist-to-Hip Ratio (WHR)
- Wasit-to-Height Ratio (WHtR)

Liu X, He M, Li Y. Adult obesity diagnostic tool: A narrative review. Medicine (Baltimore). 2024;103(17):e37946.







Continuous Glucose Monitoring

Continuous Glucose Monitors (CGMs)

- Wearable device that tracks glucose over time
- Measures interstitial fluid just under the skin
- Provides real time updates to how glucose levels are changing

CGMs – Interstitial Fluid

- \rightarrow fluid that fills the spaces around your cells
- How can we measure it here?
 - Glucose is in the blood stream, then leaks into the interstitial fluid
 - CGM sensor monitors this level and reports it
- Lag time
 - Glucose in blood stream will always be slightly ahead of interstitial fluid
 - Finger sticks will give a representation of blood glucose level
 Basina M, Farnsworth C. Continuous glucose monitoring: What is it, and how does it work? Medical News Today. April 5, 2024. Accessed April 21, 2025. https://www.medicalnewstoday.com/articles/continuous-glucose-monitoring#definition.



Types of CGMs

- Dexcom G6, G7®
- Freestyle Libre 2, Libre 3®
- Eversense E3, E365®
- Medtronic Guardian Connect®
- Medtronic Simplera®
- Dexcom Stelo®
- Roche Accu-Chek SmartGuide®
 Comparison of current continuous glucose monitors (CGMS). Diabetesnet.com Home of the Diabetes Mall. April 16, 2025. Accessed April 21, 2025. https://www.diabetesnet.com/diabetes-technology/meters-monitors/compare-current-monitors/





Diabetes Mall. April 16, 2025. Accessed April 21, 2025. https://www.diabetesnet.com/diabetestechnology/meters-monitors/compare-current-monitors/

• Warm-Up Time: 1 hour





Medtronic: Guardian, Simplera®

- Sensor: 7-day wear
- Pump Integration exclusive to Medtronic exclusive insulin pump systems
- Data Sharing allowed within proprietary ecosystem
- Optional separate receiver
 - No optional receiver for Simplera
- Real Time Alerts Available
- Warm-Up Time: 2 hours
- Water resistance: splashes and light submersion
- Guardian: requires calibration

Comparison of current continuous glucose monitors (CGMS). Diabetesnet.com Home of the Diabetes Mall. April 16, 2025. Accessed April 21, 2025. https://www.diabetesnet.com/diabetestechnology/meters-monitors/compare-current-monitors/. Data regarding Simplera is limited due to recent release

Medtronic Guardian System. Accessed April 21, 2025

https://hcp.medtronic-diabetes.com.au/

Accu-Chek SmartGuide Product. https://www.diabetesnet.com/diabetestechnology/meters-monitors/continuous-monitors/accu-chek-smartguide/. **Accu-Chek:** Hello **SmartGuide®** ••••• Sensor: 14-day wear Pump Integration – unclear 106 Night Low Predict • Data Sharing - limited but functional sharing for basic monitoring rns - Last 24 H Smartphone based receiver Real Time Alerts Available Warm-Up Time: 1 hour warm up

Comparison of current continuous glucose monitors (CGMS). Diabetesnet.com Home of the Diabetes Mall. April 16, 2025. Accessed April 21, 2025. https://www.diabetesnet.com/diabetestechnology/meters-monitors/



Abott Lingo, Libre Rio® (OTC)

- Lingo: general consumer
 - 14-day sensor wear
 - Smartphone app required
 - Coaching program included with purchase
 - Water resistant for up to 30 minutes
 - Warm Up Time: 1 hour



Made by Abbott: Your body has the answers, Lingo, Accessed April 21, 2025

- Libre Rio: patients with Type 2 Diabetes who do not use insulin products
 - 15-day max sensor wear
 - Smartphone app required

https://www.hellolingo.com/products?utm_content=brand&gclid=a317e2fa73aa1c6d3a828afc1384cc5b&gclsrc=; p.ds&msclkid=a317e2fa73aa1c6d3a828afc1384cc5b

Pharmacists Perspectives on Wearing a CGM

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Wearing a CGM has given me valuable firsthand insight into CGM use. I have personally experimented with eating certain foods like gummy worms, cookies - to see what the data shows afterwards. A single cookie or serving of gummy worms causes a rapid increase in glucose, more than a typical meal. Protein rich meals cause a slower, steadier rise that never hit the peak that the junk food does. The ability to quickly check glucose after a meal has led me to try to remain within the target range by choosing healthier food. The setup is simple, takes about an hour to warm up, and once applied, I barely notice it. Setting a lower glucose target range has shown me how even mild elevations trigger alerts, reinforcing the CGM's role in real-time decisionmaking. I see CGMs as a way for pharmacists to get more involved in patient care, providing off-site monitoring of CGM results for patients to provide education and interventions.



After wearing a CGM I feel much more confident in my ability to talk to patients about the process of putting a device on, and walking them through the various reports that you may have access to.
I am definitely more aware of how my body reacts to different foods and it has been interesting to see how those changes play out.
I was concerned with showering, getting dressed, and sleeping with the CGM, but have not had negative experiences so far.
Thinking about the stigma associated with some of these devices, I have found that close family and friends have hesitated to bring it up to me after I started wearing one.







Review Question #1:

Which of the following are benefits seen in GLP-1 Agonist medication? Select all that apply.

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- b. Reduction in time of gastric emptying
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- b. Freestyle Libre 3®
- c. Eversense E365®
- d. Dexcom Stelo®

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CE Evaluation Access Code

Capital Letters, No spaces, complete by 05/02/2025

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