



# Clinical Questions in Cardiology: Using Glucagon-like Peptide-1 Receptor Agonists

## Overview

Diabetes is a chronic metabolic disorder with multiple complications [including cardiovascular (CV) disease] which negatively impact patients and the healthcare system. In large part due to the lack of clarity on antihyperglycemic agents' effect on CV risk, the US Food and Drug Administration (FDA) mandated CV outcomes trials (CVOTs) to assess the CV safety of novel glucose-lowering agents. Among these many CVOTs, the class of glucagon-like peptide-1 receptor agonists (GLP-1 RAs) were elevated in clinical practice as some GLP-1 RAs showcased substantial CV and renal benefits. These benefits are now reflected in several evidence-based guidelines as well in the FDA package inserts for dulaglutide, liraglutide, and injectable semaglutide. Despite the availability of this information, there are many gaps in practice among cardiologists pertaining to confidence and application of this knowledge to utilize GLP-1 RAs in patients with type 2 diabetes and atherosclerotic cardiovascular disease (ASCVD). These current challenges related to GLP-1 RA therapy will be highlighted in this program, including glycemic and extra-glycemic effects, familiarity with recent evidence-based guidelines and CVOTs, and adverse event education and management. Through this clinical activity, with the guidance of key clinical questions answered by expert faculty, there will be improvement in clinician understanding of the efficacy, safety, profile, and roles of GLP-1 RAs, utilization of treatment guidelines and literature, and implementation of GLP-1 RA therapy to optimize and individualize care in patients with T2D and ASCVD.

## Presenting Faculty

Helena W. Rodbard MD FACP MACE  
Past President, American Association of Clinical Endocrinologists (AACE)  
Past President, American College of Endocrinology (ACE)  
Founder and Medical Director, Endocrine and Metabolic Consultants  
Rockville, Maryland

## Faculty

Jorge Plutzky, MD  
Director, Preventive Cardiology  
Cardiovascular Medicine  
Brigham and Women's Hospital  
Boston, Massachusetts

## Learning Objectives

- Explain how the mechanisms of action of glucagon-like peptide-1 receptor agonists (GLP-1 RAs) address key pathophysiologic mechanisms of type 2 diabetes
- Compare and contrast the agents within the GLP-1RA class
- Formulate strategies to ease patient safety concerns and improve tolerability to GLP-1 RAs
- Justify the use of GLP-1 RAs for secondary prevention of cardiovascular disease in patients with type 2 diabetes
- Apply current evidence-based recommendations from the ACC, ADA, and ADA/EASD to individualize GLP-1RA therapy in patients with type 2 diabetes

## Certification

The Annenberg Center for Health Sciences at Eisenhower is nationally and regionally accredited through 8 separate accrediting bodies. This activity is accredited for 1.0 Hour of *AMA PRA Category 1 Credit™*

## Who We Are

The Annenberg Center for Health Sciences at Eisenhower believes that clinicians and patients who are well-informed with the most up-to-date medical knowledge assure the best health outcomes for communities. We provide innovative and meaningful learning experiences that keep physicians, other healthcare providers, trainees, and patients a step ahead of changes in healthcare.

We are located in Rancho Mirage, California, on the Eisenhower Health campus, which also includes the Betty Ford Center and the Barbara Sinatra Children's Center.

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