GLP-1 RAs and cardiovascular protection for your type 2 diabetes patient

CPD Questionnaire

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First Name		**Profession**	
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1. The T2DM patient who has experienced a cardiovascular event will lose ____ years of life, or more:

- ☐ **A** Six
- ☐ **B** Eight
- ☐ **C** Twelve

2. Diabetes is the leading cause of death in South African …:

- ☐ **A** Men
- ☐ **B** Women

3. In South Africa, cardiovascular disease is the second most important cause of death in men:

- ☐ **A** True
- ☐ **B** False

4. The LEADER trial of liraglutide used in T2DM patients at high cardiovascular risk showed a reduction of three-point MACE comprising:

- ☐ **A** Cardiovascular death
- ☐ **B** Non-fatal MI and non-fatal stroke
- ☐ **C** Hospitalisation for heart failure
- ☐ **D** All of the above
- ☐ **E** A and B only

5. Which patient groups were excluded from the LEADER trial?

- ☐ **A** >50 years old with established cardiovascular disease
- ☐ **B** >60 years old at high cardiovascular risk
- ☐ **C** T1DM, previous users of GLP-1 RAs or DPP-4 inhibitors or rapid-acting insulin
- ☐ **D** All of the above
- ☐ **E** A and C

6. Key findings from the LEADER trial include:

- ☐ **A** Significant reduction in cardiovascular events in liraglutide-treated patients
- ☐ **B** Death from cardiovascular causes was reduced by 22%
- ☐ **C** Non-fatal MI was reduced by 12%
- ☐ **D** Non-fatal stroke was reduced by 11%
- ☐ **E** All of the above

7. *Post hoc* analysis has shown that the greatest benefit of liraglutide therapy was seen in T2DM patients who have had no prior MI/stroke:

- ☐ **A** True
- ☐ **B** False

8. Which statement is incorrect? Liraglutide…:

- ☐ **A** Reduces weight
- ☐ **B** Is useful in CKD patients with eGFR <15ml/min/1.73m^2
- ☐ **C** Can be considered in patients with non-alcoholic liver disease
- ☐ **D** A and C
- ☐ **E** B and C

9. Which GLP-1 RA is currently being investigated in the SELECT trial to assess cardiovascular benefit in non-diabetic patients at high cardiovascular risk?

- ☐ **A** Liraglutide
- ☐ **B** Semaglutide
- ☐ **C** Dulaglutide
- ☐ **D** Exenatide

10. The mechanisms of GLP-1 RA cardiovascular protection may include:

- ☐ **A** Lowered blood pressure
- ☐ **B** Improved lipid profile
- ☐ **C** Increased glucose metabolism in the liver
- ☐ **D** Reduction of inflammatory cytokines
- ☐ **E** All of the above

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