Two popular diabetes drugs outperformed others in large clinical trial

**NIH-funded researchers complete first study comparing commonly used type 2 diabetes medications**

The GRADE study compared four common diabetes drugs used to treat type 2 diabetes (T2D) to see which performed better when used in combination with metformin, the most common first-line treatment for managing T2D. The treatment goal was to maintain blood glucose levels in the recommended range.

**Population**

5,047 people with type 2 diabetes from diverse racial and ethnic groups who were already taking metformin were randomly assigned to one of four treatment groups.

**Results**

After four years, all four medications improved HbA1c levels when added to metformin.

**Insulin glargine** and **liraglutide** were slightly more effective in achieving and maintaining target HbA1c levels.

Participants taking metformin plus **liraglutide** or **insulin glargine** had about **6 additional months in range** than participants taking sitagliptin.

However, 71% of participants were unable to maintain the blood glucose target over four years, underscoring the difficulty in maintaining recommended targets in many people with T2D.