

**INSULIN GLARGINE-BASED THERAPY IMPROVES GLYCEMIC CONTROL IN
PATIENTS WITH TYPE 2 DIABETES SUB-OPTIMALLY CONTROLLED ON PREMIXED
INSULIN THERAPIES**

Melanie Davies MD¹, Patrick Sinnassamy MD², Fred Storms MD, PhD³, Ramon Gomis MD, PhD⁴, on behalf of the AT.LANTUS Study Group*

¹University of Leicester, Leicester, UK; ²sanofi-aventis Intercontinental, Paris, France;

³Mesos Diabetes Centrum, Utrecht, The Netherlands; ⁴Hospital Clínic Universitari, Barcelona, Spain

*The full list of investigators is given in the appendix to this manuscript.

Please forward all editorial correspondence to:

Professor Melanie Davies

Department of Cardiovascular Sciences

University of Leicester

Leicester LE1 5WW

UK

Tel: +44 116 258 6481

Fax: +44 116 258 5344

Email: melanie.davies@uhl-tr.nhs.uk

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Duality of interest

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ABSTRACT

The AT.LANTUS trial recently demonstrated the efficacy and safety of insulin glargine initiation and maintenance using two different treatment algorithms in poorly controlled type 2 diabetes mellitus (T2DM). This subanalysis investigated glycemic control and safety in 686 patients switching from premixed insulin (premix) with or without (\pm OADs) to once-daily glargine (\pm OADs/prandial insulin). A 24-week, multinational (n=59), multicenter (n=611), randomized study comparing two algorithms (Algorithm 1: clinic-driven titration; Algorithm 2: patient-driven titration) in four glargine \pm OADs treatment groups: alone, once- (OD), twice- (BD) or >twice- (>BD) daily prandial insulin. After switching to the glargine regimen, HbA_{1c} levels significantly improved in the overall group (9.0 ± 1.3 to $8.0\pm1.2\%$; $p<0.001$) and in all subgroups; fasting blood glucose levels also improved in all subgroups (overall: 167.1 ± 50.0 to 106.9 ± 27.2 mg/dL [9.3 ± 2.8 to 5.9 ± 1.5 mmol/L]; $p<0.001$). The incidence of severe hypoglycemia was also low in all four subgroups ($\leq 1.7\%$). Patients with T2DM switching from premix \pm OADs to glargine \pm OADs had significant reductions in glycemic control with a low incidence of severe hypoglycemia. The addition of prandial (OD, BD or >BD) insulin was associated with further improvements in glycemic control. These data provide support for the stepwise introduction of prandial insulin to a more physiologic basal–bolus regimen, which is under investigation.

INTRODUCTION

The progressive nature of type 2 diabetes mellitus (T2DM) means that insulin therapy is usually required to maintain good metabolic control [1]. However, there are barriers to initiating insulin [2, 3], including fear of hypoglycemia, fear of multiple injections, and weight gain. The new generation of insulin analogs enables many of these barriers to be overcome but the best method of initiating insulin remains a subject of debate.

Premixed insulins (premix) combine long- and short-acting insulins in a single preparation injected once- or twice-daily. They do not mimic physiologic insulin profiles and are relatively inflexible, although newer analog mixtures may offer a closer equivalent [4]. Optimizing fasting blood glucose (FBG) levels with premix, even the newer analog mixtures, may result in an increased risk of hypoglycemia [5, 6] and may not provide enough flexibility for patients to achieve optimal glycemic control. Furthermore, there is little information available regarding next-step therapeutic strategies for patients with inadequate glycemic control with premix.

Insulin glargine (LANTUS®; glargine) is the first long-acting basal insulin analog with no pronounced peak and a 24-hour duration of action following once-daily administration [7]. In patients with T2DM, glargine is associated with a lower risk of hypoglycemic events versus NPH insulin [8-14] with at least equivalent glycemic control [11, 12, 14-16] and less weight gain [10].

Two small studies have reported that transferring patients sub-optimally controlled with premix with or without oral antidiabetics (\pm OADs) to insulin glargine \pm OADs improved glycemic control [17, 18]. This is likely to be due to the ability to use glargine to optimize the basal component and further reduce fasting hyperglycemia without the risk of hypoglycemia occurring mid-morning and during the night. However, this area requires further investigation.

The AT.LANTUS study compared glargine initiation and maintenance using one of two treatment algorithms; full results are reported elsewhere [19]. Given the large-scale nature of the study (59 countries, 4961 T2DM patients) and the diversity of prior treatment, it has been possible to carry out sub-population analyses to help inform on possible therapeutic strategies in patients grouped according to their previous therapy. Here we report the findings of a sub-population of patients who were treated with premixed insulin (\pm OADs) and who switched to insulin glargine \pm prandial insulin \pm OADs.

MATERIALS AND METHODS

Study design

All patients gave informed consent and the study had full ethical approval [19]. Patients with T2DM sub-optimally controlled (HbA_{1c} 7–12%) on their previous insulin therapy were randomized to one of the two treatment algorithms, with the aim of optimizing glargine over 24 weeks to achieve a target FBG level of ≤ 100 mg/dL (≤ 5.5 mmol/L) [19]. Algorithm 1 was a clinic-driven titration: glargine dose adjustments of 0–8 U were made at every clinic visit depending on the mean FBG levels for the previous 3 consecutive days. Algorithm 2 was predominantly a patient-driven titration (reviewed by a physician at each visit); glargine dose adjustments of 0–2 U were made every 3 days depending on mean FBG levels for the previous 3 consecutive days.

At randomization, patients were transferred from their previous insulin therapy to receive once-daily glargine at bedtime (9 PM–12 AM) with or without prandial insulin and with or without OADs. A prandial insulin could be added in a step-wise fashion from Week 12, based on HbA_{1c} and FBG data, and titrated at the investigator's discretion. For patients previously on a regimen including OADs, the decision to continue OADs was at the investigators' discretion. Full details of the study methodology, including the inclusion and exclusion criteria, can be found elsewhere [19].

Biochemistry and hematology measurements were taken at screening. HbA_{1c} and body weight were measured at screening, baseline, and Weeks 12 and 24.

Safety assessments in each treatment algorithm included adverse event (AE) reporting, excluding the primary and secondary outcomes. All AEs, including non-treatment-emergent AEs (TEAEs), were recorded.

Objectives

In this group of patients who switched from premix to a glargine-based regimen (Population 1), the primary objective was to compare the two algorithms in terms of the incidence of severe hypoglycemia as defined by the Diabetes Control and Complications Trial criteria [20]. Secondary objectives included the analysis of: baseline to endpoint change in glycemic control (HbA_{1c} and FBG), rates of symptomatic and nocturnal hypoglycemia, and changes in body weight and insulin dose. The study endpoint was defined by the patient's last evaluation during treatment Week 24, for those completing the study, or at the last evaluation, for those missing data on Week 24.

Since the protocol allowed some flexibility in treatment (i.e. the introduction of prandial insulin from Week 12), patients with a stable treatment regimen (i.e. the same number of prandial insulin injections) were also analyzed (Population 2). This analysis aimed at evaluating how safely and effectively prandial insulin (once- [OD], twice- [BD], or more than twice- [>BD] daily) can be initiated, in conjunction with glargine.

Study populations

Population 1 consists of patients who received premix (\pm OADs) prior to the start of the study and who switched to glargine (\pm prandial insulin \pm OADs). Population 2 is the subpopulation of patients that remained throughout the study on the same prandial insulin regimen. Four sub-groups of patients were identified: no prandial insulin (n=384), OD (n=21), BD (n=116) and >BD (n=165) prandial insulin injections.

Initiation of insulin glargine

When transferring patients to glargine from once-daily premix, an initial glargine dose equivalent to the basal component of the premix was used. When transferring patients from \geq twice-daily premix, a reduction of 20–30% was applied to the premixed basal insulin component [21].

Statistical methods

The statistical methods used in this sub-analysis were as employed in the main AT.LANTUS study [19]. In brief, the primary efficacy analysis was the comparison of the proportion of patients with severe hypoglycemia in each algorithm during the whole study period plus 5 days, using all patients who completed the study as planned (completer population). Full intention-to-treat analysis was also performed and reported for the main outcomes, and if different from the per-protocol analysis (completed population, Week 24). Patients treated at baseline with premix (\pm OADs) were isolated and a descriptive analysis produced. Analyses were performed for four specific subgroups defined according to the number of daily prandial insulin injections received at randomization (none, OD, BD and >BD injections) and who remained on the same treatment regimen throughout the study. All endpoints defined for the main study were analysed in the sub-analyses. All analyses presented here were performed on an exploratory basis and were undertaken on non-randomized sub-groups of patients without adjustment for multiple testing.

RESULTS

Results of independent audits performed in accordance with Good Clinical Practice concluded that the trial data were reliable, verifiable and retrievable. All data presented are for the completed population; results of the full population did not differ clinically or statistically (data not shown). The results are presented according to algorithm (Algorithm 1 versus Algorithm 2) and according to the study treatment (OAD-only, prandial OD, prandial BD and prandial >BD).

Total group according to algorithm

Patients

A total of 686 patients in the completed population were previously treated with premix at baseline and remained on a stable prandial regimen throughout the study period (Algorithm 1, n=357; Algorithm 2, n=329). There were no significant differences in patient demographics with Algorithm 1 versus Algorithm 2. Baseline characteristics are given in Table 1.

<Table 1 near here>

Severe hypoglycemia

The proportion of patients experiencing severe hypoglycemia (FBG <50 mg/dL [2.8 mmol/L]) was <1% in the total population studied, with no significant difference between algorithms (1.1 vs <1%, Algorithm 1 vs Algorithm 2). The incidence of severe hypoglycemia was 1.8 events per 100 patient-years (risk reduction: 1.85; 95% confidence interval: 0.35, 9.86), again with no significant difference between algorithms (2.31 vs 1.24 events per 100 patient-years).

Other hypoglycemia

The proportion of patients experiencing nocturnal hypoglycemia was 2.9%, which was similar in the Algorithm 1 versus Algorithm 2 groups (3.1 vs 2.7%), with similar incidence in

both groups (6.4 vs 5.6 events per 100 patient–years; risk reduction: 1.14; 95% confidence interval: 0.47, 2.74). However, there was a significant difference ($p=0.02$) between the algorithms in terms of symptomatic hypoglycemia: 19.6% with Algorithm 1 versus 27.1% with Algorithm 2 (23.2% in the overall group). Therefore, the risk of symptomatic hypoglycemia was lower with Algorithm 1 (46.1 events per 100 patient–years) compared with Algorithm 2 (66.6 events per 100 patient–years; risk reduction: 0.69; 95% confidence interval: 0.51, 0.94).

Glycemic control

Mean HbA_{1c} decreased significantly from $9.0\pm1.3\%$ to $8.0\pm1.2\%$ (-1.0% ; $p<0.001$) in the total group during the 24-week period of the study, with no significant difference between Algorithms (Algorithm 1: 9.0 ± 1.3 to $8.0\pm1.3\%$ [-1.0%]; Algorithm 2: 9.0 ± 1.3 to $7.9\pm1.2\%$ [-1.1%]).

Mean FBG decreased significantly by 60.2 ± 50.3 mg/dL (3.3 ± 2.8 mmol/L; $p=0.009$) from 167.1 ± 50.0 mg/dL to 106.9 ± 27.2 mg/dL (9.3 ± 2.8 to 5.9 ± 1.5 mmol/L). When FBG was analysed according to algorithm, a significant decrease was observed with both algorithms ($p<0.001$); although, the decrease was significantly greater with Algorithm 2 versus Algorithm 1 (-60.7 ± 48.1 vs -59.7 ± 52.3 mg/dL [3.4 ± 2.7 vs 3.3 ± 2.9 mmol/L]; $p=0.02$), it is unlikely to be clinically relevant. The proportion of patients achieving FBG ≤ 100 mg/dL (≤ 5.5 mmol/L) was 47.5% (Algorithm 1: 44.3%; Algorithm 2: 51.1%).

Insulin glargine dose

The glargine dose increased by 20.2 ± 19.3 U in the total group; from 28.4 ± 15.2 U at the start of glargine therapy to 48.6 ± 26.6 U at the study endpoint. This increase was significant with both algorithms ($p<0.001$) and significantly greater with Algorithm 2 versus Algorithm 1 (22.1 ± 21.7 vs 18.5 ± 16.6 U; $p=0.03$).

Daily prandial insulin dose

Daily prandial insulin dose increased significantly (both $p < 0.001$) from 20.0 ± 11.8 U at the start of glargine therapy to 25.4 ± 17.5 U at endpoint, in Algorithm 1 (5.4 ± 10.3 U) and from 22.7 ± 14.2 at start of glargine therapy U to 28.3 ± 16.8 U at endpoint, with Algorithm 2 (5.3 ± 11.8 U), with no significant difference between algorithms.

Daily total (insulin glargine + prandial) insulin dose

Daily total (glargine + prandial) insulin dose increased significantly (both $p < 0.001$) from 36.5 ± 23.7 U at the start of glargine therapy to 57.2 ± 34.8 U at endpoint in Algorithm 1 (20.8 ± 18.8 U) and from 39.2 ± 23.5 U at the start of glargine therapy to 63.6 ± 35.5 U at endpoint with Algorithm 2 (24.4 ± 23.7 U). The change in total insulin dose was significantly greater for Algorithm 2 compared with Algorithm 1 ($p = 0.05$).

Body weight

Body weight increased modestly by 0.8 kg, from 81.2 ± 15.6 kg to 82.0 ± 15.7 kg, in the total group ($p < 0.001$), with no significant difference between algorithms.

Safety

The safety population comprised 391 patients treated according to Algorithm 1 and 361 patients treated according to Algorithm 2. TEAEs were reported in 42.2% of patients in Algorithm 1 and 44.6% of patients in Algorithm 2, with no difference between the frequency of TEAEs between groups. The most frequently reported AEs were respiratory tract infections and injection site reactions; in >95% of episodes, the AE was rated as mild or moderate. Treatment discontinuation due to an AE occurred in four patients treated according to Algorithm 1 and three patients treated according to Algorithm 2. In total, two patients died (both in the Algorithm 2 group); however, the deaths were not considered related to the study medication. Full details can be found elsewhere [19].

Groups according to study treatment

Patients

Of the 686 patients in the completed population who were previously treated with premix at baseline and remained on a stable prandial regimen throughout the study period; 384 patients received glargine \pm OADs alone (Group: OAD), 21 patients received glargine \pm OADs plus once-daily prandial insulin (Group: prandial OD), 116 patients received glargine \pm OADs plus twice-daily prandial insulin (Group: prandial BD) and 165 patients received glargine \pm OADs plus $>$ twice-daily prandial insulin (Group: prandial $>$ BD). There were no significant differences in patient demographics between the four treatment groups (Table 2) or between treatment algorithms (data not shown).

<Table 2 near here>

Severe hypoglycemia

The proportion of patients experiencing an episode of severe hypoglycemia was low in all four treatment groups during the glargine treatment phase: OAD group $<1\%$, prandial OD group 0% , prandial BD group 1.7% and prandial $>$ BD group $<1\%$. The incidence of severe hypoglycemia was 1.6 events per 100 patient–years in the OAD group, 0 events per 100 patient–years in the prandial OD group, 3.6 events per 100 patient–years in the prandial BD group and 1.2 events per 100 patients–years in the prandial $>$ BD group.

Other hypoglycemia

Episodes of symptomatic and nocturnal hypoglycemia were also low in all four treatment groups during the glargine treatment phase: OAD group 22.4 and 3.1% (53.3 and 6.5 events per 100 patients–years), prandial OD group 9.5 and 0% (20.0 and <1 events per 100 patients–years), prandial BD group 25.0 and $<1\%$ (62.1 and 1.8 events per 100 patients–years), and prandial $>$ BD group 25.5 and 4.2% , respectively (62.3 and 8.8 events per 100 patients–years).

Glycemic control

Mean HbA_{1c} levels decreased significantly over the course of the study for all treatment groups (Figure 1A). In the OAD group, HbA_{1c} levels decreased from 8.8±1.3% at the start to 8.2±1.3% at endpoint. In the prandial OD group, HbA_{1c} levels decreased from 9.0±1.2% to 7.8±0.9%. In the prandial BD group, HbA_{1c} levels decreased from 9.3±1.3% to 7.7±1.2%. In the prandial >BD group, HbA_{1c} levels decreased from 9.2±1.2% to 7.7±1.1%. There was no significant difference between the algorithms. There were also significant baseline to endpoint decreases in FBG (Table 3) over the course of the study in all treatment groups (p<0.001 for baseline to endpoint change for all groups).

<Table 3 near here>

<Figure 1 near here>

Insulin glargine dose

In the OAD group, the daily glargine dose increased from 26.2±14.0 U at the start of therapy to 46.7±27.3 U at endpoint (Figure 1B). The daily glargine dose increased from 25.9±16.1 U to 46.1±22.2 U in the prandial OD group, from 29.7±14.5 U to 50.7±22.8 U in the prandial BD group and from 33.1±17.1 U to 52.1±27.6 U in the prandial >BD group (Figure 1B).

Daily prandial insulin dose

Over the course of the study, the total daily prandial insulin dose increased from 10.1±5.4 U at the start of therapy to 11.5±6.2 U at endpoint in the OD group (+0.8±2.2 U), from 19.8±14.3 U to 23.2±15.1 U in the BD group (3.4±9.2 U) and from 23.8±12.0 U to 31.1±17.9 U in the >BD group (7.3±12.3 U) (Figure 1B).

Daily total (insulin glargine + prandial) insulin dose

Over the course of the study, the daily total insulin dose increased from 26.2 ± 14.0 U at the start of therapy to 46.7 ± 27.3 U at endpoint in the OAD group, from 36.0 ± 19.8 U to 56.5 ± 27.2 U in the prandial OD group, from 49.5 ± 24.7 U to 73.6 ± 32.8 U in the prandial BD group and from 56.9 ± 24.7 U to 83.2 ± 39.0 U in the prandial >BD group (Figure 1B).

Body weight

Between the start and endpoint of the study, body weight increased by 0.3 kg in the OAD group, by 1.6 kg in the prandial OD group, by 1.6 kg in the prandial BD group and by 1.5 kg in the prandial >BD group (Table 3). Analysis of weight changes according to OAD treatment indicated a difference in weight change dependent on the use or non use of metformin.

Patients not receiving metformin (n=465) experienced a mean weight change of 1.14 ± 3.3 kg whereas a mean increase of 0.23 ± 3.2 kg was seen in those patients who had received metformin (n=91; p=0.036).

CONCLUSIONS

The AT.LANTUS study was carried out in a large population (n=4961 patients in 59 countries) and the results will be applicable to many patients in a clinical setting [19]. In this sub-analysis of 686 patients who were previously using premixed insulin, the switch from premix \pm OADs to glargine \pm OADs was associated with a low incidence of severe hypoglycemia, significant reductions in HbA_{1c} and FBG and only modest weight gain. The addition of prandial insulin treatment (OD, BD or >BD) produced further improvements in glycemic control without a corresponding increase in the incidence of hypoglycemia and only modest weight gain over 24 weeks. These results echo those achieved in a second study with glargine plus OADs in 5045 patients failing premix (OD, BD or >BD) \pm OADs [17]. During the 12-week treatment period, glycemic control improved significantly with glargine (HbA_{1c} decreased from 8.3 to 7.1%; FBG –55.9 mg/dL [–3.10 mmol/L]; both $p \leq 0.001$) [17]. In addition, mean body weight decreased by 1.6 kg ($p \leq 0.001$). Although we have presented the results of the completer population, results of intention-to-treat analyses were consistent with those presented here.

As the present study was conducted as an exploratory analysis of a large sub-group (n=686) of patients from the original AT.LANTUS study (n=4961 patients), the analyses were mainly descriptive, without a control group of patients who continued their premix regimen.

Furthermore, patients were not randomized to receive a specific number of prandial insulin doses, and thus the results may also reflect baseline characteristics. Further prospective studies, comparing intensification of premixed insulin versus initiation and intensification of glargine (\pm OADs/prandial insulin) are warranted to confirm the results presented here.

It has been estimated that nearly 40% of all insulin-treated patients with diabetes worldwide are treated with premix [22]. The popularity of premix is largely due to the perceived simplicity of the regimen. However, a significant proportion of patients on premix have sub-optimal glycemic control. This is probably because many patients on premix cannot optimise

FBG levels without the risk of hypoglycemia, particularly mid-morning or during the night. The consistent 24-hour, peak-free profile of glargine has been shown to enable the achievement of good glycemic control with a significantly lower incidence of minor hypoglycemia and weight gain compared with premix [5, 6]. In a study of insulin-naïve patients, mean HbA_{1c} levels decreased significantly in patients initiated on glargine plus OADs compared with 70/30 premix (–1.64 vs –1.31%; $p=0.0003$) as did FBG levels (adjusted mean difference: –17 mg/dL [–0.9 mmol/L]; $p<0.0001$), and these improvements in glycemic control were associated with fewer confirmed hypoglycemic episodes (mean 4.07 vs 9.87 per patient–year; $p<0.0001$) [6]. This is in contrast to studies that compared analog insulin mixtures (lispro 75/25 and aspart 70/30) with OD glargine and have shown more effective glycemic control with the premixed regimen although at the expense of a greater risk of hypoglycemia and weight gain [5, 23].

The results presented here demonstrate that patients with T2DM poorly controlled on premix can safely achieve improved glycemic control by transferring to a glargine-based regimen (\pm OADs). For some patients, optimization of basal insulin alone will significantly reduce HbA_{1c}. Optimization of FBG levels makes an important contribution to overall glycemic control, particularly if the HbA_{1c} is greater than 8.4% [24]. It is of interest that in this study the FBG in all groups previously on a long-term insulin regimen (over 4 years duration) was high – often over 170 mg/dL (9.4 mmol/L) and with a relatively low dose of basal insulin. This emphasises the dilemma that clinicians are faced with when seeing patients on premix regimens, when further increases in doses are often resisted by patients because of the risk of hypoglycemia and potential weight gain. However, it should be acknowledged that for some patients even optimal titration of basal insulin is insufficient to reach or maintain optimal glycemic control and, therefore, prandial insulin requirements in these patients will be an important consideration. It has been shown that post-prandial hyperglycemia makes an important contribution to HbA_{1c} the closer you get to the optimal HbA_{1c} target [24]. Even with aggressive titration of basal insulin analogs, a significant proportion of patients remain

above the optimal target of 7% or experience hypoglycemia. In the Treat-to-Target trial, only 58% of patients reached the target HbA_{1c} of $\leq 7\%$, and 33% reached the target HbA_{1c} without experiencing an episode of nocturnal hypoglycemia in the glargine arm [11].

So what next for patients on OADs who have optimal basal insulin but remain above target HbA_{1c}? Strategies could include a switch to a premix regimen with aggressive dose titration, but as previously stated, this can lead to increased risk of hypoglycemia and weight gain [5, 23].

A move to a formal basal–bolus regimen is often considered but this requires intensive support and four injections a day. Instead, this subanalysis suggests that a switch from premixed insulin to once-daily glargine \pm OADs can confer significant improvements in glycemic control. It can be argued that because no patients were continued on premixed insulin, the improvements observed with glargine may be a result of the increased health care received during the trial as opposed to treatment efficacy. However, the switch to glargine \pm OADs offers the physician potential to further escalate therapy with the addition of one or more doses of prandial insulin. Indeed, further improvements in glycemic control were seen with the use of multiple doses of prandial insulin. The results of this study suggest a relatively simple approach, where one additional prandial injection confers benefit in terms of lowering HbA_{1c}, albeit in a relatively small number of patients. The addition of prandial therapy was entirely at the investigator's discretion, without formal guidance on how this was implemented. However, our data also provide support for the stepwise introduction of prandial insulin to a more physiologic basal–bolus regimen. The concept of tailoring therapy to the changing needs of the patient as the disease inevitably deteriorates is attractive and could begin with basal insulin followed by the addition of one prandial injection before the largest meal, titrating against post-prandial glucose levels, and stepwise introduction of further prandial injections as required. This concept of the main meal either in terms of the carbohydrate content or its ability to induce post-prandial hyperglycemia needs further

clarity. However, this approach in terms of physiologic basis and flexibility it may offer to patients is an attractive option which clearly needs further investigation.

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Table 1. Demographics at baseline according to treatment algorithm

	All patients	Algorithm 1	Algorithm 2
Number	686	357	329
Age (years)	57.7 ± 9.6	58.1 ± 9.6	57.2±9.6
Female/male (%)	50.9/49.1	53.2/46.8	48.3/51.7
Weight (kg)	81.0±15.5	79.8±14.8	82.4±16.2
BMI (kg/m²)	29.4±4.7	29.2±4.6	29.6±4.8
Duration since diagnosis (years)	12.8±7.0	13.0±7.5	12.5±6.4
Time since start insulin (years)	4.3±4.7	4.2±4.7	4.4±4.6
HbA_{1c} baseline (%)	8.97±1.25	8.96±1.25	8.98±1.25
FBG baseline (mg/dL)	169.3±47.6	170.1±48.5	167.9±46.7
(mmol/L)	9.4±2.6	9.4±2.7	9.3±2.6
Premixed insulin only (%)	42.3	40.3	44.4
Premixed insulin with OADs (%)	57.7	59.7	55.6

Data are mean ± standard deviation unless otherwise stated; OAD=oral antidiabetic agent;
 BMI=body mass index; FBG=fasting blood glucose.

Table 2. Demographics at baseline according to study treatment group

	Insulin glargine ± OAD	Insulin glargine ± OAD + OD prandial	Insulin glargine ± OAD + BD prandial	Insulin glargine ± OAD + >BD prandial
Number	384	21	116	165
Age (years)	58.8±9.6	58.1±9.0	54.9±9.7	56.8±9.2
Female/male (%)	51.3/48.7	47.6/52.4	45.7/54.3	53.9/46.1
Weight (kg)	81.1±15.4	80.4±12.8	78.5±15.1	82.7±16.3
BMI (kg/m ²)	29.4±4.7	29.6±4.9	28.5±4.8	30.0±4.6
Duration since diagnosis (years)	12.7±7.1	13.6±5.4	13.2±7.4	12.5±6.8
Time since start insulin (years)	3.8±4.4	4.3±2.9	4.2±4.4	5.5±5.4
HbA_{1c} baseline (%)	8.8±1.3	9.0±1.2	9.3±1.3	9.2±1.2
FBG baseline (mg/dL)	161.9±45.8	178.5±65.9	172.5±53.7	174.0 ± 49.2
(mmol/L)	(9.0±2.5)	(9.9±3.7)	(9.6±3.0)	(9.7 ± 2.7)
Premixed insulin only (%)	34.6	52.4	51.7	52.1
Premixed insulin with OADs (%)	65.4	47.6	48.3	47.9

Data are mean ± standard deviation unless otherwise stated; OAD=oral antidiabetic agent; OD=once daily; BD=twice daily; >BD=more than twice daily; BMI=body mass index; FBG=fasting blood glucose

Table 3. Efficacy data according to treatment group

		Insulin glargine ±	Insulin glargine ±	Insulin glargine ±	Insulin glargine ±
		OAD	OAD + OD prandial	OAD + BD prandial	OAD + >BD prandial
Number		384	21	116	165
HbA_{1c} (%)	Baseline	8.80±1.26	9.02±1.18	9.26±1.25	9.15±1.19
	Endpoint	8.17±1.31	7.80±0.94	7.65±1.15	7.70±1.08
	Change	−0.67±1.44	−1.22±1.73	−1.61±1.38	−1.43±1.27
	p	<0.001	0.004	<0.001	<0.001
FBG (mg/dL)	Baseline	161.9±45.8	178.5±65.9	172.5±53.7	174.0±49.2
	Endpoint	106.9±27.3	99.5±16.4	105.0±24.6	109.1±29.7
	Change	−55.0±47.9	−79.0±67.0	−67.1±55.2	−64.9±48.5
	p	<0.001	<0.001	<0.001	<0.001
FBG (mmol/L)	Baseline	9.0±2.5	9.9±3.7	9.6±3.0	9.7±2.7
	Endpoint	5.9±1.5	5.5±0.9	5.8±1.4	6.1±1.6
	Change	−3.1±2.7	−4.4±3.7	−3.7±3.1	−3.6±2.7
	p	<0.001	<0.001	<0.001	<0.001
Body weight	Baseline	81.4±15.5	80.2±12.6	78.5±15.0	82.9±16.5

(kg)	Endpoint	81.7±15.7	81.5±14.1	80.1±14.8	84.2±16.6
	Change	+0.3±3.1	+1.4±3.1	+1.6±3.1	+1.5±3.6
	p	0.076	0.059	<0.001	<0.001

Data are mean ± standard deviation unless otherwise stated; OAD=oral antidiabetic agent; OD=once daily; BD=twice daily; >BD=more than twice daily; FBG=fasting blood glucose

FIGURE LEGENDS

Figure 1

Figure 1A: Baseline to endpoint decrease in HbA_{1c} levels for patients who had previously received premixed insulin ± OADs before transferring to a regimen including once-daily insulin glargine. *p<0.001 and †p=0.004 for baseline to endpoint change; Glargine=insulin glargine; OAD=oral antidiabetic agent; OD=once daily; BD=twice daily; >BD=more than twice daily.

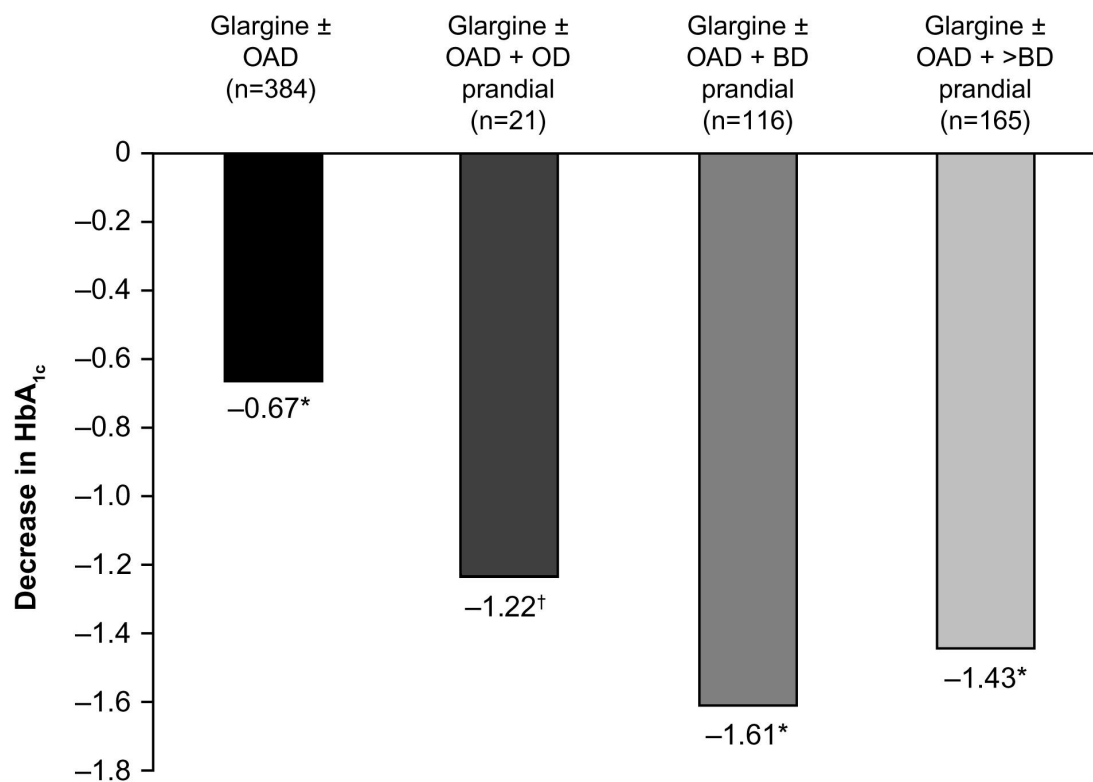
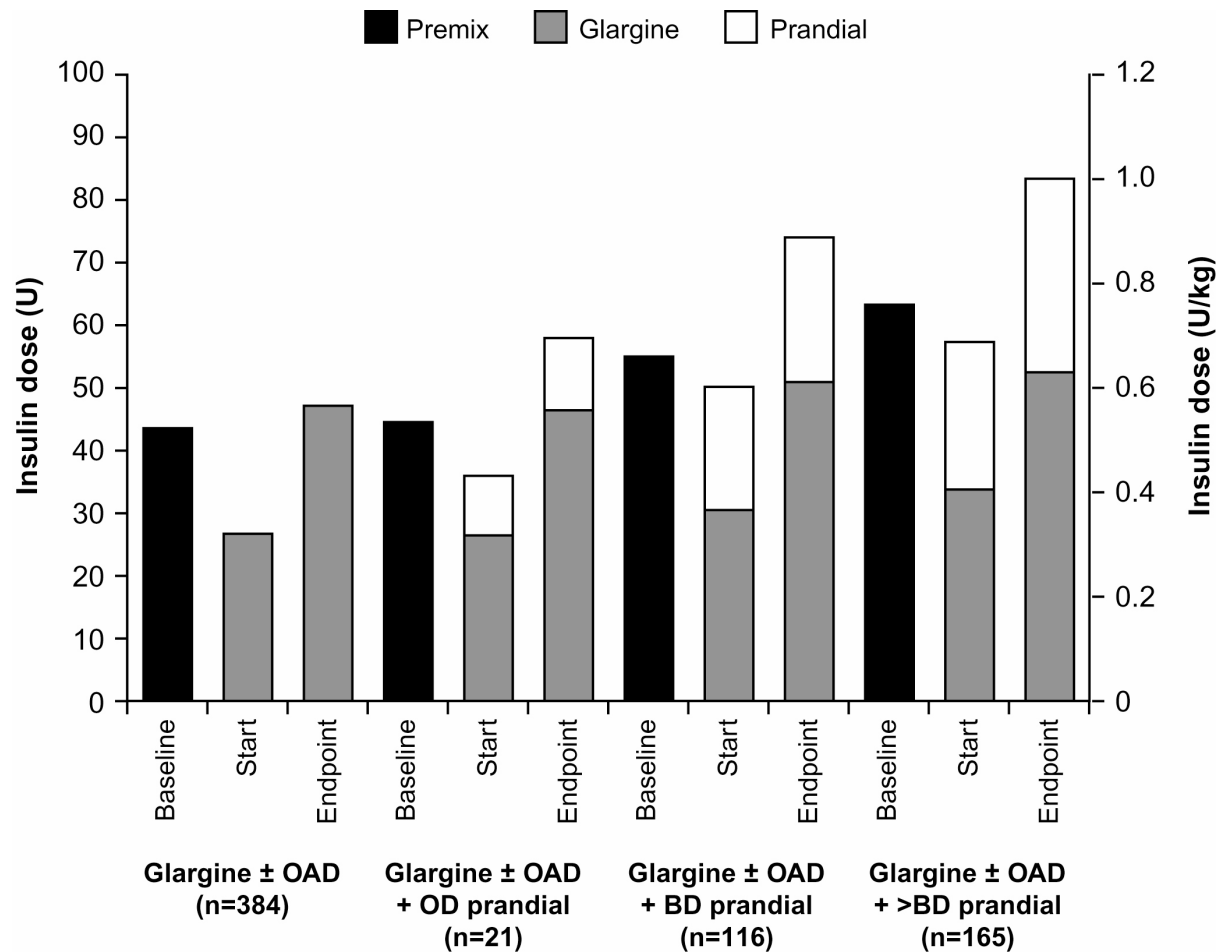


Figure 1B: Premixed insulin dose at baseline and insulin glargine and prandial insulin dose at endpoint. Glargine=insulin glargine; OAD=oral antidiabetic agent; OD=once daily; BD=twice daily; >BD=more than twice daily.



ONLINE APPENDIX

List of investigators by country

Algeria: Nassima Ait Chaffa, Arbouche, Aribi, Ayad, Bachaoui, Mohamed Belhadj, Fafa Bouabdallah, Aissa Boudiba, Bouyoucef, Hafida Cherif, Rabea Chouaki, Slimane Khalfa, Safia Mimouni-Zerguini, Fouzia Sekkal, Tassat, Sihem Tegguiche. **Argentina:** Maria Cristina Bazan, Elias Bulesevich, Alberto Burruchaga, Monica Campero, Lucio Cicchitti, Victor Commendatore, Juan Corvalan, Jose Costa Gil, Monica Damiano, Luis De Loreda, Marcelo Franchino, Gustavo Gasse, Maria Cristina Grossman, Sonia Hermida, Elias Hofman, Silvia Lapertosa, Ruben Lutfi, Alejandro Misiunas, Roque Niklison, Alberto Rodriguez Triffiletti, Estela Rovira, Marcelo Slimel, Pedro Tesone, Omar Yacante. **Australia:** Kerry Bowen, John Carter, Roger Chen, Wah Cheung, Michael D Emden, Timothy Davis, Peter Davoren, T. Diamond, Jeff Flack, Greg Fulcher, R. Gilbert, David Irvine, Beggs Jenny, George Jerums, Warren Kidson, Andrew Lang, Andrew Lowy, Jaye Martin, Alison Nankervis, Nikolai Petrovsky, Pat Phillips, John Prins, Anthony Roberts, Richard Simpson, Ray Slobodniuk, Kim Stanton, Yong Mong Tan. **Austria:** Elisabeth Braendle, Michael Guschlbauer, Sybille Guschlbauer-Heilig, Martin Haid, Anton Hartweger, Richard Klinger, Martin Lischnig, Anita Luiskandl, Rudolf Prager, Susanne Pusarnig, Franz Rainer, Erich Schaflinger, Sonja Schwarz, Carola Stehli, Franz Stradner, Mario Untersalmberger, Tatjana Wiesinger. **Belgium:** Paul Arnouts, Annemieke Beirinckx, Andre Bodson, Marie-Sylvie Bouquegneau, Vincent Col, Jean-Luc Coolens, Francis Coucke, Luc Derdelinckx, Etienne Duvivier, Isabelle Geronooz, Christiane Herbaut, Gerard Hubermont, Bart Keymeulen, Yves Kockaerts, Georges Krzentowski, Gerard Lamberigts, Andre Leblanc, Claire Litvine, Dr Malherbe, Christian Malherbe, Frank Nobels, Isabelle Paris, Christina Pelckmans, Hubert Penninckx, Claire Rémy, Denis Scarniere, Cecile Soyeze, Paul Taelman, Jozef Tits, Kristien Van Acker, Eric Van Aken, Sylva Van Imschoot, Dirk Van Nimmen, Etienne Vanfleteren, Roger Wirion. **Brazil:** Antonio Chacra, Thomas Cruz, Lucas José De Campos Machado, Jose Egidio De Oliveira, Marco Antonio Dias, Freddy Eliaschewitz, Vivian Ellinger, Reine Fonseca, Adriana Forti, Fadlo Fraige Filho, Laercio Franco, Marilia Gomes, Miguel Hissa, Wilson Jacob Filho, Antonio Carlos Lerario, Geisa Maria Macedo, Osmar Monte, Edgar Niclewicz, Edgar Niclewicz, Hermelinda Pedrosa, Nelson Rassi, Giuseppe Repetto, Jose Augusto Sgarbi, Marcos Antonio Tambascia, Balduino Tschiedel, Rosa Vargas, Leao Zagury, Leao Zagury, Maria Tereza Zanella. **Bulgaria:** Vladimir Christov, Ivona Daskalova, Petia Karatodorova, Dragomir Koev, Lidiya Koeva, Angel Marinchev, Milena Petrova, Nataliya Temelkova. **Cameroon:** Felix Assah, Jean-Claude Mbanya. **Columbia:** Santamaria Adriana, Valenzuela Alex, Joaquin Armenta, Argemiro Fragozo, Ana Gomez, William Kattah, Adriana Lema, Dilcia Lujan, Arbelaez Patricia, Laura Reyes, Laura Reyes, Maria Uruena. **Costa Rica:** Baudilio Mora, Luis C Ramirez. **Croatia:** Izet Aganovic. **Czech Republic:** Jana Belobradkova, Jan Broz, Lenka Dohnalova, Daniela Kallmunzerova, Alena Klimovicova, Zdenka Krejsova, Karel Kren, Milan Kvapil, Terezie Pelikanova, Jindriska Perusicova, Zdenek Rusavy, Olga Skarpova, Alena Smahelova, Viera Zackova, Emil Zahumensky. **Ecuador:** Marina Moreno, Miguel Pasquel, Angel Salazar, Marino Tagle. **Egypt:** Ali Abbassy, Khalifa Abdallah, Maged Abdel Aal, Mohamed Abdel Aziz, Sameh Abdel Shakour, Megahid Abou El Maged, Fahmy Amara, Samir Asaad, Mohamed El Bahrawi, Hisham El Gyar, Ibrahim El Ibrashy, Nabil El Kafrawi, Hussein Eloraby, Isis Ghali, Yehia Ghanem, Sherif Hafez, Ragey Henry, Salah Ibrahim, Mohamed Kamer, Moughazy Mahgoub, Samir Naem, Raefat Rashwan, Ragheb Refaey, Hassan Rizk, Mona Salem, Hosni Shahin, Salah Shalbaya, Mohamed Sheta, Mabaheg Souka, Assem Zeyada. **Estonia:** Anu Ambos, Aili Janson, Jaanus Kerge, Ebe Rooks, Pille Rudenko, Hiie Tupits, Liina Viitas. **French Polynesia:** Jean Louis Boissin, Sandrine Laboureaux-Soares, Frederique Rachedi. **French West Indies:** Sonia Benabdallah, Jean-Paul Donnet, Pauline Kangambega, Yolaine Longchamps, Catherine Messerschmitt, Socrate Phirai, Miguelle Rosette-Narece, Gerard Sorel, Michele Vado-Prudent. **Greece:** Eleni Anastasiou, Christos Bartsocas, Marian Benroubi, Eleftheria Giannoulaki, Ioannis Ioannidis, Dimitrios Karamitsos, Nikolaos

Katsilambros, Andreas Melidonis, Ilias Migdalis, Emmanouil Pagkalos, Stavros Pappas, Costas Phenekos, Sotirios Raptis, George Skaragas, Nicolas Thalassinis, Dimitris Tsakataras, Agathocles Tsatsoulis, Christos Zoupas. **Guatemala:** Ronaldo Gonzalez, Luis A Ramirez, Maya V Serrano, Juan Siekavizza. **Hong Kong:** Karen Lam, Ip Tim Lau, Ka Fai Lee, Jenny Leung, Kwok Wing Lo, Shing Chung Siu, Man Wo Tsang. **Hungary:** Erzsebet Domotor, Jozsef Fovenyi, Mihaly Gurzo, Andras Gyimesi, Miklos Kaplar, Laszlo Kautzky, Gyula Neuwirth, Tamas Oroszlan, Pal Panczel, Csaba Ruzsa, Aniko Somogyi, Hidvegi Tibor, Laszlo Ujszaszy, Gyozo Vandrofi, Tamas Varkonyi. **India:** Moses Anand, Mala Dharmalingam, Shashank Joshi, H Nagamani, Jayasimha Reddy, Bipin Sethi, S Subhasree, Sundaram Sundaram. **Indonesia:** Sidartawan Soegondo, Askandar Tjokroprawiro. **Ireland:** John Barton, Brendan Buckley, Brendan Kinsley, Fionnuala Lavin, Joseph Mckenna, Brendan McMahon, Patrick Murphy, John Nolan, Tim O'Brien, Seamus Sreenan, Peter Weineke. **Israel:** Zaina Adnan, Hanoch Bar-On, Maya Berla, Simona Braginski, Andreas Buchs, Ohad Cohen, Yosi Cohen, Deeb Daoud, Ilana Harman, Avraham Tommy Herskovits, Yaroslav Itskovich, Yoram Kanter, Avraham Karasik, Eddy Karnieli, Kish, Hila Knobler, Michael Koffler, Dinorah Krysztal Jonio, Agnesa Lucomsky, Alexander Lustig, Revital Nimri, Feige Nirevich, Clara Noemi Norymberg Alfici, Hussein Osamah, Moshe Phillip, Rita Rachmany, Micha Rapoport, Mordchai Ravid, Itamar Raz, Marina Remesnik, Yael Shahor, Naim Shehadeh, Tatiana Shuster, Joelle Attal Singer, Ervin Stern, Gloria Tsvetov, Julio Wainstein, Yair Yerushalmi, Tayba Zornitski. **Ivory Coast:** Lokrou Adrien. **Korea:** Chulwoo Ahn, Junhyeop An, Inkyoung Choi, Mijung Eun, Moonsook Jo, Sun-Woo Kim, Eungjin Kim, Hye Soon Kim, Yong-Ki Kim, Inju Kim, Kyung-Rae Kim, Dolmi Kim, Duk-Hee Kim, Kyungsoo Ko, Oknyu Kong, Wonyoung Lee, In-Kyu Lee, Hyoung-Woo Lee, Sihyung Lee, Kyung-Wan Min, Hong-Sun Paik, Taesun Park, Jihyun Park, Byoungdoo Rhee, Choongho Shin, Seokman Son, Kyuchang Won, Sei-Won Yang, Soojee Yoon. **Kuwait:** Nabila Abdella, Monira Al-Arouj, Abdullah Ben Nakhi, Soliman El Gebely, Hisham El Mohanedy. **Latvia:** Baiba Ansmite, Aivars Galvins, Ilze Konrade, Inta Leitane, Aivars Lejnicks, Mara Marga, Valdis Pirags, Ingvars Rasa, Rota Ritenberga, Sandra Steina, Ieva Strele. **Lebanon:** Mario Aoun, Antoine Arkieh, Chawki Atallah, Paola Atallah, Sami Azar, Alexandre Cheaib, Georges Halaby, Kamal Hirbli, Selim Jambart, Elie Karamah, Rita Medlej, Pierre Najm, Charles Saab, Munzer Saleh, Ibrahim Salti, Richard Yazbeck. **Lithuania:** Sigita Gailiuniene, Saulius Grigonis, Nijole Jurgevicene, Rima Jurguteyte, Rasa Juskiene, Jurate Lasiene, Antanas Navickas, Antanas Norkus, Jurgis Algirdas Pliuskys, Rita Sulcaite, Marijona Sulskiene, Bronislava Urbonaite, Rasa Ziukaite. **Malaysia:** Siew Pheng Chan, Soon Heng Chew, Rokiah Pendek, Ikram Shah, Shireene Ratna Vethakkan. **Mexico:** Sara Arellano, Margarita Barrientos, Cesar Calvo, Rutila Castaneda, Maria Comellas, Leonides Cortinas, Natalia Delagarza, Carlos Dominguez, Miguel Escalante, Antonio Escalante, Salvador Escorcia, Hector Garcia, Christelle Genestier, Francisco Gomez, David Gonzalez, Alicia Ibarra, Jaime Illescas, Marisela Jimenez, Fernando Lavallo-Gonzalez, Luis Mejia, Carlos Mendoza, Ignacio Mendoza, Tereza Munoz, Victoria Padilla, Ignacio Pineda, Carmen Ramos, Hector Tamez, Lubia Velazquez, Maricela Vidrio, Margarita Zamora, Sergio Zuñiga. **Morocco:** Kadiri Abdelkrim, Sanaa Al Abadane, Badr-Eddine Aquedim, Pr Jamal Belkhadir, Jamal-Dine Bensouda, Joelle Cariou Belqadi, Khadija Cherkaoui, Abdelmjid Chraibi, Hassan El Ghomari, Fatima Marouan, Abdelhaq Mikou, Malika Naciri, Amina Nadir, Zineb Slaoui. **Netherlands:** M.G.A. Baggen, J.A.M. Beentjes, R. Bianchi, A. Binnerts, Eddy Blaauwweikel, Bob Borger Van Der Burg, J.G.S. Breed, Catherine Brouwer, Paul Cromme, Eelco De Koning, A. Dolman, E. Simons, Jan Willem Elte, Jack Heijster, Klaas Hoogenberg, Roel P.L.M. Hoogma, Frank Huvers, Paul H.Th. Koch, Paul Leurs, Anko Lie, Th.L.J.M. Loos Van Der, W. Numan, Bert Jan Potter Van Loon, Stephen Riemens, Peter Rosekrans, August Schlosser, Cor Schop, J.M. Sepers, G.E.M.G. Storms, John Van Bork, Jan Van Der Werf, A. Veerman, Peter Viergever, Jeroen Vincent, P. Wessels, A. Wester, A.M.H. Wetzels, Erik Wins. **New Caledonia:** Pierre-Marie Bescond, Isabelle Descamps. **Pakistan:** M.A Ebrahim, Zahid Yaseen Hashmie, Shahid Mahmood, Najib Ul-Haq, Jamal Zafar. **Paraguay:** Gilda Benitez, Jorge Tadeo Jimenez, Mafalda Palacios. **Peru:** Hugo Arbañil, Maritza Goya, Miluska Huachin, Rosa Pando, Jaime Villena. **Philippines:** Joselynna Anel-Quimpo, Cynthia

Chua-Ho, Thelma Crisostomo, Richard Elwyn Fernando, Ruby Go, Honolina Gomez, Frances Lina Lantion-Ang, Frances Lina Lantion-Ang, Mary Anne Lim-Abrahan, Mary Anne Lim-Abrahan, Araceli Panelo, Elizabeth Paz-Pacheco, May Sison, Rosa Allyn Sy. **Poland:** Malgorzata Bernas, Anna Czech, Leszek Czupryniak, Wladyslaw Grzeszczak, Janusz Gumprecht, Danuta Jakubczyk, Krystyna Jedynasty, Waldemar Karnafel, Teresa Kasperska-Czyżyk, Ida Kinalska, Marek Kowrach, Elzbieta Kozek, Janusz Krzymien, Elzbieta Kunikowska-Orlowska, Roman Laz, Jerzy Loba, Monika Lukaszewicz, Anna Majchrzak, Lilianna Majkowska, Krystyna Matuszewska, Piotr Moleda, Dorota Pisarczyk-Wiza, Grzegorz Rosinski, Jan Ruxer, Malgorzata Saryusz-Wolska, Ewa Semetkowska-Jurkiewicz, Jacek Sieradzki, Adam Stefanski, Zofia Szczeklik-Kumala, Malgorzata Szelachowska, Jolanta Topolska, Jacek Walewski, Krzysztof Wanic, Bogna Wierusz-Wysocka, Bogumil Wolnik, Marcin Zychma. **Portugal:** Claudia Amaral, Manuel Boavida, Sérgio Borges, José Bragança Pereira, Jorge Caldeira, Manuela Carvaleiro, Rui Cesar, Alvaro Coelho, Ricardo Conceição, Luisa Cortesao, Luísa Cortez, Davide De Carvalho, Rui Duarte, Joao Duarte, Ana Figueiredo, Paula Freitas, Luís Gardete, Cástor Gil, Laura Guerra, Olinda Marques, Teresa Martins, Luis Medina, Maria Isabel Meneses, Celestino Neves, Joao Nunes Correa, Simoes Pereira, Cristina Ribeiro, Arnaldo Sá, Luisa Sagreira, Sílvia Saraiva, Amílcar Silva, Francisco Silvestre Abreu, Ana Varela, Carlos Vasconcelos, Joana Vilaverde, Cristina Xavier. **Romania:** Cornella Bala, Gina Botnariu, Anca Cerghizan, Livia Duma, Mariana Graur, Cristian Guja, Nicole Hancu, Constantine Ionescu, Maria Mota, Camelia Panus, Gabriela Roman, Mihaela Rosu, Octavian Savu, Viorel Serban, Alexandra Sima, Ioan Verslu, Adrian Viad, Mihaela Voltec. **Russia:** Zalevskaya Alsy, Alexandr Ametov, Mikhail Balabolkin, Galina Melnichenko, Maria Pavlova, Marina Shestakova, Natalia Vorokhobina. **Saudi Arabia:** Abdulaziz Al Twaim, Ameera Al-Dossary, Abdulmohsen Al-Elq, Khalid Al-Rubeaan, Shasqt Bashir. **Senegal:** Said Norou Diop. **Singapore:** Florence Tan, Ah Chuan Thai. **Slovakia:** Silvia Dokusora, Helena Imreova, Boris Krahulec, Emil Martinka, Lujza Strbova, Vladimir Uliciansky. **Slovenia:** Tadej Battelino, Nusa Cede, Miro Cokolic, Mihael Koselj, Lucka Kostansek, Marko Medvescek, Franc Mrevlje, Maja Ravnikoblak, Jurij Subic, Marjeta Tomazic, Vilma Urbancic, Natasa Ursic Bratina, Gregor Veninsek, Matjaz Vrtovec, Matej Zavrâjnik, Andrej Zavratnik. **South Africa:** F Bonnici, EL Brauns, Larry Distiller, Utham Govind, F Haffeejee, B Joffe, J Kalk, Betsie Kloppers, E Kok, B Kramer, Deepak Lakha, C Mendes, Louis Minders, PA Moodley, Ray Moore, Sean Murray, Mohamed Omar, Areti Philotheou, E Polakow, A Postma, Neville Wellington. **Spain:** Miguel Alberro, Isabel Alonso, Cesar Alonso, Carlos Alsina, Leticia Arman Alvarez-Buylla, Ricardo Astorga, Antonio Becerra Fernandez, Juan Jose Beitia Martin, Diego Bellido, Pedro Benito, Benito Blanco, Evangelina Boix Carreño, Marta Botella, Carlos Brotons, Jose Bueno, Jose Cabezas, Alberto Calderon, Alfonso Calle, Juan Francisco Cano, Maria Jose Carrera, Felipe Casanueva, Lluís Comino Sillero, Luis A. Cuellar, Luis De Teresa, Javier Diez, Jose Ramon Dominguez Escribano, Santiago Duran, Ramon Elorza, Fernando Escobar, Xavier Farrás, Eduardo Faure, Africa Garcia, Jorge Garcia, Andres Garcia Centenera, Francisco J. Garcia Soidan, Olga Gimenez Palop, Ramon Gomis, Stella Gonzalez, Angeles Gonzalo, Jose Luis Grieria, Eduardo Guerrero, Federico Hawkins, Josep Maria Hernandez, Antonio Hernandez Mijares, Jose Luis Herrera Pombo, Natalia Hillman, Albert Ledesma, Jose Andres Maldonado, Pilar Manzano, Juan Pedro Marañes Pallardo, Angel Luis Marco Mur, Victor Martin, Didac Mauricio Puente, Luis Miguel Miranda, Maria J. Morales, Susana Moreno, Xavier Mundet, Javier Novoa, Albert Palaudaries, Felipe Pallardo, Francisca Payeras Mas, Joaquin Pelleja, Antonio Pico Alfoso, Francisco Piñon Selles, Francisco Jose Pomares Gomez, Jaume Puig, Antuna De Alaiz Ramiro, M Jose Roche Asensio, Enrique Ruiz, Pilar Saavedra, Jose Saban, Javier Salvador, Javier Sangros, Manuel Serrano Rios, Marta Serrarols, Juan Soler Ramon, Manel Terns, Luis Fernando Vences Benito, Ovidio Vidal. **Switzerland:** Frank Achermann, Martin Baebler, Barbara Felix, Jean-Jacques Grimm, Ulrich Keller, Francois Kuntschen, Elisabeth Nuetzi, Bettina Peter, Jacques Philippe, Andreas Rohrer, Karl Scheidegger, Claude Schoenenweid. **Taiwan:** Chwen-Tzuei Chang, Szu-Tah Chen, Bai-Hsiun Chen, Chi-Yuan Cheng, Jeng-Bin Chiou, Chien-Wen Chou, Lee-Ming Chuang, Shinn-Tzong Gong, Low-Tone Ho, Chang-Hsun Hsieh, Chung -Yen Huang, Shi-

Wen Kuo, Ching-Fai Kwok, Shih-Ming Lai, Ching-Hsiang Leung, Jen-Der Lin, Ching-Ling Lin, Kwo-Chuan Lin, Yung Chuan Lu, Horng-Yih Ou, Dee Pei, Kuang-Chung Shih, San-Ging Shu, Jui-Hung Sun, Dong-Hwa Tsai, Shih-Te Tu, Chao-Hung Wang, Pei-Wen Wang, Hsiao-Fen Weng, Huey-Peir Wu, Ta-Jen Wu, Chwen-Yi Yang. **Thailand:** Sunitaya Chandraprasert, Chaicharn Deerochanawong, Nopawan Kittivat, Natapong Kosachunhanun, Ampica Mangklabruks, Saroj Nimkarn, Wannee Nitayanant, Nawaporn Numbenjapon, Pairunyar Sawathiparnich, Sutin Sriussadaporn. **Trinidad And Tobago:** Surujpaul Teelucksingh. **Tunisia:** Mohamed Abid, Nejib Ben Abdallah, Fathi Ben Khalifa, Silvia Mahjoub, Lilia Rokbani, Hedia Slimen. **Turkey:** Metin Arslan, Goksun Ayvaz, Neslihan Bascil Tutuncu, Nilgun Baskal, Mehtap Colak, Abdurrahman Comlekci, Taner Damci, Gurbuz Erdogan, Murat Erdogan, Faruk Ergonen, Canan Ersoy, Hasan Ilkova, Sazi Imamoglu, Ayhan Karakoc, Osman Koseoglu, Balci Mustafa Kemal, Zeynep Osar, Mine Ozduman Cin, Ramazan Sari, Ozay Tiryakioglu, Ercan Tuncel, Mehmet Tuzun, Gokhan Yazicioglu, Sena Yesil, İlhan Yetkin, Murat Yilmaz, Candeger Yilmaz. **Ukraine:** Maryna Baluk, Victor Belinsky, Petro Bodnar, Yuriy Brechko, Victoriya Chernikova, Maryna Chukmasova, Anatoly Degonsky, Yuriy Karachentsev, Liliya Knishevitskaya, Vadim Korpachev, Alla Kovalchuk, Nonna Kravtchun, Nataliya Kushnarova, Eugeny Martsinik, Galina Mikhaltchishin, Tatiyna Pertseva, Alla Peshko, Segey Tkach, Mikola Tronko, Margarita Ziablitseva. **United Arab Emirates:** Omniyat Al-Hajeri, Mahmoud Benbarka, Ghaida Kaddaha, Ali Khalil. **United Kingdom:** Dr Abbott, Khalid Ahmed, Thomas Akintewe, Moyra Anderson, W.J. Andrews, Tim Anglin, Stephen Atkin, Arun Bakshi, Howard Ball, Maria Barnard, Anthony Barnett, Richard Barnsley, Stephen Beer, Mark Blagden, Trevor Blair, Roger Blandford, Shirine Boardman, Dr C Bodmer, Les Borthwick, Dr Borthwick, Paul Bowron, Tina Burdett, John Burke, Albert Burton, James Butler, Dr. M. Butler, Ian Caldwell, Gordon Caldwell, John Cecil, Patrick Chong, Dr John Clark, Andrew Collier, John Cran, Adrian Darrah, Sean Dinneen, Mike Duckworth, Sion Edwards, Richard Edwards, Adam Ellery, Richard Evans, Barrie Fisher, Norman John Fletcher, Paul Fletcher, Charles Fox, Richard Frankel, Ian Gallen, Wendy Gatling, Dr Emad George, Martin Gibson, Stephen Gibbey, A Gossage, Rob Gregory, Kathryn M Hall, Dr Hall, James Hampton, Helen Hards, Simon Heller, David Hepburn, Kitty Holmes, David Hopkins, Sharaf Ibrahim, Alan Jaap, Neil Jackson, David Jarvis, Manjit Jaspal, Sujeet Jha, Andrew Johnson, John Jones, Nick Jones, Dr. G. Jones, Frank Joseph, Stonny Joseph, Edward Jude, Emran Kahn, David Kerr, Colin Kesson, Stephen Kidman, Krishna Korlipara, Abdul Lakhdar, David Large, Ted Leverton, Jennifer Litchfield, Jean Macleod, Dr G Mcansh, Douglas Mckeith, John Mcknight, Serife Mehmet, Cummings Michael, Diane Morgan, Andrew Morris, Iqbal Nagpal, Robert Nam, Khash Nikookam, Maurice O Kane, Paul Ohare, Brenden Omalley, Ian Orpen, David Owens, Mike Page, Arashia Panahloo, Graham Parker, Stephen Parr Burman, Jonathan Pinkney, Tony Piper, David Price, Gerrard Rayman, Douglas A Robertson, Tony Robinson, Dr Jonathan Roland, Steve Rowlands, John Ryan, M Sampson, Andrew Sanderson, John Scarpello, Ian Scobie, Dr. Scott, Barry Silvert, Jeremy Simmons, H. Simpson, Robert Simpson, P. Singhal, M. Small, Christopher Speirs, Keith Steer, Christopher Strang, Jonathon Thow, John Tilley, Hilary Tindall, Nick Vaughan, Mark Vella, Jolanta Weaver, John Wheal, Trevor Wheatley, Helen White, Philip Wiles, Meurig Williams, Michael Wright, Nell Wyatt, Alexander Young. **Uruguay:** Cristina Belzarena, Rosario Bueno, Ana Maria Jorge, Maria Del Pilar Serra. **Venezuala:** Luis Chacin, Samuel Chocron, Mariela Paoli, Humberto Valbuena. **Yugoslavia:** Nebojsa Lalic, Katarina Lalic, Dragan Micić