



Who is the mystery patient?

UNDER THE MASK

Mr. Arcand

Independent patient, aged 80 or older, with multiple comorbidities



Sex and age	Male, 84 years old	
T2D	T2D for 22 years	
Relevant history	<ul style="list-style-type: none"> Hypertension Coronary artery bypass surgery 20 years ago Atrial fibrillation Non-smoker 	
Recent exams	BP	110/72 mmHg
	BMI	24 kg/m ²
	A1C	7.5%
	eGFR	55 mL/min/1.73 m ²
	uACR	5 mg/mmol

Medications

Metformin 1000 mg BID
 Gliclazide 30 mg DIE
 Glargine U-100 at 48 units HS
 Quinapril 20 mg DIE
 Amlodipine 10 mg DIE
 Bisoprolol 2.5 mg DIE
 HCTZ 12.5 mg DIE
 Apixaban 5 mg BID
 Atorvastatin 40 mg DIE

Other relevant information

Independent, but ability to self-manage is deteriorating

- With obesity
- With CVD and controlled A1C
- Experiencing fatigue and shortness of breath on exertion
- With chronic kidney disease (eGFR < 45)
- With heart failure
- With CV risk factors and A1C > target values
- Independent patient aged 80 or older, with multiple comorbidities
- Newly diagnosed with T2D

Questions	Key Learnings
1. In an independent elderly patient, aged 80 or older, with multiple concurrent conditions, what is your typical target A1C level?	<ul style="list-style-type: none"> Diabetes Canada recommendations for older people with diabetes
2. What change would you recommend to the patient's antihyperglycemic regimen?	<ul style="list-style-type: none"> Consider the risk of hypoglycemia when choosing antidiabetic drugs and their doses. Avoid concomitant use of sulfonylurea and insulin. Choose a DPP-4i or an SGLT2i and/or a GLP-1 RA over a sulfonylurea.
3. Consider the risk of hypoglycemia when choosing antidiabetic drugs and their doses?	<ul style="list-style-type: none"> Consider the risk of hypoglycemia when choosing antidiabetic drugs and their doses. For example: Consider the risk of hypoglycemia when choosing antidiabetic drugs and their doses.
4. Weigh up the risks of treatment with an SGLT2i and the benefits of this treatment on renal and cardiac parameters. Are there any cases where SGLT2i treatment should be discontinued? If so, when?	<ul style="list-style-type: none"> Considerations for the initiation of SGLT2i in the elderly