

Fracture Risk Increased With Thiazolidinediones

BY SHERRY BOSCHERT

EXPERT ANALYSIS FROM A MEETING ON
OSTEOPOROSIS

SAN FRANCISCO – Evidence continues to mount that thiazolidinediones decrease bone density and increase fracture risk in patients with diabetes, but so far there are no randomized studies to show that adding an antiresorptive drug would protect bone health in this setting, Dr.

Jonathan Graf said at the meeting, sponsored by the University of California, San Francisco.

Bisphosphonates, denosumab, and parathyroid hormone have not been tested in human studies to see if they could reduce fracture risk in patients with diabetes who are taking thiazolidinediones, but randomized studies in mice suggest significant bone benefits from adding a bisphosphonate, he said.

For now, however, recommendations call for avoiding thiazolidinediones in patients with diabetes who have a high risk of fracture. A patient's risk should be assessed by using the online FRAX tool and assessing the history for other risk factors for fracture that are not covered by FRAX, said Dr. Graf, a rheumatologist at San Francisco General Hospital.

If you do decide to use a thiazolidinedione to treat diabetes in someone at high

risk for fracture, the detrimental effects on bone might be mitigated by using a lower dose. At least two thiazolidinediones – rosiglitazone and pioglitazone – are available in lower-dose formulations in combination with metformin, and the combinations provide the same level of diabetes control as higher-dose glitazone monotherapy, he said.

Preliminary data also suggest that combining lower doses of thiazolidine-

Humalog®

(insulin lispro injection [rDNA origin])

Brief Summary: Consult the package insert for complete prescribing information.

INDICATIONS AND USAGE

HUMALOG is an insulin analog indicated to improve glycemic control in adults and children with diabetes mellitus.

CONTRAINDICATIONS

HUMALOG is contraindicated:

- during episodes of hypoglycemia
- in patients who are hypersensitive to HUMALOG or to any of its excipients.

WARNINGS AND PRECAUTIONS

Dose Adjustment and Monitoring—Glucose monitoring is essential for patients receiving insulin therapy. Changes to an insulin regimen should be made cautiously and only under medical supervision. Changes in insulin strength, manufacturer, type, or method of administration may result in the need for a change in insulin dose. Concomitant oral antidiabetic treatment may need to be adjusted.

As with all insulin preparations, the time course of action for HUMALOG may vary in different individuals or at different times in the same individual and is dependent on many conditions, including the site of injection, local blood supply, or local temperature. Patients who change their level of physical activity or meal plan may require adjustment of insulin dosages.

Hypoglycemia—Hypoglycemia is the most common adverse effect associated with insulins, including HUMALOG. The risk of hypoglycemia increases with tighter glycemic control. Patients must be educated to recognize and manage hypoglycemia. Hypoglycemia can happen suddenly and symptoms may be different for each person and may change from time to time. Severe hypoglycemia can cause seizures and may be life-threatening or cause death.

The timing of hypoglycemia usually reflects the time-action profile of the administered insulin formulations. Other factors such as changes in food intake (e.g., amount of food or timing of meals), injection site, exercise, and concomitant medications may also alter the risk of hypoglycemia [see *Drug Interactions*].

As with all insulins, use caution in patients with hypoglycemia unawareness and in patients who may be predisposed to hypoglycemia (e.g., the pediatric population and patients who fast or have erratic food intake). The patient's ability to concentrate and react may be impaired as a result of hypoglycemia. This may present a risk in situations where these abilities are especially important, such as driving or operating other machinery.

Rapid changes in serum glucose levels may induce symptoms similar to hypoglycemia in persons with diabetes, regardless of the glucose value. Early warning symptoms of hypoglycemia may be different or less pronounced under certain conditions, such as longstanding diabetes, diabetic nerve disease, use of medications such as beta-blockers [see *Drug Interactions*], or intensified diabetes control. These situations may result in severe hypoglycemia (and, possibly, loss of consciousness) prior to the patient's awareness of hypoglycemia.

Hypersensitivity and Allergic Reactions—Severe, life-threatening, generalized allergy, including anaphylaxis, can occur with insulin products, including HUMALOG [see *Adverse Reactions*].

Hypokalemia—All insulin products, including HUMALOG, cause a shift in potassium from the extracellular to intracellular space, possibly leading to hypokalemia. Untreated hypokalemia may cause respiratory paralysis, ventricular arrhythmia, and death. Use caution in patients who may be at risk for hypokalemia (e.g., patients using potassium-lowering medications, patients taking medications sensitive to serum potassium concentrations).

Renal or Hepatic Impairment—Frequent glucose monitoring and insulin dose reduction may be required in patients with renal or hepatic impairment.

Mixing of Insulins—HUMALOG for subcutaneous injection should not be mixed with insulin preparations other than NPH insulin. If HUMALOG is mixed with NPH insulin, HUMALOG should be drawn into the syringe first. Injection should occur immediately after mixing.

Do not mix HUMALOG with other insulins for use in an external subcutaneous infusion pump.

Subcutaneous Insulin Infusion Pumps—When used in an external insulin pump for subcutaneous infusion, HUMALOG should not be diluted or mixed with any other insulin. Change the HUMALOG in the reservoir at least every 7 days, change the infusion sets and the infusion set insertion site at least every 3 days. HUMALOG should not be exposed to temperatures greater than 98.6°F (37°C).

Malfunction of the insulin pump or infusion set or insulin degradation can rapidly lead to hyperglycemia and ketosis. Prompt identification and correction of the cause of hyperglycemia or ketosis is necessary. Interim subcutaneous injections with HUMALOG may be required. Patients using continuous subcutaneous insulin infusion pump therapy must be trained to administer insulin by injection and have alternate insulin therapy available in case of pump failure [see *Dosage and Administration and How Supplied/Storage and Handling*].

Drug Interactions—Some medications may alter insulin requirements and the risk for hypoglycemia or hyperglycemia [see *Drug Interactions*].

ADVERSE REACTIONS

The following adverse reactions are discussed elsewhere:

- Hypoglycemia [see *Warnings and Precautions*].
- Hypokalemia [see *Warnings and Precautions*].

Clinical Trial Experience—Because clinical trials are conducted under widely varying designs, the adverse reaction rates reported in one clinical trial may not be easily compared with those rates reported in another clinical trial, and may not reflect the rates actually observed in clinical practice.

The frequencies of Treatment-Emergent Adverse Events during HUMALOG clinical trials in patients with type 1 diabetes mellitus and type 2 diabetes mellitus are listed in the tables below.

Table 1: Treatment-Emergent Adverse Events in Patients with Type 1 Diabetes Mellitus (adverse events with frequency ≥5%)

Events, n (%)	Lispro (n=81)	Regular human insulin (n=86)	Total (n=167)
Flu syndrome	28 (34.6)	28 (32.6)	56 (33.5)
Pharyngitis	27 (33.3)	29 (33.7)	56 (33.5)
Rhinitis	20 (24.7)	25 (29.1)	45 (26.9)
Headache	24 (29.6)	19 (22.1)	43 (25.7)
Pain	16 (19.8)	14 (16.3)	30 (18.0)
Cough increased	14 (17.3)	15 (17.4)	29 (17.4)
Infection	11 (13.6)	18 (20.9)	29 (17.4)
Nausea	5 (6.2)	13 (15.1)	18 (10.8)
Accidental injury	7 (8.6)	10 (11.6)	17 (10.2)
Surgical procedure	5 (6.2)	12 (14.0)	17 (10.2)
Fever	5 (6.2)	10 (11.6)	15 (9.0)
Abdominal pain	6 (7.4)	7 (8.1)	13 (7.8)
Asthenia	6 (7.4)	7 (8.1)	13 (7.8)
Bronchitis	6 (7.4)	6 (7.0)	12 (7.2)
Diarrhea	7 (8.6)	5 (5.8)	12 (7.2)
Dysmenorrhea	5 (6.2)	6 (7.0)	11 (6.6)
Myalgia	6 (7.4)	5 (5.8)	11 (6.6)
Urinary tract infection	5 (6.2)	4 (4.7)	9 (5.4)

Table 2: Treatment-Emergent Adverse Events in Patients with Type 2 Diabetes Mellitus (adverse events with frequency ≥5%)

Events, n (%)	Lispro (n=714)	Regular human insulin (n=709)	Total (n=1423)
Headache	63 (11.6)	66 (9.3)	149 (10.5)
Pain	77 (10.8)	71 (10.0)	148 (10.4)
Infection	72 (10.1)	54 (7.6)	126 (8.9)
Pharyngitis	47 (6.6)	58 (8.2)	105 (7.4)
Rhinitis	58 (8.1)	47 (6.6)	105 (7.4)
Flu syndrome	44 (6.2)	58 (8.2)	102 (7.2)
Surgical procedure	53 (7.4)	48 (6.8)	101 (7.1)

Insulin initiation and intensification of glucose control

Intensification or rapid improvement in glucose control has been associated with a transitory, reversible ophthalmologic refraction disorder, worsening of diabetic retinopathy, and acute painful peripheral neuropathy. However, long-term glycemic control decreases the risk of diabetic retinopathy and neuropathy.

Lipodystrophy

Long-term use of insulin, including HUMALOG, can cause lipodystrophy at the site of repeated insulin injections or infusion. Lipodystrophy includes lipohypertrophy (thickening of adipose tissue) and lipoatrophy (thinning of adipose tissue), and may affect insulin absorption. Rotate insulin injection or infusion sites within the same region to reduce the risk of lipodystrophy [see *Dosage and Administration*].

Weight gain

Weight gain can occur with insulin therapy, including HUMALOG, and has been attributed to the anabolic effects of insulin and the decrease in glucosuria.

Peripheral Edema

Insulin, including HUMALOG, may cause sodium retention and edema, particularly if previously poor metabolic control is improved by intensified insulin therapy.

Adverse Reactions with Continuous Subcutaneous Insulin Infusion (CSII)

In a 12-week, randomized, crossover study in adult patients with type 1 diabetes (n=39), the rates of catheter occlusions and infusion site reactions were similar for HUMALOG and regular human insulin treated patients (see Table 3).

diones with an incretin drug may provide diabetes control while mitigating adverse effects on bone, he added.

In a prospective cohort study of 84,339 men and women with diabetes, the risk of fracture was 28% higher in patients on thiazolidinediones than in patients taking sulfonylureas, and the risk increased with cumulative exposure to thiazolidinediones. In men, pioglitazone increased fracture risk but rosiglitazone did not (Arch. Intern. Med. 2009;169:1395-402).

A separate cohort study of 20,964 Medicare beneficiaries over age 65 with

diabetes found a statistical trend toward higher risk of peripheral fractures in



The detrimental effects on bone in diabetic patients might be mitigated by using a thiazolidinedione at a lower dose.

DR. GRAF

men and women on thiazolidinedione monotherapy compared with treatment

with sulfonylureas or metformin (J. Clin. Endocrinol. Metab. 2009;94:2792-8).

Previous trials have suggested that the fracture risk is higher in women than in men. A meta-analysis of 10 trials and 2 observational studies containing a total of 45,484 patients with diabetes reported a doubling of fracture risk in women but not in men on thiazolidinediones, compared with controls (Can. Med. Assoc. J. 2009;180:32-9).

Thiazolidinedione therapy and the duration of therapy in older patients were associated with significant increases in non-vertebral fractures, including more than a

fourfold increased risk of hip or femur fracture, an observational study found (Arch. Intern. Med. 2008;168:820-5).

Compared with that for other diabetes treatments, the 4-year fracture rate in patients on rosiglitazone doubled in both pre- and postmenopausal women but not in men in A Diabetes Outcome Progression Trial (ADOPT), a randomized, double-blind study of about 3,600 patients. The fracture rate was 15% on rosiglitazone, 8% on glyburide, and 7% on metformin (Diab. Care 2008;31:845-51).

Dr. Graf said he has no relevant financial disclosures. ■

Table 3: Catheter Occlusions and Infusion Site Reactions

	HUMALOG (n=38)	Regular human insulin (n=39)
Catheter occlusions/month	0.09	0.10
Infusion site reactions	2.6% (1/38)	2.6% (1/39)

In a randomized, 16-week, open-label, parallel design study of children and adolescents with type 1 diabetes, adverse event reports related to infusion-site reactions were similar for insulin lispro and insulin aspart (21% of 100 patients versus 17% of 198 patients, respectively). In both groups, the most frequently reported infusion site adverse events were infusion site erythema and infusion site reaction.

Allergic Reactions

Local Allergy—As with any insulin therapy, patients taking HUMALOG may experience redness, swelling, or itching at the site of the injection. These minor reactions usually resolve in a few days to a few weeks, but in some occasions, may require discontinuation of HUMALOG. In some instances, these reactions may be related to factors other than insulin, such as irritants in a skin cleansing agent or poor injection technique.

Systemic Allergy—Severe, life-threatening, generalized allergy, including anaphylaxis, may occur with any insulin, including HUMALOG. Generalized allergy to insulin may cause whole body rash (including pruritus), dyspnea, wheezing, hypotension, tachycardia, or diaphoresis.

In controlled clinical trials, pruritus (with or without rash) was seen in 17 patients receiving regular human insulin (n=2969) and 30 patients receiving HUMALOG (n=2944).

Localized reactions and generalized myalgias have been reported with injected metacresol, which is an excipient in HUMALOG [see Contraindications].

Antibody Production

In large clinical trials with patients with type 1 (n=509) and type 2 (n=262) diabetes mellitus, anti-insulin antibody (insulin lispro-specific antibodies, insulin-specific antibodies, cross-reactive antibodies) formation was evaluated in patients receiving both regular human insulin and HUMALOG (including patients previously treated with human insulin and naive patients). As expected, the largest increase in the antibody levels occurred in patients new to insulin therapy. The antibody levels peaked by 12 months and declined over the remaining years of the study. These antibodies do not appear to cause deterioration in glycemic control or necessitate an increase in insulin dose. There was no statistically significant relationship between the change in the total daily insulin dose and the change in percent antibody binding for any of the antibody types.

Postmarketing Experience—The following additional adverse reactions have been identified during post-approval use of HUMALOG. Because these reactions are reported voluntarily from a population of uncertain size, it is not always possible to reliably estimate their frequency or establish a causal relationship to drug exposure.

Medication errors in which other insulins have been accidentally substituted for HUMALOG have been identified during postapproval use.

DRUG INTERACTIONS

A number of drugs affect glucose metabolism and may require insulin dose adjustment and particularly close monitoring. Following are some of the examples:

- **Drugs That May Increase the Blood-Glucose-Lowering Effect of HUMALOG and Susceptibility to Hypoglycemia:** Oral antidiabetic agents, salicylates, sulfonamide antibiotics, monoamine oxidase inhibitors, fluoxetine, pramlintide, disopyramide, fibrates, propoxyphene, pentoxifylline, ACE inhibitors, angiotensin II receptor blocking agents, and somatostatin analogs (e.g., octreotide).
- **Drugs That May Reduce the Blood-Glucose-Lowering Effect of HUMALOG:** corticosteroids, isoniazid, niacin, estrogens, oral contraceptives, phenothiazines, danazol, diuretics, sympathomimetic agents (e.g., epinephrine, albuterol, terbutaline), somatropin, atypical antipsychotics, glucagon, protease inhibitors, and thyroid hormones.
- **Drugs That May Increase or Reduce the Blood-Glucose-Lowering Effect of HUMALOG:** beta-blockers, clonidine, lithium salts, and alcohol. Pentamidine may cause hypoglycemia, which may sometimes be followed by hyperglycemia.
- **Drugs That May Reduce the Signs of Hypoglycemia:** beta-blockers, clonidine, guanethidine, and reserpine.

USE IN SPECIFIC POPULATIONS

Pregnancy—Pregnancy Category B. All pregnancies have a background risk of birth defects, loss, or other adverse outcome regardless of drug exposure. This background risk is increased in pregnancies complicated by hyperglycemia and may be decreased with good metabolic control. It is essential for patients with diabetes or history of gestational diabetes to maintain good metabolic control before conception and throughout pregnancy. In patients with diabetes or gestational diabetes insulin requirements may decrease during the first trimester, generally increase during the second and third trimesters, and rapidly decline after delivery. Careful monitoring of glucose control is essential in these patients. Therefore, female patients should be advised to tell their physicians if they intend to become, or if they become pregnant while taking HUMALOG.

Although there are limited clinical studies of the use of HUMALOG in pregnancy, published studies with human insulins suggest that optimizing overall glycemic control, including postprandial control, before conception and during pregnancy improves fetal outcome.

In a combined fertility and embryo-fetal development study, female rats were given subcutaneous insulin lispro injections of 5 and 20 units/kg/day (0.8 and 3 times the human subcutaneous dose of 1 unit/kg/day, based on units/body surface area, respectively) from

2 weeks prior to cohabitation through Gestation Day 19. There were no adverse effects on female fertility, implantation, or fetal viability and morphology. However, fetal growth retardation was produced at the 20 units/kg/day-dose as indicated by decreased fetal weight and an increased incidence of fetal runts/litter.

In an embryo-fetal development study in pregnant rabbits, insulin lispro doses of 0.1, 0.25, and 0.75 unit/kg/day (0.03, 0.08, and 0.24 times the human subcutaneous dose of 1 unit/kg/day, based on units/body surface area, respectively) were injected subcutaneously on Gestation days 7 through 19. There were no adverse effects on fetal viability, weight, and morphology at any dose.

Nursing Mothers—It is unknown whether insulin lispro is excreted in human milk. Because many drugs are excreted in human milk, caution should be exercised when HUMALOG is administered to a nursing woman. Use of HUMALOG is compatible with breastfeeding, but women with diabetes who are lactating may require adjustments of their insulin doses.

Pediatric Use—HUMALOG is approved for use in children for subcutaneous daily injections and for subcutaneous continuous infusion by external insulin pump. HUMALOG has not been studied in pediatric patients younger than 3 years of age. HUMALOG has not been studied in pediatric patients with type 2 diabetes.

As in adults, the dosage of HUMALOG must be individualized in pediatric patients based on metabolic needs and results of frequent monitoring of blood glucose.

Geriatric Use—Of the total number of subjects (n=2834) in eight clinical studies of HUMALOG, twelve percent (n=338) were 65 years of age or over. The majority of these had type 2 diabetes. HbA1c values and hypoglycemia rates did not differ by age. Pharmacokinetic/pharmacodynamic studies to assess the effect of age on the onset of HUMALOG action have not been performed.

OVERDOSAGE

Excess insulin administration may cause hypoglycemia and hypokalemia. Mild episodes of hypoglycemia usually can be treated with oral glucose. Adjustments in drug dosage, meal patterns, or exercise may be needed. More severe episodes with coma, seizure, or neurologic impairment may be treated with intramuscular/subcutaneous glucagon or concentrated intravenous glucose. Sustained carbohydrate intake and observation may be necessary because hypoglycemia may recur after apparent clinical recovery. Hypokalemia must be corrected appropriately.

DOSAGE AND ADMINISTRATION

Dosage Considerations—When given subcutaneously, HUMALOG has a more rapid onset of action and a shorter duration of action than regular human insulin.

The dosage of HUMALOG must be individualized. Blood glucose monitoring is essential in all patients receiving insulin therapy.

The total daily insulin requirement may vary and is usually between 0.5 to 1 unit/kg/day. Insulin requirements may be altered during stress, major illness, or with changes in exercise, meal patterns, or coadministered drugs.

Subcutaneous Administration—HUMALOG should be given within 15 minutes before a meal or immediately after a meal.

HUMALOG given by subcutaneous injection should generally be used in regimens with an intermediate- or long-acting insulin.

HUMALOG administered by subcutaneous injection should be given in the abdominal wall, thigh, upper arm, or buttocks. Injection sites should be rotated within the same region (abdomen, thigh, upper arm, or buttocks) from one injection to the next to reduce the risk of lipodystrophy [see Adverse Reactions].

Continuous Subcutaneous Infusion (Insulin Pump)—HUMALOG may be administered by continuous subcutaneous infusion by an external insulin pump. Do not use diluted or mixed insulins in external insulin pumps. Infusion sites should be rotated within the same region to reduce the risk of lipodystrophy [see Adverse Reactions]. Change the HUMALOG in the reservoir at least every 7 days, change the infusion sets and the infusion set insertion site at least every 3 days.

The initial programming of the external insulin infusion pump should be based on the total daily insulin dose of the previous regimen. Although there is significant variability among patients, approximately 50% of the total dose is usually given as meal-related boluses of HUMALOG and the remainder is given as a basal infusion. HUMALOG is recommended for use in pump systems suitable for insulin infusion such as MiniMed, Disetronic, and other equivalent pumps.

HOW SUPPLIED/STORAGE AND HANDLING

How Supplied

HUMALOG 100 units per mL (U-100) is available as:

10 mL vials	NDC 0002-7510-01 (VL-7510)
3 mL vials	NDC 0002-7510-17 (VL-7533)
5 x 3 mL cartridges ¹	NDC 0002-7516-59 (VL-7516)
5 x 3 mL prefilled pen	NDC 0002-8725-59 (HP-8725)
5 x 3 mL Humalog KwikPen (prefilled)	NDC 0002-8799-59 (HP-8799)

Storage

Do not use after the expiration date. Unopened HUMALOG should be stored in a refrigerator (36° to 46°F [2° to 8°C]), but not in the freezer. Do not use HUMALOG if it has been frozen. In-use HUMALOG vials, cartridges, pens, and HUMALOG KwikPen[®] should be stored at room temperature, below 86°F (30°C) and must be used within 28 days or be discarded, even if they still contain HUMALOG. Protect from direct heat and light. See table below: