

Embargoed until 24 May 2018 at 8:01 EST

Real-world data show significant weight loss in people receiving Saxenda®

Toronto, ON - 24 May 2018 – People with a BMI of over 30, treated with Saxenda® (liraglutide) for weight management, lost an average of 8.1 kg (17.9 lbs) after six months in a real-world clinical setting, in combination with diet and exercise. The data were presented this week at both the 25th European Congress on Obesity (ECO 2018) in Vienna, Austria and the 23rd Annual International Meeting of the International Society for Pharmacoeconomics and Outcomes Research (ISPOR 2018) in Baltimore, USA.^{i,ii}

The real-world study investigated the effects of Saxenda® in Canadians who were prescribed the treatment by their doctor for weight management. After six months, people treated with Saxenda® achieved 7.1 per cent weight loss, with 63.4 per cent and 35.2 per cent of people losing ≥5 per cent and >10 per cent of their body weight, respectively.^{i,ii} Results from the trial were in line with those observed in the SCALE clinical trial program.ⁱⁱⁱ Real-world studies are important because they help us understand treatment effectiveness and safety, and treatment patterns that are collected outside of a controlled clinical trial environment.

"Obesity is a complicated disease with multiple causes, requiring a range of treatment options – beyond simply eating less and moving more – to help people lose weight and keep the weight off," said Dr. Sean Wharton of the Wharton Medical Clinic, Toronto, and lead investigator. "Weight loss of five to 10 per cent can have significant health benefits, including reducing the risk of developing cardiovascular disease and type 2 diabetes. In this study we are seeing real-world evidence of meaningful weight loss."

Canadians treated with Saxenda® for at least six months may have a decrease in glycated haemoglobin (A1c), and systolic blood pressure, both of which are indicators of cardio-metabolic health.^{i,ii}

About the Saxenda® real world effectiveness study

The study objective was to investigate the real world clinical effectiveness of Saxenda®, in combination with diet and exercise. The study examined records from a total of 311 Canadians who had received Saxenda® for weight management for ≥4 months (210) and ≥6 months (167). People whose records were included in the study had an average body mass index (BMI) of 40.7 kg/m² and weight of 114.8 kg (or 253.1 lbs) at baseline.^{i,ii}

About Saxenda®

Saxenda® (liraglutide) is a once-daily glucagon-like peptide-1 (GLP-1) analogue with 97 per cent similarity to naturally occurring human GLP-1,^{iv} a hormone that is released in response to food intake.^v Like human GLP-1, Saxenda® regulates appetite by increasing feelings of fullness and satiety, while lowering feelings of hunger and prospective food consumption, thereby leading to reduced food intake. As with other GLP-1 analogues, Saxenda® stimulates insulin secretion and lowers glucagon secretion in a glucose-

dependent manner.^{iv} Saxenda[®] was evaluated in the SCALE (Satiety and Clinical Adiposity – Liraglutide Evidence) phase 3a clinical trial program.

In Canada, Saxenda[®] is indicated for weight loss in adult patients with an initial BMI of ≥ 30 kg/m² (obese), or ≥ 27 kg/m² to < 30 kg/m² (overweight) in the presence of at least one weight-related comorbidity and who have failed a previous weight management intervention.^{vi}

About Obesity in Canada

Obesity is a chronic condition^{vii} that requires enhanced research, treatment and prevention efforts.^{viii} It is estimated that seven million Canadians have obesity.^{vii} It is a driver of other chronic diseases including hypertension, type 2 diabetes, cardiovascular disease, osteoarthritis and certain types of cancers.^{ix} It is a complex and multi-factorial disease that is influenced by physiological, psychological, environmental, socio-economic and genetic factors.^x

About Novo Nordisk

Novo Nordisk is a global healthcare company with 95 years of innovation and leadership in diabetes care. This heritage has given us experience and capabilities that also enable us to help people defeat other serious chronic conditions: hemophilia, growth disorders and obesity. Headquartered in Denmark, Novo Nordisk employs approximately 42,000 people in 77 countries and markets its products in more than 165 countries. For more information, visit novonordisk.ca, [Twitter](#), [LinkedIn](#), [YouTube](#)

Further information

Media:

Kate Hanna

905-629-6612

KXYH@novonordisk.com

ⁱ Wharton S, Liu A, Pakseresht A, *et al.* Real world clinical effectiveness of liraglutide 3.0 mg for weight management in Canada. Abstract presented at the 25th European Congress on Obesity (ECO 2018), Vienna, Austria. 23-26 May 2018.

ⁱⁱ Wharton S, Liu A, Pakseresht A, *et al.* Real world clinical effectiveness of liraglutide 3.0 mg for weight management in Canada. Abstract presented at the 23rd Annual International Meeting of the International Society for Pharmacoeconomics and Outcomes Research (ISPOR 2018). Baltimore, USA. 19-23 May 2018.

ⁱⁱⁱ Pi-Sunyer X, Astrup A, Fujioka K, *et al.* A Randomized, Controlled Trial of 3.0 mg of Liraglutide in Weight Management. *New England Journal of Medicine*. 2015; 373: 11–22

^{iv} EMA. Saxenda[®] (liraglutide 3 mg) summary of product characteristics. Available at: http://www.ema.europa.eu/docs/en_GB/document_library/EPAR_-_Product_Information/human/003780/WC500185786.pdf. Last accessed: February 2018.

^v Knudsen LB, Nielsen PF, Huusfeldt PO, *et al.* Potent derivatives of glucagon-like peptide-1 with pharmacokinetic properties suitable for once daily administration. *Journal of Medicinal Chemistry*. 2000; 43: 1664–1669

^{vi} Saxenda Product Monograph. Novo Nordisk Canada Inc. July 12 2017

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- ^{viii} CMA. Canadian Medical Association recognizes obesity as a disease. 2015. Available at: <https://www.cma.ca/En/Pages/cma-recognizes-obesity-as-a-disease.aspx>
- ^{ix} Statistics Canada. Overweight and obese adults (self reported), 2014. Available at: <https://www.statcan.gc.ca/pub/82-625-x/2015001/article/14185-eng.htm>. Last Accessed: April 2018
- ^x Wright SM, Aronne LJ. Causes of obesity. *Abdominal Imaging*. 2012;37:730–732.