

- This study was conducted to determine whether step-up insulin treatment with premixed insulin aspart-30/70 (BIAsp 30) or lispro-50/50 (Mix50) in Japanese patients with type 2 diabetes mellitus (T2DM) could achieve better glycemic control.
- Seventy-two insulin-naïve patients with poorly controlled T2DM, who had been taking oral antidiabetic drugs for at least 12 months, were randomized to receive BIAsp 30 or Mix50 therapy.
- Patients started treatment of a pre-dinner injection of each type of insulin (Step 1). At  $16 \pm 2$  weeks, a pre-breakfast injection of each type of insulin was added if HbA1c exceeded 7.4% (Step 2). If patients had still not achieved HbA1c  $< 7.4\%$  after an additional  $16 \pm 2$  weeks, a pre-lunch insulin injection was added (Step 3).
- The cumulative percentages of subjects who achieved HbA1c  $< 7.4\%$  was 36.1% (13/36) for both Mix50 and BIAsp 30 in step 1, 62.9% (23/36) for BIAsp 30 and 52.8% (19/36) for Mix50 in step 2, and 66.7% (24/36) in BIAsp 30 and 72.2% (26/36) in Mix50 in step 3.
- The achievement rates of HbA1c  $< 7.4\%$  were not statistically different between the two groups. Mix50 step-up treatment has a clinical effect in achieving good glycemic control equal to that of BIAsp 30 treatment.

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