



Medicine: liraglutide (brand name: Saxenda®) Resubmission

Novo Nordisk Limited

The Scottish Medicines Consortium (SMC) has assessed liraglutide used alongside diet and exercise for weight management in adults who:

- are obese (have a body mass index (BMI) of 30 kg/m² or more), or
- are overweight (have a BMI between 27 and 30 kg/m²) and have at least one weight-related complication, such as: type 2 diabetes, pre-diabetes (where blood sugar levels are too high but not high enough to be called diabetes), high blood pressure, dyslipidemia (when there is an unhealthy level of fat in the blood) or sleep apnoea (breathing interruptions during sleep).

This document summarises the SMC decision and what it means for patients.

What has SMC said?

After careful consideration, SMC has accepted liraglutide for weight management for certain patients (restricted acceptance).

The restriction means it may be used in patients with obesity that is class 2 and above (BMI 35 kg/m² or more; a lower BMI may be used for members of ethnic minority groups known to be at similar risk of complications of obesity at a lower BMI than the white population) who:

- have pre-diabetes, and are at high risk of type 2 diabetes (defined as either fasting blood glucose of 5.5 to 6.9 mmol/L, or with an HbA1c of 6.0 to 6.4%), and
- are at high risk of cardiovascular disease (CVD); defined as:
 - cholesterol levels of: total cholesterol more than 5 mmol/L; or HDL less than 1.0mmol/L for men, or HDL less than 1.3mmol/L for women, or
 - with high blood pressure, where systolic BP is more than 140mmHg.

Patients should be treated in a specialist weight management service.

This SMC advice takes into account a confidential discount offered by the pharmaceutical company that improves the cost-effectiveness of liraglutide.

What does SMC's decision mean for patients?

If your healthcare professional thinks that liraglutide for use as described above is the right medicine for you, you should be able to have the treatment on the NHS in Scotland.



What is liraglutide used for?

Liraglutide is used for weight management in adults. It is used alongside diet and exercise to help people lose weight who are very overweight (obese) and have additional health problems related to being overweight.

How does liraglutide work?

Liraglutide is a type of medicine called a GLP-1 receptor agonist. It is thought that liraglutide acts on GLP-1 receptors in the brain to help control appetite. This may lead to increased feelings of fullness and reduce feelings of hunger, helping a person to eat less and contribute to weight loss.

How does SMC make its decision?

SMC carefully considers every new medicine to make sure it benefits patients and is considered to be an acceptable use of the limited resources in NHSScotland.

To do this SMC considers the following:

- Evidence from the company about how well the medicine works compared with current treatments available in Scotland, in relation to how much they will cost to buy and administer.
- Information from patient groups about the potential impact of the medicine on patients and carers.
- Advice from healthcare professionals about any benefits of the new medicine compared to current treatment, along with how the new medicine is likely to be used.

When SMC assesses a medicine it takes account of the needs of all patients in NHSScotland, not only those who may be treated with the medicine under consideration.

You can find more detailed information about the SMC assessment of liraglutide by looking at the SMC Detailed Advice Document (SMC2455).

More information

The organisations below can provide more information and support for people who are overweight or have weight-related health problems and their families. SMC is not responsible for the content of any information provided by external organisations.

Diabetes Scotland



https://www.diabetes.org.uk/in_your_area/scotland



0141 212 8710

Obesity UK



<https://www.obesityuk.org.uk>

You can find out more about liraglutide (Saxenda®) in the Patient Leaflet by searching for the medicine name on the electronic medicines compendium (EMC) website.



<https://www.medicines.org.uk/emc/>