Name: Dr. Phyllisa Deroze. Email: psmithderoze@gmail.com

April 15, 2025

Re: **A.18 Insulin, analogue rapid-acting – diabetes mellitus**

Dear WHO Essential Medicines List team,

I support the application submitted by T1International to add analogue rapid-acting insulins for treatment of diabetes mellitus to the WHO Essential Medicines List (EML). I am a global diabetes advocate that uses analogue rapid-acting insulins and can attest to their need to be included in the list.

There are several reasons why I support the application, but the main one is to reduce hypoglycemia. This is perhaps the scariest part about living with diabetes and taking insulin. It keeps you up at night, it makes you anti-social, and if it can be reduced, please help it get that way!

Here are some studies that prove the point that analogue insulins are better for preventing hypos. Melo KFS, Bahia LR, Pasinato B, Porfirio GJM, Martimbianco AL, Riera R, Calliari LEP, Minicucci WJ, Turatti LAA, Pedrosa HC, Schaan BD. Short-acting insulin analogues versus regular human insulin on postprandial glucose and hypoglycemia in type 1 diabetes mellitus: a systematic review and meta-analysis. Diabetol Metab Syndr. 2019 Jan 3;11:2. doi: 10.1186/s13098-018-0397-3. PMID: 30622653; PMCID: PMC6317184.

Which concludes: *Short-acting insulin analogues are superior to regular human insulin in T1DM patients for the following outcomes: total hypoglycemic episodes, nocturnal hypoglycemia, severe hypoglycemia, postprandial glucose, and HbA1c.*

Pedersen-Bjergaard U, Kristensen PL, Beck-Nielsen H, Nørgaard K, Perrild H, Christiansen JS, Jensen T, Hougaard P, Parving HH, Thorsteinsson B, Tarnow L. Effect of insulin analogues on risk of severe hypoglycaemia in patients with type 1 diabetes prone to recurrent severe hypoglycaemia (HypoAna trial): a prospective, randomised, open-label, blinded-endpoint crossover trial. Lancet Diabetes Endocrinol. 2014 Jul;2(7):553-61. doi: 10.1016/S2213-8587(14)70073-7. Epub 2014 May 2. PMID: 24794703.

Which concludes: *Treatment with insulin detemir and aspart in patients with type 1 diabetes and recurrent severe hypoglycaemia resulted in a clinically significant reduced rate of severe hypoglycaemia compared with human insulin. Patients with the greatest chance of benefitting from improved insulin therapy should be offered treatment with insulin analogues and be included in future trials of new insulins.* Note the trial did declare funding from Novo Nordisk A/S.

Please add these insulins to the list. This way, people with T1D from all over the world can get access. It has made a positive difference in my life.

Sincerely,

Dr. Phyllisa Deroze