



Summary of the symposium

Breaking boundaries in cardiometabolic care with oral and injectable GLP-1RAs

Novo Nordisk Symposium at the
76th European Society of Cardiology (ESC)
Congress, Munich, Germany
29 August 2026



Disclaimer

Professors Erin Bohula, Subodh Verma and Domenica Rubino took part in the Novo Nordisk symposium titled **‘Breaking boundaries in cardiometabolic care with oral and injectable GLP-1RAs’** at the ESC Congress 2026.

The summary is provided as part of Novo Nordisk's commitment to enhancing the educational content and learning experience to support scientific exchange with the medical community.

The summary is not meant to guide treatment decisions, and it does not make any claim(s) for any medicine. For the indications and proper use of Novo Nordisk products, refer to the product's approved label for your country.

Breaking boundaries in cardiometabolic care with oral and injectable GLP-1RAs

Speakers: Erin Bohula, Subodh Verma and Domenica Rubino

Advancing cardiovascular health together: Our call to action

Our shared goal is to improve outcomes for people living with CVD and overweight/obesity



reduction in MACE with **semaglutide 2.4 mg** in people with CVD and obesity¹

With the first statistically significant reduction occurring at **day 20**²



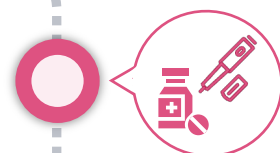
Serum proteomics data from the SELECT trial suggest there are **mechanisms beyond weight loss** that are responsible for **semaglutide's effect on MACE**³

Both oral and injectable GLP-1RA therapies are now available

S.c. semaglutide demonstrates up to **21% weight reduction**⁴

Comparable weight reduction to that of **oral semaglutide** (OASIS 4 trial)⁵

Using an ITC method[†], the ORION study showed **3.2% greater weight loss** with **oral semaglutide** versus orforglipron⁶



Oral semaglutide also demonstrates CV benefits

Improvements in CV risk factors, including **hsCRP** and **triglycerides**⁷



There is a **strong patient preference** for **oral treatment** options⁷

Weight reduction and **CV risk reduction** are the most **important factors** influencing patients' treatment preferences⁷



The latest CV guidelines highlight the multisystem effects of semaglutide in the management of CVD and obesity⁸⁻¹⁰

Obesity is recognised as a **key driver of CVD**, characterised by **interconnections among metabolic risk factors, CKD and CVD** in the 2026 CKM guidelines¹⁰



The 2026 CKM guidelines¹⁰

Adjunctive GLP-1RA therapy may improve weight loss, metabolic health and CKM risk profiles in people living with obesity

*The comparative evidence base was informed by two multinational, randomised controlled trials (RCTs), which together provide high-quality data and support the internal validity of the ITCs. Methods for population-adjusted ITCs were employed in accordance with best practice and current guidelines; [†]ITCs remain less reliable than head-to-head randomised clinical trials because treatment allocation is not randomised across studies and residual treatment effect measure modification cannot be fully excluded in both unadjusted and population-adjusted approaches. CKD, chronic kidney disease; CKM, cardiovascular-kidney-metabolic; CV, cardiovascular; CVD, cardiovascular disease; GLP-1RA, glucagon-like peptide 1 receptor agonist; hsCRP, high-sensitivity C-reactive protein; ITC, indirect treatment comparison; MACE, major adverse cardiovascular event; s.c., subcutaneous. 1. Lincoff AM et al. *N Engl J Med* 2023;389:2221-2232; 2. Plutzky J et al. Presented at European Congress on Obesity 2025, Málaga, Spain, 11-14 May 2025; 3. Colhoun HM et al. Presented at ADA Congress 2026, New Orleans, LA, USA, 5-8 June 2026; 4. Wharton S et al. *Lancet Diabetes Endocrinol* 2025;13:949-963; 5. Rubino D et al. Presented at Obesity Week 2026, Atlanta, GA, USA, 4-7 November 2025; 6. Michalak W et al. *Diabetes Obes Metab* 2026;28:7247-7256; 7. Tadesse Bell S et al. Presented at Obesity Medicine Association Congress 2026, San Diego, CA, USA, 9-12 April 2026; 8. Vrints C et al. *Eur Heart J* 2024;45:3415-3537; 9. Rao SV et al. *Circulation* 2025;151:e771-e862; 10. Ndumele CE et al. *J Am Coll Cardiol* 2026;87:e1889-e2007