

VALUE ADDED

CVCR Newsletter

Second Quarter 2024

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Second Quarter News

Welcome to this quarter's issue of Value Added!

The Center for Value-Based Care Research (CVCR) conducts novel research on interventions that improve value in healthcare. With a mission of making quality healthcare possible for all Americans by conducting research to identify value in healthcare, CVCR seeks to deliver the right care, at the right time, to the right patients, at lower costs. [In this issue, we report on recent studies regarding healthcare delivery.](#)

We hope you enjoy this quarter's updates!

CVCR in the News

Barriers to Care Delay Costly Multiple Myeloma Treatment

Hamlet Gasoyan, PhD

Physicians Weekly, June 13, 2024

Click [here](#) to read this article

Featured Publication

Gasoyan H, Pfoh ER, Schulte R, Le P, Rothberg MB. Early- and later-stage persistence with antiobesity medications: A retrospective cohort study. *Obesity (Silver Spring)*. 2024 Mar;32(3):486-493. doi: 10.1002/oby.23952. Epub 2023 Dec 6. PMID: 38053443.

Q: What led you to investigate patient persistence with anti-obesity medication?

A: We wanted to conduct this study since there is very little known about patients' long-term use of anti-obesity medications and the factors associated with non-persistence. We are seeing anecdotal reports that US employers are considering restricting insurance coverage for obesity pharmacotherapy, often citing the unsustainable cost burden of the glucagon-like peptide-1 receptor agonists (GLP-1 RA) such as semaglutide as well as the rapid weight gain after discontinuation of treatment. A better understanding of the rates of continued use of anti-obesity medications in clinical practice and the factors associated with non-persistence could help in projecting costs associated with anti-obesity medication coverage by third-party payers and addressing the barriers to continued use of anti-obesity medications.

Q: What have you found so far studying this topic?

A: Our findings indicate that while later-stage persistence with anti-obesity medications remains relatively low, patients receiving more effective anti-obesity medications and those experiencing greater medium-term weight loss have higher odds of persisting with anti-obesity medications at one year. Particularly, among 1911 patients from Ohio and Florida who filled an initial anti-obesity medication prescription between 2015 and 2022, 44% were persistent with anti-obesity medication at 3 months, 33% at 6 months, and only 19% at 1 year. Patients who received semaglutide were most likely to be persistent (40% persistent at 1 year). Persistence at 1 year also varied based on the achieved weight loss at 6 months and the insurance carrier among privately insured individuals.

Q: How will these findings impact clinical practice or patient behavior?

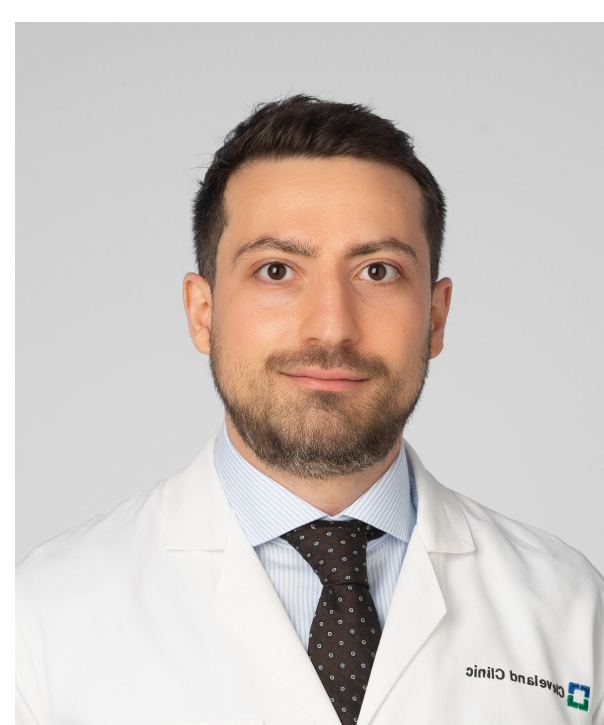
A: Long-term adherence to medications for any chronic condition can be challenging. This is true for newer anti-obesity medications too, which are effective but also costly and often have restrictive insurance coverage rules or are not covered by insurance plans at all. Our data shows that more work should be done to understand and address the barriers to the continued use of anti-obesity medications. Such understanding will help in designing interventions aimed at improving long-term adherence to obesity pharmacotherapy and achieving the full spectrum of health benefits these medications can offer.

We are also encouraged by the fact that the Congressional Budget Office, which supplies Congress with cost estimates for legislation, economic and budget projections, and other economic assessments, recently announced a call for new research examining the factors affecting anti-obesity medications use and patients' adherence to anti-obesity medications currently on the market. This signals that our findings could be of interest to policymakers at the federal level too.

Q: How can this topic be studied further?

A: The landscape of obesity pharmacotherapy is rapidly changing and we should continue to study anti-obesity medications' uptake and disparities in access to obesity pharmacotherapy as new medications become available. In this and another recently published [study](#), we examine the utilization and disparities in obesity pharmacotherapy at key points where interventions could be done, by asking (a) who is getting anti-obesity medication prescription, (b) who gets to fill their prescription, and (c) who continues to stay on obesity pharmacotherapy long-term. Next, we plan to study the reasons for early- and later-stage discontinuation of treatment with anti-obesity medications, as well as interventions to help increase persistence with obesity pharmacotherapy.

You can access this article [here](#). Be sure to look out for more publications related to this topic in the future!



Hamlet Gasoyan, PhD

“Patients receiving more effective anti-obesity medications and those experiencing greater medium-term weight loss have higher odds of persisting with anti-obesity medications at one year”

-Dr. Hamlet Gasoyan

Celebrations!

Two of our investigators, Abhishek Deshpande, MD, PhD, and Phuc Le, PhD, have recently become citizens of the United States!

Another investigator, Hamlet Gasoyan, PhD, also received his Green Card!

Check Out Our Recent Publications!

- ♦ Alpert JM, Hampton CN, Campbell-Salome G, Paige S, Murphy M, Heffron E, Amin TB, Harle CA, Le T, Vasquez TS, Xue W, Markham MJ, Bylund CL. **Tele-Oncology Use During the COVID-19 Pandemic: Patient Experiences and Communication Behaviors with Clinicians.** *Telemed J E Health.* 2024 Apr 4. doi: 10.1089/tmj.2023.0372. Epub ahead of print. PMID: 38574250.
- ♦ Aminian A, Gasoyan H, Zajichek A, Alavi MH, Casacchia NJ, Wilson R, Feng X, Corcelles R, Brethauer SA, Schauer PR, Kroh M, Rosenthal RJ, Taliencio JJ, Poggio ED, Nissen SE, Rothberg MB. **Reno-protective Effects of Metabolic Surgery Versus GLP1 Receptor Agonists on Progression of Kidney Impairment in Patients with Established Kidney Disease.** *Ann Surg.* 2024 Jun 11. doi: 10.1097/SLA.0000000000006379. Epub ahead of print. PMID: 38860374.
- ♦ Bylund CL, Taylor G, Vasquez TS, Alpert J, Johnson SB, Le T, Paige SR, Close J, Markham MJ. **Talking with clinicians about online cancer information: a survey of cancer patients and surrogate information seekers.** *Support Care Cancer.* 2024 May 17;32(6):362. doi: 10.1007/s00520-024-08578-0. PMID: 38755329.
- ♦ Rich, JJ, Back, SE, Bui, TC, Bernstein, EY, Le, P. **Trends in marijuana and heavy alcohol use by cigarette smoking status among US adults: An analysis of the 2002-2019 NSDUH,** *Drug and Alcohol Dependence*, Volume 261, 2024, 111355, ISSN 0376-8716, <https://doi.org/10.1016/j.drugalcdep.2024.111355>.

We'd love to hear from you!

Questions or comments? Email us at research4c@ccf.org or call 216-445-0719

To visit our website, click [here](#). To remove yourself from our mailing list, email Megan Merrill at merrilm2@ccf.org.