



Deposited via The University of Sheffield.

White Rose Research Online URL for this paper:

<https://eprints.whiterose.ac.uk/id/eprint/239614/>

Version: Published Version

Article:

Bajaj, A., Sloan, G., Walker, C. et al. (2026) Pregabalin efficacy in painful diabetic peripheral neuropathy: a focused analysis of optimal dosing and the relationship of baseline glycemc control. Journal of Diabetes Investigation. ISSN: 2040-1116

<https://doi.org/10.1111/jdi.70288>

Reuse



This article is distributed under the terms of the Creative Commons Attribution-NonCommercial (CC BY-NC) licence. This licence allows you to remix, tweak, and build upon this work non-commercially, and any new works must also acknowledge the authors and be non-commercial. You don't have to license any derivative works on the same terms. More information and the full terms of the licence here:

<https://creativecommons.org/licenses/>

Takedown

If you consider content in White Rose Research Online to be in breach of UK law, please notify us by emailing eprints@whiterose.ac.uk including the URL of the record and the reason for the withdrawal request.

Pregabalin efficacy in painful diabetic peripheral neuropathy: A focused analysis of optimal dosing and the relationship of baseline glycemic control

Ashish Bajaj^{1*} , Gordon Sloan² , Chris Walker³, Egbert Biesheuvel⁴, Sagar Suresh Kumbhar⁵, Gavin Lyndon⁶, Solomon Tesfaye⁷

¹Global Medical Affairs, Viatrix Inc, Bengaluru, Karnataka, India, ²Division of Clinical Medicine, University of Sheffield, Sheffield, South Yorkshire, UK, ³Global Medical Affairs, Viatrix Inc, Hatfield, UK, ⁴Biometrics, Data Management & Programming, Viatrix Inc, Amstelveen, The Netherlands, ⁵Biometrics, Viatrix Inc, Bengaluru, Karnataka, India, ⁶GL Healthcare Consultancy Ltd., Dorking, UK, and ⁷Diabetes, Sheffield Teaching Hospitals, Sheffield, Yorkshire, UK

Keywords

endpoint mean pain score, glycemic control, HbA1c

*Correspondence

Ashish Bajaj

Tel.: +91-6366822621

E-mail address:

ashish.bajaj@viatrix.com

J Diabetes Investig 2026

doi: [10.1111/jdi.70288](https://doi.org/10.1111/jdi.70288)

ABSTRACT

Introduction: Diabetic neuropathy, the most common long-term complication of diabetes, frequently presents as painful diabetic peripheral neuropathy (pDPN), significantly impairing patients' quality of life. Pregabalin is an established treatment for pDPN, but optimal dosing and the influence of glycemic control on efficacy remain uncertain.

Aims: To evaluate (1) the efficacy of different pregabalin doses for pDPN, and (2) the impact of baseline glycemic control, measured by glycosylated hemoglobin levels (HbA1c), on pregabalin's efficacy in reducing pain score.

Methods: Data from three randomized, double-blind, placebo-controlled trials involving 729 pDPN patients were pooled. Of these, 477 received pregabalin (75, 150, 300, or 600 mg/day) and 252 received placebo over 5–8 weeks. Pain scores were recorded at baseline, weekly, and at the endpoint. Patients were stratified by HbA1c: $\leq 8\%$ ($n = 377$) and $> 8\%$ ($n = 346$). Analysis of covariance (ANCOVA) assessed changes in endpoint pain scores; MMRM evaluated changes over time.

Results: Pregabalin 300 mg/day and 600 mg/day significantly reduced mean pain scores versus placebo ($P < 0.0001$), while 75 mg/day and 150 mg/day did not. In HbA1c subgroups, pregabalin maintained efficacy at 300 mg/day and 600 mg/day regardless of baseline glycemic control. Among patients with HbA1c $\leq 8\%$, pain reductions versus placebo were -1.69 and -1.71 for the 300 mg/day and 600 mg/day groups, respectively ($P < 0.0001$). In patients with HbA1c $> 8\%$, reductions were -1.04 and -1.09 ($P \leq 0.001$), demonstrating efficacy independent of glycemic control.

Conclusions: Pregabalin at 300 and 600 mg/day provides significant pain relief in pDPN, regardless of HbA1c levels, supporting dose optimization to achieve maximal benefit.

INTRODUCTION

The global prevalence of diabetes mellitus continues to grow rapidly. An estimated 589 million adults were living with diabetes in 2024, and by 2050, this number is projected to increase

by a staggering 45%, reaching 852 million¹. As the prevalence of diabetes rises, so will its complications, of which painful diabetic peripheral neuropathy is one of the most common. Painful DPN affects approximately one-third of patients with diabetes and manifests as chronic pain in the extremities, particularly the feet and lower limbs². Painful DPN has a dramatic impact on its sufferers and can lead to poor sleep quality,

Received 28 October 2025; revised 3 February 2026; accepted 20 February 2026

decreased work efficiency, reduced quality of life, and psychological problems such as anxiety and depression^{3–6}. Despite its high prevalence and significant health burden, pDPN remains an underdiagnosed and undertreated condition⁴.

The management of pDPN remains challenging, with recommended first-line pharmacological treatments including tricyclic antidepressants (e.g., amitriptyline, nortriptyline), serotonin nor-epinephrine reuptake inhibitors (SNRIs) (e.g., duloxetine, venlafaxine), and $\alpha 2\delta$ -ligands (pregabalin, gabapentin, mirogabalin)⁷. In the current clinical landscape, patient comorbidities, the physician's discretion, and adverse event profile usually dictate the choice of drugs in a patient with pDPN. Among the first-line drugs, pregabalin, an $\alpha 2\delta$ ligand that modulates calcium channel activity in the central nervous system, has demonstrated consistent efficacy in multiple randomized controlled trials⁸.

Pregabalin is approved for the treatment of pDPN at doses ranging from 150 to 600 mg per day, administered in two or three divided doses⁹. Despite this established dosing range, evidence from real-world clinical practice suggests that many patients receive subtherapeutic doses that may fail to provide adequate pain relief¹⁰. Well-characterized dose-related adverse events of pregabalin are the main concerns leading to underdosing, and they often lead clinicians and patients to hesitate before titrating to the upper end of the therapeutic range⁹.

The uncertainty surrounding the dose–response relationship in heterogeneous patient populations, particularly those with comorbidities or suboptimal glycemic control, may further complicate dose optimization^{9, 11}. Importantly, while glycemic control itself is predictive of the progression and severity of DPN, the factors that predict progression of pDPN are more uncertain¹². Furthermore, there is a paucity of data to determine if poor glycemic control might attenuate treatment response.

Therefore, this analysis aimed to address two clinically relevant questions through a post hoc evaluation of three clinical trials of pregabalin: (1) The effect of various doses of pregabalin

on endpoint mean pain scores in patients with pDPN, and (2) the influence of baseline glycemic control, as measured by HbA1c levels, on the efficacy of pregabalin in reducing neuropathic pain.

METHODS

Study selection and patient population

This post hoc analysis pooled data from three randomized, double-blind, placebo-controlled trials of pregabalin in patients with pDPN^{13–15}. We selected company-sponsored studies with fixed pregabalin dosing, similar design, and published primary efficacy data covering all approved pregabalin doses (150–600 mg/day), enabling a consistent and clinically relevant evaluation of short-term efficacy (≤ 8 weeks) (Table 1).

Design of included studies

The full details of the trials are included in the primary publications; however, in brief, the individual studies had a similar design: a 1-week baseline period, after which patients were randomized to receive a placebo or pregabalin at doses of 75, 150, 300, or 600 mg per day with a three-times daily (TDS) dosing regimen.

The inclusion criteria of the trials are— patients ≥ 18 years of age, diagnosed with pDPN, an average pain score ≥ 4 (on an 11-point, Likert-like numeric rating scale [NRS]: 0 = “no pain” to 10 = “worst possible pain”) over a 7-day baseline period, and a score ≥ 40 mm on the 0- to 100-mm visual analog scale of the Short-Form McGill Pain Questionnaire (SF-MPQ) at screening and randomization. All patients in each trial were required to have HbA1c levels $\leq 11\%$. Common exclusion criteria were prior therapeutic failure of gabapentin and participation in any other pregabalin clinical trial.

Outcome measures

The trials included in this post hoc analysis assessed the efficacy (in terms of endpoint mean pain score, weekly mean pain

Table 1 | Pregabalin clinical studies considered for pooled analysis

| Trial [†] | Phase | Study population (N) [‡] | Treatment arms | Dosing | Study design |
|--|-------|-----------------------------------|-----------------------------------|--------|---|
| Lesser <i>et al</i> (1008–029) ¹³ | III | 337 | PBO, PGB 75 or 300, or 600 mg/day | TDS | 1-week baseline phase, 5-week (1-week titration/4-week fixed dose) DB treatment phase |
| Richter <i>et al</i> (1008–014) ¹⁴ | III | 246 | PBO, PGB 150 or 600 mg/day | TDS | 1-week baseline, 6-week (2-week titration/4-week fixed dose) DB treatment phase |
| Rosenstock <i>et al</i> (1008–031) ¹⁵ | III | 146 | PBO, or PGB 300 mg/day | TDS | 1-week baseline phase and an 8-week, fixed dose, DB treatment phase |

DB, double-blind; PBO, placebo; TDS, three-times daily. [†]Studies considered in this pooled analysis were based on the clinical trials by Lesser *et al.*, Richter *et al.*, and Rosenstock *et al.* [‡]Total number of patients in the ITT population (randomized patients who received at least one dose of study medication).

score, sleep interference score, patient global impression of change, clinical global impression of change, SF-MPQ, and multiple domains of the SF-36 Health Survey) and tolerability of various doses of pregabalin (75, 150, 300, 600 mg/day) vs placebo in patients with pDPN. In this analysis, the primary efficacy endpoint was the change in mean pain score from baseline to endpoint. Pain was assessed using an 11-point numerical rating scale (0 = no pain, 10 = worst possible pain) recorded daily in patient diaries. Mean pain scores were assessed at baseline (last seven available scores before taking study medication, up to and including Day 1), weekly, and at the endpoint (last seven available scores while on study medication, up to and including the day after the last dose).

For the analysis of glycemic control, HbA1c values obtained during screening were used to categorize patients into two subgroups: HbA1c $\leq 8\%$ ($n = 377$) and HbA1c $> 8\%$ ($n = 346$). The cut-off of 8% was chosen to ensure adequate patient numbers in each subgroup for meaningful analysis and based on available literature^{16, 17}.

Safety analyses assessed the frequently reported adverse events (AEs) across all the treatment arms.

Statistical analysis

All efficacy analyses were based on the ITT population, which contained all subjects who received at least one dose of study medication as per the randomization. All statistical analyses were performed using SAS 9.4. No correction for multiplicity was applied.

The primary analysis of the pooled data used analysis of covariance (ANCOVA) on the endpoint mean pain scores, with treatment and study as factors and baseline mean pain score as a covariate, using the last observation carried forward (LOCF) approach to deal with missing postbaseline scores. Treatment differences were expressed as least squares mean (LS Means) differences vs placebo, with 95% confidence intervals (CI) and *P*-values. A treatment by study interaction term was added to

the ANCOVA model to check for homogeneity of treatment effects.

Responders were defined as patients achieving a reduction in mean pain score from baseline to endpoint with a clinically meaningful threshold of $\geq 30\%$, $\geq 50\%$, and $\geq 70\%$ reduction. A greater than 30% reduction and 50% reduction were selected as they are well-recognized thresholds for moderate/substantial clinically meaningful improvements, respectively, in chronic pain trials¹⁸. Greater than 70% change in pain is less frequently used but represents extensive improvement in pain¹⁹.

A mixed model repeated measures (MMRM) analysis was conducted to evaluate the changes over time in the weekly mean pain scores, with terms for study, visit, treatment group, interaction between visit and treatment group, and baseline score as a covariate. A treatment by study interaction term was added to the MMRM model to check for homogeneity of treatment effects.

To assess the impact of glycemic control on treatment response, patients were stratified by baseline HbA1c ($\leq 8\%$ or $> 8\%$), and separate ANCOVA analyses were performed for each of the two subgroups to evaluate the treatment effects. An interaction term of treatment by baseline HbA1c stratum was added to the overall ANCOVA model to see if it indicated different treatment effects depending on baseline HbA1c levels.

RESULTS

Patient demographics and baseline characteristics

A total of 729 patients were involved in this pooled analysis (ITT). Baseline demographic and clinical characteristics were generally comparable across treatment groups (Table 2). The overall population was predominantly male (59.4%) and white (89.4%), with a mean (\pm SD) age of 58.9 (± 10.49) years. A total of 31.3% of patients were aged ≥ 65 years. The mean (\pm SD) body weight was 96.87 (± 19.99) kg. The mean (\pm SD) estimated creatinine clearance at baseline was 104.77 (± 36.65) mL/min. The majority of patients had type 2 diabetes (90%), with a

Table 2 | Pooled patient demographics and baseline characteristics

| Characteristic | Placebo (<i>N</i> = 252) | Pregabalin 75 mg (<i>N</i> = 77) | Pregabalin 150 mg (<i>N</i> = 79) | Pregabalin 300 mg (<i>N</i> = 157) | Pregabalin 600 mg (<i>N</i> = 164) | Total Pregabalin (<i>N</i> = 477) | All Patients (<i>N</i> = 729) |
|-------------------------|------------------------------|--------------------------------------|---------------------------------------|--|--|---------------------------------------|-----------------------------------|
| Sex, <i>n</i> (%) | | | | | | | |
| Male | 145 (57.5) | 43 (55.8) | 57 (72.2) | 90 (57.3) | 98 (59.8) | 288 (60.4) | 433 (59.4) |
| Female | 107 (42.5) | 34 (44.2) | 22 (27.8) | 67 (42.7) | 66 (40.2) | 189 (39.6) | 296 (40.6) |
| Ethnicity, <i>n</i> (%) | | | | | | | |
| White | 222 (88.1) | 74 (96.1) | 74 (93.7) | 140 (89.2) | 142 (86.6) | 430 (90.1) | 652 (89.4) |
| Black | 15 (6.0) | 1 (1.3) | 3 (3.8) | 9 (5.7) | 12 (7.3) | 25 (5.2) | 40 (5.5) |
| Hispanic | 12 (4.8) | 1 (1.3) | 2 (2.5) | 6 (3.8) | 10 (6.1) | 20 (4.2) | 32 (4.4) |
| Other | 3 (1.2) | 1 (1.3) | – | 1 (0.62) | – | 2 (0.4) | 5 (0.7) |
| Age (years) | | | | | | | |
| Mean \pm SD | 58.3 \pm 10.85 | 61.3 \pm 10.51 | 56.3 \pm 9.36 | 59.1 \pm 10.82 | 59.9 \pm 9.85 | 59.3 \pm 10.29 | 58.9 \pm 10.49 |
| Range | 26–79 | 34–85 | 33–74 | 21–83 | 29–80 | 21–85 | 21–85 |

Intent-to-Treat (ITT) population, defined as all randomized patients who received at least one dose of study medication. SD, standard deviation.

mean duration of diabetes of 9.9 (± 8.9) years. The mean baseline pain score ranged from 6.33 to 6.66 across treatment groups.

Efficacy of Pregabalin by dose (endpoint mean pain score)

All treatment groups, including placebo, showed more than 1 point reduction in the mean pain score at the study Endpoint. The treatment effects of pregabalin 75 mg ($P = 0.5051$; 95% CI: -0.75 to 0.37) and 150 mg ($P = 0.0711$; 95% CI: -1.13 to 0.05) were not statistically significant compared with placebo (ANCOVA). However, pregabalin 300 mg (-1.38) and 600 mg (-1.39) showed very similar effects, and both were statistically significant compared with placebo ($P < 0.0001$) (Table 3). The treatment by study interaction term ($P = 0.76$) added to the ANCOVA model supported homogeneous treatment effects across the studies.

MMRM

Testing for homogeneous treatment effects across the studies revealed that the treatment by study interaction term was statistically significant ($P < 0.01$), indicating that the treatment effects are not homogeneous. Further investigation revealed that pregabalin at a dose of 600 mg/day for one trial (1008–014) was the main source of this statistical significance. This finding was due to differences in the titration scheme for the 600 mg/day dose between studies, indicating that the data are not sufficiently similar for weeks 1 and 2, and therefore, P -values for both these time-points for the 600 mg dose have to be interpreted carefully.

The analyses of the weekly pain scores showed a statistical change from baseline for pregabalin doses of 300 mg/day and 600 mg/day, and this difference was observed starting from week 1 onwards. With a pregabalin dose of 75 mg/day, there was no statistically significant difference in the pain scores between pregabalin and placebo at any of the weeks, and with a pregabalin dose of 150 mg/day, the difference was statistically significant starting from week 3 onwards (Table S1).

By Week 1, dose-related reductions were evident: the LSMeans change from baseline in the weekly mean pain score was -0.44 in the placebo group, -0.49 in pregabalin 75 mg,

-0.79 in pregabalin 150 mg, -1.84 in pregabalin 300 mg, and -1.31 in pregabalin 600 mg.

From Week 2 through Week 6, pregabalin 300 mg/day and 600 mg/day consistently demonstrated greater reductions in pain scores compared to the lower doses of pregabalin and placebo. At Week 6, the LSMeans change from baseline in the mean pain scores was highest with pregabalin 600 mg (-2.71), followed by pregabalin 300 mg (-2.40), pregabalin 150 mg (-1.85), but at Week 5 with pregabalin 75 mg (-1.72) as there's no analysis for Week 6 at this dose, whereas placebo showed a modest reduction (-1.07).

At endpoint, the LSMeans change from baseline in mean pain scores was very similar between pregabalin 600 mg (-2.49) and 300 mg (-2.48), and between pregabalin 150 mg (-1.64) and 75 mg (-1.29), when compared with placebo (-1.10).

Responder rates based on clinically meaningful pain reduction

As shown in Figure 1, a higher proportion of responders, defined as patients achieving $\geq 50\%$ reduction in mean pain score from baseline to endpoint, was observed in the pregabalin 300 mg/day ($n = 67/157$; 42.7%) and 600 mg/day ($n = 69/164$; 42.1%) groups compared with placebo ($n = 37/252$; 14.7%). Both 75 mg/day (22.1%) and 150 mg/day (17.7%) show similar proportions as placebo.

Using a $\geq 30\%$ reduction as a threshold for clinically important improvement shows a very similar pattern, with higher response rates in the 300 mg/day ($n = 89/157$; 56.7%) and 600 mg/day ($n = 98/164$; 59.8%) groups compared with placebo ($n = 78/252$; 31.0%) and 75 mg/day (36.4%) and 150 mg/day (34.2%) groups. Approximately 25% of patients treated with pregabalin 600 mg achieved a $\geq 70\%$ reduction in endpoint mean pain scores, highlighting a meaningful subset of patients who experienced marked pain relief.

Effect of glycemic control on pregabalin efficacy

Impact of baseline HbA1c on glycemic parameters and treatment response

Across both subgroups of $>8\%$ ($n = 346$) and $\leq 8\%$ ($n = 377$), all the treatment arms demonstrated similar glycemic stability,

Table 3 | Endpoint mean pain score inference: results of analysis of covariance

| | Pooled Studies | | | | |
|---|-------------------|---------------------------|---------------------------|----------------------------|----------------------------|
| | PBO ($n = 248$) | PGB 75 ($n = 77$) | PGB 150 ($n = 79$) | PGB 300 ($n = 156$) | PGB 600 ($n = 163$) |
| Observed Mean (SE) | 6.57 (1.56) | 6.66 (1.34) | 6.45 (1.31) | 6.33 (1.52) | 6.48 (1.60) |
| Baseline | | | | | |
| LS Means Endpoint | 5.40 | 5.21 | 4.86 | 4.02 | 4.00 |
| (95% CI) [†] | (5.14, 5.65) | (4.70, 5.72) | (4.33, 5.39) | (3.67, 4.37) | (3.66, 4.35) |
| LS Means Difference (95% CI) [†] | | -0.19 ($-0.75, 0.37$) | -0.54 ($-1.13, 0.05$) | -1.38 ($-1.81, -0.95$) | -1.39 ($-1.82, -0.97$) |
| P -value [†] | | 0.5051 | 0.0711 | <0.0001 | <0.0001 |

[†]LSMeans, differences and P -values derived from ANCOVA model including terms for study, treatment, and baseline score, and using last observation carried forward.

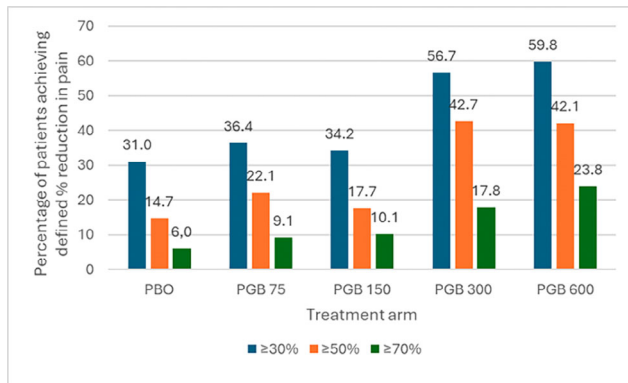


Figure 1 | Percentage of patients achieving a defined % reduction in Endpoint mean pain scores. Proportions of patients achieving $\geq 30\%$, $\geq 50\%$, and $\geq 70\%$ reduction in Endpoint mean pain score are shown for each treatment group. PBO, placebo; PGB, pregabalin.

with no clinically significant changes in HbA1c observed from baseline to endpoint.

In the HbA1c $>8\%$ subgroup, the LS Means change from baseline in HbA1c ranged from -2.40 to -1.05 across all pregabalin doses, compared to -1.32 in the placebo group. Similarly, in the HbA1c $\leq 8\%$ subgroup, mean changes ranged from -2.59 to -1.56 across pregabalin doses, compared to -0.89 in the placebo group.

Pregabalin at 300 and 600 mg/day consistently demonstrated greater pain reduction compared to placebo than the lower dosages in both HbA1c subgroups. This illustrates that the reduction of pain from Baseline to Endpoint is independent of baseline HbA1c levels (Table 4). This was supported by the non-statistically significant ($P = 0.95$) interaction term of treatment by HbA1c into the ANCOVA model.

Safety data

The safety profile of pregabalin observed in this study was consistent with that reported in previous pooled analyses across neuropathic pain populations. Consistent with the established dose-dependent tolerability profile of pregabalin, the overall incidence of adverse events was numerically higher at 300 mg/day and 600 mg/day compared with lower doses and placebo. The

most frequently reported treatment-emergent adverse events were dizziness (17.8%), somnolence (11.1%), headache (8.9%), infection (7.8%), and peripheral edema (6.9%) (Table S2).

DISCUSSION

This pooled analysis of three randomized, double-blind, placebo-controlled trials provides evidence for the dose-dependent efficacy of pregabalin in the management of pDPN. Pregabalin at doses of 300 mg/day and 600 mg/day resulted in statistically and clinically significant reductions in mean pain scores, compared with both placebo and lower doses of pregabalin (75 mg/day and 150 mg/day). These effects were consistent across patients with varying levels of baseline glycaemic control, indicating pregabalin's therapeutic utility in a metabolically heterogeneous population.

The efficacy of pregabalin in pDPN has been demonstrated across several clinical trials^{8, 14, 15} and reinforced by meta-analyses and real-world evidence^{19, 20}. These findings are reflected in multiple international guidelines, which recommend pregabalin as a first-line agent for neuropathic pain, including the NeuPSIG, EFNS, ADA, and AAN guidelines^{7, 21–23}.

Despite this, real-world studies reveal that patients often receive subtherapeutic pregabalin doses due to concerns about tolerability, leading to insufficient pain control^{10, 24}. In our analysis, more than 42% of patients receiving either pregabalin 300 mg/day or 600 mg/day achieved $\geq 50\%$ pain reduction, a clinically meaningful threshold, compared with only 14.7% on placebo.

The early onset of analgesia, as demonstrated through MMRM analysis, is another critical aspect of pregabalin's clinical utility. Separation from placebo was observed as early as Week 1 in the 300 mg/day and 600 mg/day groups, with sustained benefit throughout the study duration. Rapid pain relief is not only clinically beneficial but may also enhance patient adherence, reduce dropout rates, and improve functional outcomes, such as sleep, mood, and quality of life²⁵.

Moreover, although treatment-emergent adverse events were generally more frequent at higher pregabalin doses, clinicians are advised to individualize therapy and maintain optimal dosing tailored to each patient's tolerability and therapeutic response.

Table 4 | Analysis of Covariance (ANCOVA) results Endpoint Mean Pain Scores by Baseline HbA1c category

| HbA1c category | | Placebo | 75 mg | 150 mg | 300 mg | 600 mg |
|----------------|---------------------------|--------------|--------------|--------------|--------------|--------------|
| $\leq 8\%$ | N | 130 | 40 | 40 | 81 | 86 |
| | LSMeans (SE) | -0.89 (0.18) | -1.56 (0.37) | -1.80 (0.39) | -2.57 (0.25) | -2.59 (0.25) |
| | Difference versus placebo | – | -0.68 | -0.91 | -1.69 | -1.71 |
| | P-value vs placebo | – | 0.097 | 0.034 | <0.0001 | <0.0001 |
| $> 8\%$ | N | 118 | 37 | 39 | 75 | 77 |
| | LSMeans (SE) | -1.32 (0.18) | -1.05 (0.36) | -1.51 (0.38) | -2.36 (0.25) | -2.40 (0.25) |
| | Difference vs placebo | – | 0.27 | -0.19 | -1.04 | -1.09 |
| | P-value vs placebo | – | 0.50 | 0.65 | 0.0009 | 0.0004 |

One important consideration, as highlighted in real-world clinical observations, is that patients often present with greater clinical complexity than those in controlled trials. The publication by Freynhagen *et al.* (2021) underscores the need for a personalized, patient-centric titration strategy, advocating a “start low, go slow” approach to balance efficacy with tolerability, especially in populations with polypharmacy, multimorbidity, or advanced age²⁶. Such practical insights are critical, particularly in contrast to the structured environment of phase 3 trials. However, our pooled analysis suggests reliable efficacy for pDPN is achieved with 300 mg/d doses and above, reinforcing the need to maintain cautious upward dose titration in routine clinical practice to optimize an individual patient’s therapeutic response.

The study by Tesfaye *et al.* (2022) further supports this. It is reported that the mean maximum tolerated dose per day in the monotherapy arm was 397 mg, with 59 participants (55%) reaching the maximum dose by week 6²⁴. These results support the clinical utility of titrating pregabalin dose to 300–600 mg/day in pDPN, challenging the traditional reluctance to titrate due to glycemic concerns or fear of adverse events.

Concerns often arise regarding whether patients with poor glycemic control (e.g., HbA1c >8%) experience reduced therapeutic benefit^{9, 11}. Our subgroup analysis demonstrates that pregabalin’s efficacy is not significantly influenced by baseline HbA1c, with comparable pain reductions observed in both glycemic strata. These findings are consistent with previous reports²⁴ and provide reassurance that effective analgesia can be achieved even in patients with suboptimal metabolic control.

These results support the clinical utility of dose titration to 300–600 mg/day in patients with pDPN, without concern for adverse glycemic impact. The findings reinforce that glycemic status should not limit the optimization of pregabalin dosing for pain management in this population.

From a clinical standpoint, these results support titration of pregabalin to optimal doses of 300–600 mg/day in patients with pDPN and challenge the traditional reluctance to titrate due to glycemic concerns or fear of adverse events. A personalized approach, focused on therapeutic response rather than metabolic exclusion criteria, is key to optimizing outcomes in this population²⁰.

LIMITATIONS

Despite the strengths of using pooled individual-level data from well-controlled studies, several limitations must be acknowledged. First, the analysis was post hoc in nature and not originally designed to detect subgroup differences based on HbA1c; also, no statistical correction for multiple testing was made. The trial durations (5 to 8 weeks) reflect short-term efficacy and safety, and longer-term effects remain to be investigated. In the Richter *et al.* study, the 600 mg/day group underwent dose titration during weeks 1–2, which may influence the interpretation of the pooled week 1–2 results for this dose. Additionally, the 75 mg/day and 150 mg/day treatment groups were each

evaluated in only one clinical trial, resulting in smaller sample sizes and limited generalizability compared to the other dose groups.

CONCLUSION

In this pooled analysis, pregabalin at 300 mg/day and 600 mg/day demonstrated significant and clinically meaningful pain relief in patients with pDPN compared with lower doses, along with consistent efficacy observed across different levels of baseline glycemic control. These findings support a treatment strategy focused on titration to effective doses without being constrained by a patient’s HbA1c status. Clinicians should be encouraged to pursue optimal pregabalin dosing to maximize therapeutic outcomes, thereby improving the quality of life for patients suffering from diabetic peripheral neuropathy.

ACKNOWLEDGMENTS

The authors thank Viatri Inc. for supporting the preparation of this manuscript, including data analysis and editorial assistance. The authors declare that artificial intelligence tools were used only to improve the clarity and readability of the manuscript. The authors reviewed and edited all content and are fully responsible for the final version of the text.

FUNDING

The study and manuscript development were funded by Viatri Inc.

DISCLOSURE

The authors declare no other conflicts of interest related to this work.

Approval of the research protocol: N/A.

Informed consent: N/A.

Registry and the registration no. of the study/trial: N/A.

Animal studies: Primary data from research on human or animal subjects were not used in the analyses for this paper. Secondary, deidentified and anonymized data from previously conducted clinical trials were utilized in this paper. Hence ethics approval has been deemed not required.

AUTHOR CONTRIBUTIONS

Solomon Tesfaye, MB ChB, MD, reports grants or contracts paid from Withings, Viatri, and Procter & Gamble, outside the submitted work. Gordon Sloan, MB ChB, PhD, reports payments or honoraria for lectures, presentations, speakers bureaus, or educational events by Procter and Gamble, Viatri and Eli Lilly, outside the submitted work. He has also acted as a consultant or speaker for Angelini, Astra Zeneca, Bayer, Berlin-Chemie, Grunenthal, Medtronic, Merc, Merz, Nevro, Novo Nordisk, P&G, Viatri, and Worwag Pharma. Gavin Lyndon, PhD, is a Contracted Consultant with Viatri Inc., and reports holding stock or stock options with Pfizer Inc. and Viatri Inc. Ashish Bajaj, MD; Chris Walker, PhD; Egbert Biesheuvel, PhD;

and Sagar Suresh Kumbhar, MSc, are employees of Viatrix Inc. No authors received personal remuneration for authorship or participation in this publication.

DATA AVAILABILITY STATEMENT

The data that support the findings of this study are available in PubMed at <https://pubmed.ncbi.nlm.nih.gov/>. These data were derived from the following resources available in the public domain: - PubMed, <https://pubmed.ncbi.nlm.nih.gov/15596757/> - PubMed, <https://pubmed.ncbi.nlm.nih.gov/15820913/> - PubMed, <https://pubmed.ncbi.nlm.nih.gov/15288403/>.

REFERENCES

- IDF Diabetes Atlas, Global Diabetes Data and Statistics. Diabetes Atlas, 2025. <https://diabetesatlas.org/>.
- Sloan G, Selvarajah D, Tesfaye S. Pathogenesis, diagnosis and clinical management of diabetic sensorimotor peripheral neuropathy. *Nat Rev Endocrinol* 2021; 17: 400–420.
- Selvarajah D, Cash T, Sankar A, et al. The contributors of emotional distress in painful diabetic neuropathy. *Diab Vasc Dis Res* 2014; 11: 218–225.
- Preston FG, Riley DR, Azmi S, et al. Painful diabetic peripheral neuropathy: Practical guidance and challenges for clinical management. *Diabetes Metab Syndr Obes* 2023; 16: 1595–1612.
- Li Y, Buys N, Ferguson S, et al. The evaluation of cognitive-behavioral therapy-based intervention on type 2 diabetes patients with comorbid metabolic syndrome: A randomized controlled trial. *Diabetol Metab Syndr* 2023; 15: 158.
- Bril V, England J, Franklin GM, et al. Evidence-based guideline: Treatment of painful diabetic neuropathy [RETIRED]: Report of the American Academy of Neurology, the American Association of Neuromuscular and Electrodiagnostic Medicine, and the American Academy of physical medicine and rehabilitation. *Neurology* 2011; 76: 1758–1765.
- Soliman N, Moisset X, Ferraro MC, et al. Pharmacotherapy and non-invasive neuromodulation for neuropathic pain: A systematic review and meta-analysis. *Lancet Neurol* 2025; 24: 413–428.
- Freyhagen R, Strojek K, Griesing T, et al. Efficacy of pregabalin in neuropathic pain evaluated in a 12-week, randomised, double-blind, multicentre, placebo-controlled trial of flexible- and fixed-dose regimens. *Pain* 2005; 115: 254–263.
- Callaghan BC, Cheng HT, Stables CL, et al. Diabetic neuropathy: Clinical manifestations and current treatments. *Lancet Neurol* 2012; 11: 521–534.
- Alexander J, Edwards RA, Manca L, et al. Dose titration of Pregabalin in patients with painful diabetic peripheral neuropathy: Simulation based on observational study patients enriched with data from randomized studies. *Adv Ther* 2018; 35: 382–394.
- Boulton AJM, Vinik AI, Arezzo JC, et al. Diabetic neuropathies. *Diabetes Care* 2005; 28: 956–962.
- Sundara Rajan R, de Gray L, George E. Painful diabetic neuropathy. *Contin Educ Anaesth Crit Care Pain* 2014; 14: 230–235.
- Lesser H, Sharma U, LaMoreaux L, et al. Pregabalin relieves symptoms of painful diabetic neuropathy: A randomized controlled trial. *Neurology* 2004; 63: 2104–2110.
- Richter RW, Portenoy R, Sharma U, et al. Relief of painful diabetic peripheral neuropathy with pregabalin: A randomized, placebo-controlled trial. *J Pain* 2005; 6: 253–260.
- Rosenstock J, Tuchman M, LaMoreaux L, et al. Pregabalin for the treatment of painful diabetic peripheral neuropathy: A double-blind, placebo-controlled trial. *Pain* 2004; 110: 628–638.
- Qaseem A, Wilt TJ, Kansagara D, et al. Hemoglobin A1c targets for glycemic control with pharmacologic therapy for nonpregnant adults with type 2 diabetes mellitus: A guidance statement update from the American College of Physicians. *Ann Intern Med* 2018; 168: 569–576.
- Wan EYF, Yu EYT, Mak IL, et al. Diabetes with poor-control HbA1c is cardiovascular disease “risk equivalent” for mortality: UK biobank and Hong Kong population-based cohort study. *BMJ Open Diabetes Res Care* 2023; 11: e003075.
- Smith SM, Dworkin RH, Turk DC, et al. Interpretation of chronic pain clinical trial outcomes: IMMPACT recommended considerations. *Pain* 2020; 161: 2446–2461.
- Moore RA, Straube S, Wiffen PJ, et al. Pregabalin for acute and chronic pain in adults. *Cochrane Database Syst Rev* 2009; 3: CD007076.
- Finnerup NB, Haroutounian S, Kamerman P, et al. Neuropathic pain: An updated grading system for research and clinical practice. *Pain* 2016; 157: 1599–1606.
- Pop-Busui R, Boulton AJM, Feldman EL, et al. Diabetic neuropathy: A position statement by the American Diabetes Association. *Diabetes Care* 2017; 40: 136–154.
- Price R, Smith D, Franklin G, et al. Oral and topical treatment of painful diabetic polyneuropathy: Practice guideline update summary: Report of the AAN guideline subcommittee. *Neurology* 2022; 98: 31–43.
- Attal N, Cruccu G, Baron R, et al. EFNS guidelines on the pharmacological treatment of neuropathic pain: 2010 revision. *Eur J Neurol* 2010; 17: 1113.
- Tesfaye S, Sloan G, Petrie J, et al. Comparison of amitriptyline supplemented with pregabalin, pregabalin supplemented with amitriptyline, and duloxetine supplemented with pregabalin for the treatment of diabetic peripheral neuropathic pain (OPTION-DM): A multicentre, double-blind, randomised crossover trial. *Lancet* 2022; 400: 680–690.

25. Pop-Busui R, Ang L, Boulton A, *et al.* Diagnosis and treatment of painful diabetic peripheral neuropathy. *ADA Clinical Compendia* 2022; 2022: 1–32.
26. Freynhagen R, Baron R, Kawaguchi Y, *et al.* Pregabalin for neuropathic pain in primary care settings: Recommendations for dosing and titration. *Postgrad Med* 2021; 133: 1–9.

SUPPORTING INFORMATION

Additional supporting information may be found online in the Supporting Information section at the end of the article.

Table S1. Weekly Mean Pain Scores: Results of MMRM for pooled studies (1008-014, 1,008-029, and 1,008-131).

Table S2. Summary of Adverse Events Occurring in $\geq 3\%$ of Patients in Any Treatment Group by decreasing frequency.