

# **STRIDE**

**CLINICAL TRIAL SUMMARY**

**Presenters**

Novo Nordisk

**Objectives**

To assess whether semaglutide enhances walking ability, symptoms, quality of life, and clinical outcomes in individuals with peripheral artery disease and type 2 diabetes.

**Source:** <https://clinicaltrials.gov/study/NCT04560998>

**TRIAL  
DESIGN**

Double-blind, randomized, placebo-controlled, parallel assignment trial

**SAMPLE  
SIZE**

792 were randomly assigned to semaglutide (n=396) or placebo (n=396)

**INCLUSION CRITERIA**

- Age above or equal to 18 years
- Diagnosed with type 2 diabetes mellitus at least 180 days prior to the day of screening
- Symptomatic PAD with intermittent claudication

## METHODOLOGY

- Participants were randomly assigned (1:1) using an interactive web response system to receive subcutaneous semaglutide 1·0 mg once per week for 52 weeks or placebo. (n=396 for both groups)
- The primary endpoint was the week 52 ratio to baseline of maximum walking distance, measured using a constant-load treadmill in the full analysis set. Safety was assessed in the safety analysis set.

## RESULTS

The study reported a significantly greater estimated median ratio to baseline in maximum walking distance at week 52 in the semaglutide group than the placebo group (1.21 vs 1.08; estimated treatment ratio 1.13).

The study reported six severe events in five patients in the semaglutide group and nine serious adverse events in six patients in the placebo group. These were probably or possibly treatment-related.

The most frequent serious adverse events were gastrointestinal events (two events in two patients in the semaglutide group and five events in three patients in the placebo group). No treatment-related deaths were reported.

## CONCLUSION

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Semaglutide improved walking distance in patients with symptomatic peripheral artery disease and type 2 diabetes. Future research should explore the underlying mechanisms and evaluate its efficacy and safety in patients with peripheral artery disease without type 2 diabetes.

Bonaca MP, Catarig AM, Houliand K, et al. Semaglutide and walking capacity in people with symptomatic peripheral artery disease and type 2 diabetes (STRIDE): a phase 3b, double-blind, randomised, placebo-controlled trial. *Lancet*. 2025;405(10489):1580-1593. doi:10.1016/S0140-6736(25)00509-4