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Effect of α -glucosidase inhibitor in established case of impaired glucose tolerance

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Major concern for health care provider is the increasing prevalence of type 2 diabetes mellitus. In this study, we have enrolled high risk individuals who are diagnosed as IGT. These patients were given α -glucosidase inhibitor (voglibose) to prevent them from developing type 2 diabetes mellitus.

Methods: This study was an observational study comprising of voglibose versus placebo in high risk individuals with established IGT. Overall 150 patients were enrolled out of which only 81 patients were eligible and these patients were randomly assigned into two groups. In Group A, 43 patients were given oral voglibose 0.2 mg two times a day (n=43) and in Group B, remaining 38 patients were enrolled and these patients were on placebo (n=38).

Results: The mean duration of treatment was 48.9 weeks (SD: 35.4), i.e., 46.1 weeks for voglibose and 50.4 weeks for placebo. It was observed that the mean baseline HBA1c in the Group A patients was 6.08% and in Group B was 6.10% whereas the mean HbA1c after 46.1 weeks of therapy was 5.6% and 6.0% respectively in the Group A and B. There was a significant decrease in HBA1c in Group A ($p<0.001$). Patient on Voglibose has shown better results than placebo in respect to fasting and post prandial levels and the p value was <0.001 , which was statically significant. There was neither any statically significant changes observed in respect to lipid profile and body weight in both the groups. Occurrence of various symptoms such as nausea, and dyspepsia were seen in groups A and it was observed that nausea was greater in group A (16%) compared to B (1%), the increase was observed to be statistically non-significant at $p=0.35$.

Conclusion: In addition to lifestyle modification, these patients who are at high risk should be initiated on medical therapy to prevent them having glycemic variability in later period of life. Our study had shown that early addition of voglibose had delayed the progression of these patient to develop establish type 2 diabetes mellitus.

Biography

Riyaz Mohammed has completed his post-graduation in Internal Medicine from Prestigious Deccan College of Medical College and then he has completed his Masters in Endocrinology from Texila American University and Diploma in Endocrinology from University of South Wales, UK. He is the Director of Esani Diabetes and Multispeciality Research Centre in India. He is also working as a Professor of Medicine in MNR Medical College and Research Centre to teach Undergraduate and postgraduate students in the Department of Medicine. He has published more than 31 papers in reputed journals and has more than 24 oral presentations as speaker to his credit. He has been serving as an Editorial Board Member of repute Journal EJMPR, WJPR, and he is also serving as a Reviewer for journal like Journal of Evidence based Medicine and Health care, Annals of Internal Medicine, International Journal of Research in Medical Sciences, Journal of Evolution of Medical and Dental Sciences.

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