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SARCOPENIA AND DIABETES MELLITUS TYPE 2: 2 SIDES OF ONE PROBLEM NEW APPROCHE OF DMT2 TREATMENT

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Objective: Patients with the Diabetes Mellitus type 2 (DMT2) have low plasma testosterone (T) levels and vitamin D (D-hormone) levels. The aim of this study was to establish whether the normalization of plasma T and vitamin D improves the features of the sarcopenia and DMT2.

Patients: One hundred patients, aged 35-70, with the DMT2 and sarcopenia with hypogonadism (baseline total T level <12.0 nm in men and T level <1.7 nm in women), and low vitamin D (<30 nm) recruited in the outpatient clinic.

Intervention: Treatment for 24 weeks with parenteral T and oral vitamin D.

Measurements: Body weight, body mass index (BMI), HbA1c, waist circumference (WC), hip circumference, waist-to-hip ratio, insulin, cholesterol, triglycerides, high-density lipoprotein cholesterol, low-density lipoprotein cholesterol, C-reactive protein (CRP), dynamometry.

Results: There were significant decreases in WC and HbA1c (90% pts were normalized)

Conclusions: 24 weeks of T and vitamin D administration normalizing HbA1c in 90% pts with DMT2 which improve in dynamometry.