Self-monitoring of blood glucose protocol cuts hs-CRP

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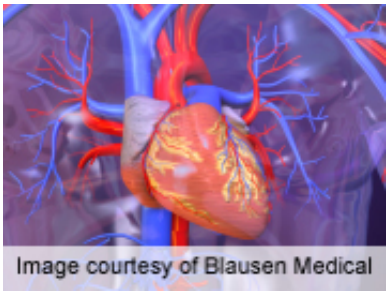

Among patients with poorly controlled type 2 diabetes, a structured self-monitoring of blood glucose protocol correlates with reductions in the level of high-sensitivity C-reactive protein, according to a study published online Feb. 22 in *Diabetes Care*.

(HealthDay)—Among patients with poorly controlled type 2 diabetes, a structured self-monitoring of blood glucose (SMBG) protocol correlates with reductions in the level of high-sensitivity C-reactive protein (hs-CRP), according to a study published online Feb. 22 in *Diabetes Care*.

Oliver Schnell, M.D., from Helmholtz Center Munich, and colleagues examined the effect of a structured SMBG protocol and associated changes in hemoglobin A1c on changes in hs-CRP among 483 poorly-controlled, insulin-naive patients with type 2 diabetes. Participants were randomly allocated to active control or structured testing (STG), including quarterly structured SMBG.

At three, six, and 12 months, the researchers found that there were significantly greater reductions in the geometric mean hs-CRP in the STG group than the active control group. Significantly greater reductions in hs-CRP level were seen for patients in the STG group at high cardiovascular risk, compared with patients in the active control group at high cardiovascular risk. In both groups there was a strong correlation between reductions in hs-CRP and hemoglobin A1c.

"Our study is the first to report a relationship between the significant glycemic outcomes of a structured SMBG intervention and changes in hs-CRP, a clinical marker of cardiovascular risk," the authors write.

Two authors disclosed financial ties to Roche Diagnostics, which funded the study.

More information: Abstract
Full Text (subscription or payment may be required)