

# Researchers identify a metabolite as a biomarker of diabetes risk

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Type 2 diabetes (T2D) is the most common form of diabetes and is associated with many complications. T2D is preventable through weight control and exercise; however, many individuals are unaware that they are at risk and do not change their lifestyle in time to avoid disease.

In this issue of the *Journal of Clinical Investigation*, Robert Gerszten and colleagues at Massachusetts General Hospital identify the metabolite 2-aminoadipic acid (2-AAA) as a biomarker for T2D diabetes risk. Individuals with increased levels of 2-AAA had a much greater risk of developing diabetes than individuals with lower 2-AAA levels.

The authors found that this metabolite was present in at-risk individuals up to 12 years before to T2D onset. Additionally, addition of 2-AAA to isolated pancreatic cells from both mice and humans enhanced [insulin secretion](#).

This study provides a biomarker of T2D risk that is a potential [therapeutic target](#) for the regulation of glucose homeostasis.

**More information:** 2-Aminoadipic acid is a biomarker for diabetes risk, *J Clin Invest*. [DOI: 10.1172/JCI64801](https://doi.org/10.1172/JCI64801)

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