

# Gastritis linked to metformin-related GI side effects in T2DM

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(HealthDay)—For patients with type 2 diabetes, asymptomatic gastritis is associated with metformin-related gastrointestinal side effects, according to a study published online May 29 in the *Journal of Clinical Pharmacy and Therapeutics*.

Yuxin Huang, M.D., from the Shanghai Huadong Hospital affiliated to Fudan University, and colleagues examined whether asymptomatic chronic gastritis could influence metformin tolerance in patients with type 2 diabetes. Data were included for 144 metformin-naïve patients; all subjects started metformin at 500 mg/day and increased progressively to 1,500 mg/day over four weeks. Each week a score of [gastrointestinal side effects](#) was assessed, and metformin dose was adjusted as

appropriate.

The researchers categorized 64 patients as non-gastritis subjects and 80 as chronic gastritis subjects based on endoscopy. No statistical difference was seen between the groups for [gastrointestinal symptoms](#) at baseline. With metformin, the mean scores for abdominal pain, nausea, vomiting, and bloating were 1.02 versus 2.18 ( $P = 0.001$ ), 0.20 versus 0.50 ( $P = 0.022$ ), 0 versus 0.06 ( $P = 0.024$ ), and 1.08 versus 1.71 ( $P = 0.028$ ), respectively, for non-gastritis versus gastritis subjects, over four weeks. The mean final metformin doses were 706.24 and 1,101.56 mg for gastritis and non-gastritis subjects, respectively ( $P = 0.001$ ).

"Our data show for the first time that asymptomatic [chronic gastritis](#) predisposes to metformin-related gastrointestinal side effects," the authors write. "However, the molecular mechanisms are still unclear and merit further investigation."

**More information:** [Abstract](#)  
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