

# Some apolipoproteins linked to incident type 2 diabetes

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(HealthDay)—Apolipoprotein (apo) CIII and apoCIII-to-apoA1 ratio are

correlated with incident type 2 diabetes (T2D), according to a study published online Dec. 28 in *Diabetes Care*.

Adela Brahimaj, M.D., from the Erasmus University Medical Center in Rotterdam, Netherlands, and colleagues used data from 971 individuals from the prospective population-based Rotterdam Study to examine the role of apolipoproteins on the risk for T2D. They examined the correlation of high-density lipoprotein cholesterol (HDL-C), apoA1, apoCIII, apoD, and apoE and the ratios of apolipoproteins with apoA1 with T2D risk.

The researchers found that during a median follow-up of 13.5 years, 110 individuals developed [diabetes](#). HDL-C, apoCIII, apoE, apoCIII-to-apoA1 ratio, apoE-to-apoA1 ratio, and apolipoprotein score remained significant after adjustment for age, sex, [body mass index](#), parental history of diabetes, hypertension, alcohol use, smoking, prevalent cardiovascular disease, and serum lipid-reducing agents (per one standard deviation naturally log-transformed hazard ratios, 0.74, 1.65, 1.36, 1.72, 1.28, and 1.6, respectively). After adjustment for triglycerides in the last model, only apoCIII and apoCIII-to-apoA1 ratio remained significant (hazard ratios, 1.42 and 1.56, respectively).

"Serum apoCIII levels as well as apoCIII-to-apoA1 ratio are associated with incident T2D," the authors write. "They are associated independent of known risk factors and stronger than HDL-C levels."

One author disclosed financial ties to the nutrition and lifestyle industries.

**More information:** [Full Text \(subscription or payment may be required\)](#)

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