

Surgery can benefit T2DM control for patients with lumbar stenosis

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(HealthDay)—Successful lumbar surgery is associated with improved

glycemic control for patients with lumbar spinal stenosis (LSS) and type 2 diabetes mellitus (DM-2), according to a study published in the February issue of *The Spine Journal*.

In a prospective observational study, Kyoung-Tae Kim, M.D., Ph.D., from Kyungpook National University Hospital in Daegu, South Korea, and colleagues examined the effects of postoperative improvement in physical activity on [body mass index](#) (BMI) and hemoglobin A1c (HbA1c) in patients with LSS and DM-2. One hundred nineteen patients were enrolled and assessed over a two-year follow-up period.

The researchers found that the overall HbA1c values were 7.08 ± 0.94 , 6.58 ± 0.87 , 6.59 ± 0.79 , and 6.59 ± 0.79 percent, respectively, before, and at six months, one year, and two years after surgery (P values: six months, 0.024; one year, 0.021, and two years, 0.038). The difference between pre- and postoperative HbA1c was statistically significant in the not well-controlled sugar group (P

"The present study demonstrates that in patients with DM-2 and LSS, successful lumbar surgery may facilitate [glycemic control](#) by enabling an increase in the patient's level of [physical activity](#)," the authors write.

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