

## Normal meal tolerance test is practical, reliable in T2DM

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(HealthDay)—A normal meal tolerance test (NMTT)—a simplified

version of the mixed meal tolerance test—is valuable as an insulin secretion test in patients with type 2 diabetes, with exception of those in a hyperglycemic state, according to a study published online May 11 in the *Journal of Diabetes Investigation*.

Youhei Fujioka, M.D., Ph.D., from Tottori University in Yonago, Japan, and colleagues performed a NMTT using calorie-controlled meals adjusted for ideal body weight, measuring C-peptide immunoreactivity (CPR) twice: at fasting and two hours after the meal. The team examined the properties of the glucagon stimulation test (GST) and the NMTT in 142 [patients](#) with type 2 diabetes. The change in CPR ( $\Delta$ CPR) was calculated by subtracting fasting CPR from the CPR measured six minutes after the glucagon injection (GST) or 120 minutes after the meal (NMTT).

The researchers found that the mean  $\Delta$ CPR was 2.0 and 3.1 ng/mL for the GST and NMTT, respectively. The  $\Delta$ CPR was greater in the NMTT than the GST for 104 patients, and the mean  $\Delta$ CPR was significantly greater in NMTT versus GST (P

"This NMTT is simple, making it more practical for use in a clinical setting than the full mixed meal tolerance [test](#) or the GST," the authors write. "We propose that the NMTT is useful in evaluating endogenous [insulin secretion](#) ability even for patients taking antidiabetic medications."

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