

Skin autofluorescence predicts T2DM, heart disease, mortality

December 5 2018



(HealthDay)—Skin autofluorescence predicts incident type 2 diabetes,

cardiovascular disease (CVD), and mortality in the general population, according to a study published online Nov. 21 in *Diabetologia*.

Robert P. van Waateringe, from the University of Groningen in the Netherlands, and colleagues conducted a prospective analysis involving 72,880 participants from the Dutch Lifelines Cohort Study who had validated baseline skin autofluorescence values available and were not known to have [diabetes](#) or CVD.

The researchers found that 1.4 percent of participants developed type 2 diabetes, 1.7 percent were diagnosed with CVD, and 1.3 percent died after a median follow-up of four years. Participants with incident type 2 diabetes and/or CVD and those who died had elevated baseline skin autofluorescence compared with individuals who survived and remained free of type 2 diabetes and/or CVD. Independent of traditional risk factors, such as [metabolic syndrome](#), glucose, and hemoglobin A1c, skin autofluorescence predicted development of type 2 diabetes, CVD, and mortality.

"Both previous and present findings support the clinical utility of skin autofluorescence as a first screening method for type 2 diabetes, CVD, and mortality," the authors write. "The quick, noninvasive measurement of skin autofluorescence may even allow use in nonmedical settings or public locations such as supermarkets, pharmacies, or drug stores as a first estimate of risk."

Two authors disclosed financial ties to Diagnoptics Technologies, manufacturer of the advanced glycation endproducts (AGE) reader used in the study.

More information: [Abstract/Full Text](#)

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Citation: Skin autofluorescence predicts T2DM, heart disease, mortality (2018, December 5)
retrieved 27 April 2024 from

<https://medicalxpress.com/news/2018-12-skin-autofluorescence-t2dm-heart-disease.html>

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