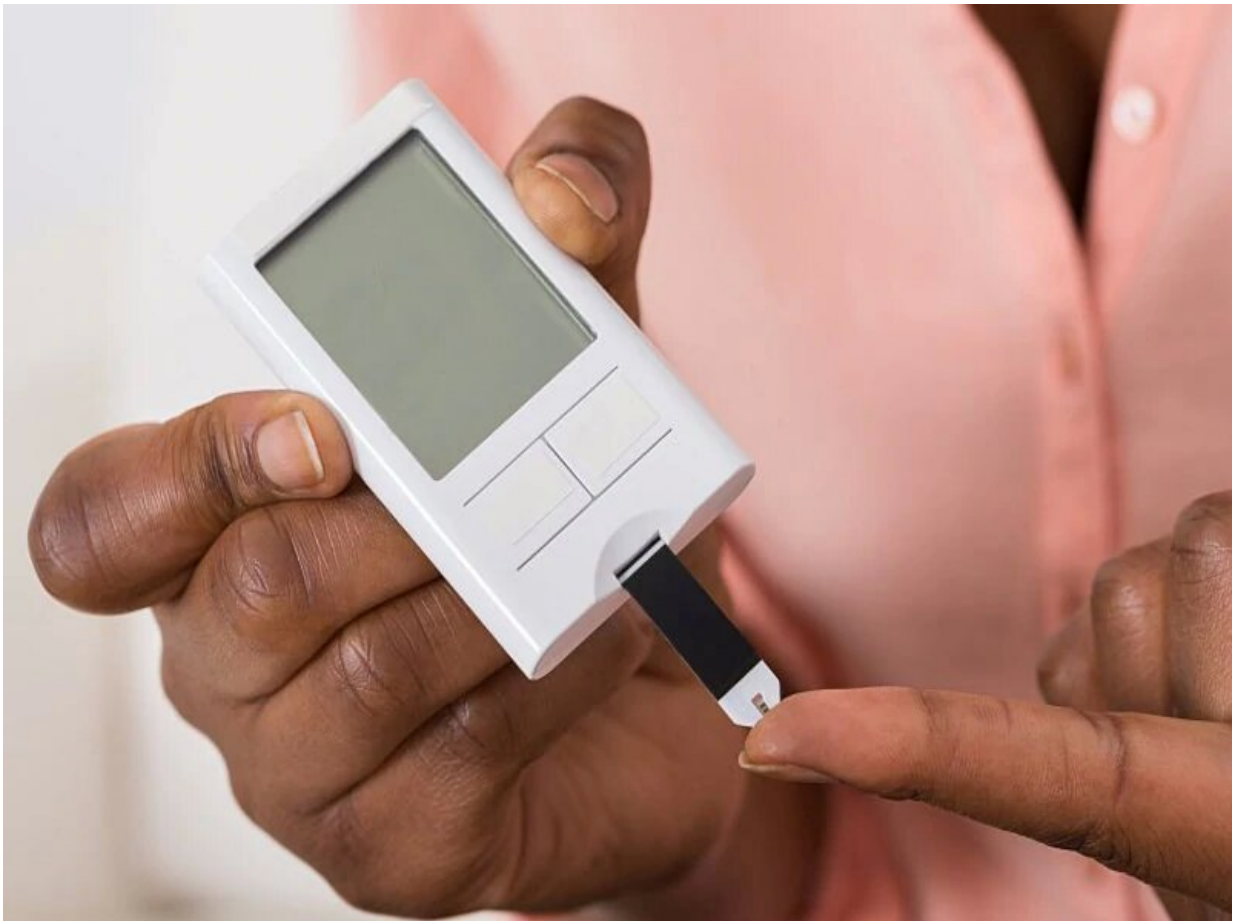


Achievement of targets in T2DM varies by season

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(HealthDay)—There is seasonal variation in achievement of the

guideline targets for hemoglobin A1c (HbA1c), blood pressure (BP), and low-density lipoprotein (LDL) cholesterol among persons with type 2 diabetes mellitus (T2DM), according to a study published online Feb. 22 in *Diabetes Care*.

Masaya Sakamoto, M.D., Ph.D., from The Jikei University School of Medicine in Tokyo, and colleagues analyzed data from 4,678 patients with T2DM in Japan whose HbA1c, BP, and LDL cholesterol were measured 12 times or more during a 24-month period. Monthly achievement rates were assessed for all three targets; achievement of all targets was expressed as the "all ABC achievement."

The researchers found that the achievement rates for all ABC, HbA1c, BP, and LDL cholesterol were lowest in winter, with systolic BP achievement rates being particularly low. Age ≥ 65 years was independently related to decreased achievement rates for systolic BP in winter (odds ratio, 0.47). For HbA1c, body mass index (BMI) ≥ 25 kg/m² (odds ratios, 0.45 for BMI 25 to 30 kg/m² and 0.35 for BMI ≥ 30 kg/m²) and diabetes duration of ≥ 10 years (odds ratio, 0.53) were independently related to lower achievement rates. In both summer and winter, insulin use and sulfonylurea use were independently associated with decreased all ABC achievement rates.

"It is important to take [seasonal variations](#) in the all ABC achievement rate into consideration in managing patients in ordinary clinical practice," the authors write.

Several authors disclosed financial ties to the pharmaceutical industry.

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

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