

Arterial stiffness inversely tied to plasma adiponectin levels

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events, while randomized trials could target increasing adiponectin in patients with type 1 diabetes and low adiponectin."

More information: [Abstract](#)
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Arterial stiffness is inversely related to plasma adiponectin levels in young, normotensive patients with type 1 diabetes, according to a study published online Sept. 21 in *Diabetes Care*.

(HealthDay)—Arterial stiffness is inversely related to plasma adiponectin levels in young, normotensive patients with type 1 diabetes, according to a study published online Sept. 21 in *Diabetes Care*.

By measuring carotid-femoral pulse wave velocity (PWV), Afroditi Tsiakou, M.D., from the Athens University Medical School in Greece, and colleagues assessed large artery stiffness in normotensive patients with [type 1 diabetes](#) up to the age of 40.

The researchers found that the 80 patients (39 men) who were included in the analysis were characterized as having an age of 27.1 ± 6.1 years; a [body mass index](#) of 24.2 ± 3.1 kg/m²; a glycated [hemoglobin level](#) of 7.5 ± 1.6 percent; an adiponectin level of 13.9 ± 6.7 µg/mL; and PWV of 5.6 ± 0.9 m/s. There was a significant, inverse correlation of log adiponectin with age-adjusted PWV and [waist circumference](#).

"Arterial stiffness is inversely related to adiponectin concentration in young patients with type 1 diabetes without major complications," the authors write. "Future studies may assess adiponectin at diagnosis of diabetes and after cardiovascular

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