

MEDICAL BREAKTHROUGHS **RESEARCH SUMMARY**

TOPIC: GAME CHANGER FOR TYPE 2 DIABETES
REPORT: MB #5137

BACKGROUND: Type 2 diabetes is an impairment in the way the body regulates and uses sugar as a fuel. This long-term condition results in too much sugar circulating in the bloodstream. Eventually, high blood sugar levels can lead to disorders of the circulatory, nervous and immune systems. Type 2 diabetes used to be known as adult-onset diabetes, but both type 1 and type 2 diabetes can begin during childhood and adulthood. Type 2 is more common in older adults, but the increase in the number of children with obesity has led to more cases of type 2 diabetes in younger people. More than 37 million Americans have diabetes (about 1 in 10), and approximately 90-95% of them have type 2 diabetes. Type 2 diabetes most often develops in people over age 45, but more and more children, teens, and young adults are also developing it.

(Sources: <https://www.mayoclinic.org/diseases-conditions/type-2-diabetes/symptoms-causes/syc-20351193#:~:text=Type%20%20diabetes%20is%20an,circulatory%2C%20nervous%20and%20immune%20systems>.
<https://www.cdc.gov/diabetes/basics/type2.html#:~:text=More%20than%2037%20million%20Americans,adults%20are%20also%20developing%20it>.)

DIAGNOSING: The symptoms of type 2 diabetes can be so mild that you don't notice them. About 8 million people who have it don't know it. Symptoms include being very thirsty, constant urination, blurry vision, fatigue, wounds that won't heal, unintentional weight loss, and/or frequent infections. Your doctor can test your blood for signs of type 2 diabetes. Usually, they'll test you on two days to confirm the diagnosis. But if your blood glucose is very high or you have many symptoms, one test may be all you need.

(Source: <https://www.webmd.com/diabetes/type-2-diabetes>)

NEW TECHNOLOGY: A new once-weekly basal insulin injection demonstrated similar efficacy and safety and a lower rate of low blood sugar episodes compared with a daily basal insulin, according to a phase 2 clinical trial. The reduced number of injections with weekly insulin may improve adherence to insulin therapy, which could result in better patient outcomes than for daily basal insulins. Once-weekly dosing also may increase the willingness of patients with type 2 diabetes to start insulin therapy when oral medication alone no longer gives adequate blood glucose control.

(Source: <https://www.endocrine.org/news-and-advocacy/news-room/featured-science-from-endo-2021/weekly-insulin-helps-patients-with-type-2-diabetes-achieve-similar-blood-sugar-control#:~:text=Release%20Meetings%20%26%20Events-.Weekly%20insulin%20helps%20patients%20with%20type%20%20diabetes%20achieve,sugar%20control%20to%20daily%20insulin&text=A%20new%20once%2Dweekly%20basal,a%20phase%20%20clinical%20trial>.)

FOR MORE INFORMATION ON THIS REPORT, PLEASE CONTACT:

Keith Darce
(858) 336-9069
Darce.keith@scrippshealth.org