Many Older Individuals with Type 2 Diabetes Are Over-Treated

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In a recent Diabetes, Obesity & Metabolism analysis of individuals aged ≥70 years with type 2 diabetes, almost 40% with recommended HbA1c levels (which indicate blood glucose levels) were over-treated.

The majority of over-treated people were frail and used ≥5 medicines. Hypoglycemia occurred in 20.3% of these patients and almost 30% reported fall accidents. The investigators noted that clinicians should leave the ‘one size fits all’ approach and realize the possible benefits of de-intensifying blood glucose lowering treatment.

“In older patients with longstanding diabetes and a complex treatment regimen, the risk-benefit ratio of stringent blood glucose treatment is doubtful. Physicians, follow the guidelines and dare to de-intensify the blood glucose lowering medication in a shared decision with your older patient with diabetes,” said lead author Dr. Huberta Hart, of the University Medical Center Utrecht, in The Netherlands.

Additional Information


About Journal
Diabetes, Obesity and Metabolism is primarily a journal of clinical and experimental pharmacology and therapeutics covering the interrelated areas of diabetes, obesity and metabolism. The journal prioritises high-quality original research that reports on the effects of new or existing therapies, including dietary, exercise and lifestyle (non-pharmacological) interventions, in any aspect of metabolic and endocrine disease, either in humans or animal and cellular systems. ‘Metabolism’ may relate to lipids, bone and drug metabolism, or broader aspects of endocrine dysfunction. Preclinical pharmacology, pharmacokinetic studies, meta-analyses and those addressing drug safety and tolerability are also highly suitable for publication in this journal. Original research may be published as a main paper or as a research letter.

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