

Normal meal tolerance test is practical, reliable in T2DM

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(HealthDay)—A normal meal tolerance test (NMTT)—a simplified

version of the mixed meal tolerance test—is valuable as an insulin secretion test in patients with type 2 diabetes, with exception of those in a hyperglycemic state, according to a study published online May 11 in the *Journal of Diabetes Investigation*.

Youhei Fujioka, M.D., Ph.D., from Tottori University in Yonago, Japan, and colleagues performed a NMTT using calorie-controlled meals adjusted for ideal body weight, measuring C-peptide immunoreactivity (CPR) twice: at fasting and two hours after the meal. The team examined the properties of the glucagon stimulation test (GST) and the NMTT in 142 [patients](#) with type 2 diabetes. The change in CPR (Δ CPR) was calculated by subtracting fasting CPR from the CPR measured six minutes after the glucagon injection (GST) or 120 minutes after the meal (NMTT).

The researchers found that the mean Δ CPR was 2.0 and 3.1 ng/mL for the GST and NMTT, respectively. The Δ CPR was greater in the NMTT than the GST for 104 patients, and the mean Δ CPR was significantly greater in NMTT versus GST (P "This NMTT is simple, making it more practical for use in a clinical setting than the full mixed meal tolerance [test](#) or the GST," the authors write. "We propose that the NMTT is useful in evaluating endogenous [insulin secretion](#) ability even for patients taking antidiabetic medications."

More information: [Abstract](#)
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