

Younger onset of T2DM tied to poorer initial glycemic control

April 10 2020



(HealthDay)—Adults diagnosed with type 2 diabetes between the ages

of 21 and 44 years have higher initial hemoglobin A1c (HbA1c) levels and a lower likelihood of achieving glycemic control within one year of diagnosis versus patients diagnosed in middle age, according to a study recently published in *Diabetes Care*.

Anjali Gopalan, M.D., from Kaiser Permanente Northern California in Oakland, and colleagues examined data from a large, integrated health care system to identify 32,137 adults (aged 21 to 64 years) with incident diabetes (first HbA1c, ≥ 6.5 percent). Glycemic control and initial care between adults with younger onset of type 2 diabetes (21 to 44 years) was compared to that of patients with middle-age onset (45 to 64 years).

The researchers found that 26.4 percent had younger-onset and 73.6 percent had middle age-onset type 2 diabetes. Higher initial mean HbA1c values (8.9 percent) were seen among adults with younger onset versus adults with middle-age onset (8.4 percent). Even after adjusting for HbA1c at diagnosis, adults with younger onset had lower odds of achieving an HbA1c

Citation: Younger onset of T2DM tied to poorer initial glycemic control (2020, April 10) retrieved 14 July 2023 from <https://medicalxpress.com/news/2020-04-younger-onset-t2dm-tied-poorer.html>

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