

# Metformin use linked to less vitamin B12 measurement

17 February 2017



of those with diabetes receiving metformin and 3 percent of those without diabetes or metformin use were vitamin B12 deficient ( $P = 0.0001$ ). After adjustment for confounding variables, metformin users were two- to three-fold more likely not to receive vitamin B12 testing, depending on their age, compared with those without metformin exposure.

"Because metformin is first-line therapy for type 2 diabetes, clinical decision support should be considered to promote [serum](#) B12 monitoring among long-term metformin users for timely identification of the potential need for B12 replacement," the authors write.

**More information:** [Abstract](#)  
[Full Text \(subscription or payment may be required\)](#)

(HealthDay)—Long-term metformin use is associated with lower serum vitamin B12 concentration, although metformin users are less likely to receive vitamin B12 testing, according to a study published online Feb. 9 in the *Journal of the American Geriatrics Society*.

Vijaya Kancharla, Ph.D., from Emory University in Atlanta, and colleagues conducted a [retrospective cohort study](#) involving 3,687 veterans aged 50 years or older with type 2 [diabetes](#) and long-term metformin therapy, and 13,258 without diabetes and with no prescription for metformin. The authors examined the proportion of patients who received a serum B12 test.

The researchers found that after long-term metformin prescription, only 37 percent of older adults with diabetes receiving metformin were tested for [vitamin](#) B12 status. The metformin-exposed group had significantly lower mean B12 concentration than those without diabetes (439.2 versus 522.4 pg/dL;  $P = 0.0015$ ). About 7 percent

Copyright © 2017 [HealthDay](#). All rights reserved.

APA citation: Metformin use linked to less vitamin B12 measurement (2017, February 17) retrieved 28 May 2022 from <https://medicalxpress.com/news/2017-02-metformin-linked-vitamin-b12.html>

*This document is subject to copyright. Apart from any fair dealing for the purpose of private study or research, no part may be reproduced without the written permission. The content is provided for information purposes only.*