

## OBSERVATIONS

## Plasma Interleukin-18 Concentrations Are Elevated in Type 2 Diabetes

We read with interest the article by Aso et al. (1) showing greater plasma concentrations of interleukin-18 (IL-18) in type 2 diabetic patients compared with matched control subjects. While the authors found no significant associations between fasting levels of IL-18 and homeostasis model assessment, a measure of insulin resistance, they found associations between IL-18 and C-reactive protein concentrations. Moreover, carotid intima-media thickness, a validated surrogate measure of atherosclerosis, was greater in diabetic patients with high IL-18 than in those with normal IL-18. As a whole, these data add to the mounting evidence that diabetes may be regarded as a chronic low-grade inflammatory state.

However, we disagree with the authors' conclusions that "the present study demonstrated for the first time that plasma IL-18 concentrations were significantly higher in type 2 diabetic patients than in age-matched control subjects" because we have reported similar findings in *Diabetes Care* (2). In that study, we demonstrated that 30 newly diagnosed, slightly overweight (BMI  $26.9 \pm 1.2$  kg/m<sup>2</sup>, means  $\pm$  SD) type 2 diabetic patients without clinical or instrumental evidence of micro- and macrovascular complications presented higher circulating concentrations of IL-18 compared with nondiabetic subjects matched for sex, age, and body weight ( $205 \pm 39$  vs.  $120 \pm 25$  pg/ml,  $P < 0.01$ ). It is reassuring to see that the fasting values of IL-18 in the Japanese diabetic patients studied by Aso et al. (1) were quite similar ( $203 \pm 153$  pg/ml) to those of our Caucasian diabetic patients and that the relation between fasting plasma glucose and IL-18 concentrations was present in both studies ( $r = 0.31$ ,  $P < 0.05$ ;  $r = 0.24$ ,  $P < 0.02$ , respectively). These results suggest that ethnicity does not play a major role in these associations.

IL-18 is a potent proinflammatory cy-

tokine reported to play a role in plaque destabilization (3) and predict cardiovascular death in patients with coronary artery disease (4). Although IL-18 is produced mainly by monocyte/macrophages, a contribution from adipose tissue has recently been suggested (5). In the light of the evidence that IL-18 circulating levels are higher in type 2 diabetic patients than matched nondiabetic subjects and correlate with fasting glucose levels, it does not seem hazardous to hypothesize that IL-18 may play a role in acute coronary syndromes through plaque destabilization (6). This working hypothesis, which deserves further investigation, also finds support in the observation that acute hyperglycemia may increase circulation levels of IL-18 in both normal subjects and patients with impaired glucose tolerance (7).

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## Similar A1C Outcomes in Type 1 Diabetic Patients Undergoing Intensive Diabetes Management With Preprandial Rapid-Acting Insulin and Either CSII or Glargine

The importance of achieving and maintaining tight glycemic control in patients with type 1 diabetes is well known (1). Continuous insulin infusion therapy (CSII) has been available for many years, but only recently have reports of efficacy with rapid-acting insulin analogues been published. Similarly, multiple daily injection (MDI) therapy using glargine insulin in conjunction with premeal rapid-acting insulin is relatively new (2).

In our diabetes center, all patients with type 1 diabetes receive the same diabetes education, including instruction in carbohydrate counting. All patients are given the option of either CSII or MDI therapy and are encouraged to use whichever treatment maintains their blood glucose levels as close to normal as possible.

To assess our quality of care, we performed a random chart audit of 150 patients. To be included in the analysis, patients had to have type 1 diabetes and be treated for at least 6 months with either

CSII using rapid-acting insulin (lispro or aspart) or MDI with insulin glargine with premeal rapid-acting insulin. Patients who were pregnant, <15 years of age, or referred for treatment of severe recurrent hypoglycemia were excluded.

There were 103 patients who met our criteria; 58 were on CSII and 45 were on MDI therapy. Glargine was given in the morning in 11%, in the evening in 60%, and twice a day in 29% of patients. Age, duration of diabetes, and incidence of complications were similar in both groups. Duration of therapy was  $16.0 \pm 5.8$  (means  $\pm$  SD) (CSII) vs.  $11.6 \pm 3.8$  months (MDI) ( $P < 0.0001$ ). Most recent A1C levels were the same in both groups— $6.79 \pm 1.07$  (CSII) vs.  $6.84 \pm 0.90\%$  (MDI) ( $P = 0.82$ ). One patient in the CSII group and two patients in the MDI group had an episode of severe hypoglycemia. One patient in the CSII group had two episodes of diabetic ketoacidosis.

Therefore, both CSII and MDI therapy can be used to treat patients with type 1 diabetes to target. Prospective data are needed to confirm the findings of this cross-sectional analysis.

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## Matrix Metalloproteinase 2 May Be a Marker of Microangiopathy in Children and Adolescents With Type 1 Diabetes

Patients with type 1 diabetes develop microangiopathic complications such as retinopathy, peripheral neuropathy, and nephropathy (1), which are responsible for morbidity in adulthood. These complications usually have a prolonged asymptomatic phase, sometimes starting in adolescence, characterized by early subclinical functional and structural abnormalities (2).

Since matrix metalloproteinases (MMPs) represent a serum marker of vascular disease (4), the aim of our study was to detect MMP-2 and -9 levels and activity in type 1 diabetic children and adolescents.

Twenty-five children and adolescents (13 boys and 12 girls), median age 10.6 years (7.9–11.7), were longitudinally evaluated at clinical diagnosis and during a 5-year follow-up period.

Peripheral neuropathy, assessed by peroneal motor nerve conduction velocity, developed in 12 patients (6 boys and 6 girls) 5.7 years (3.7–6.5) from disease diagnosis. Background diabetic retinopathy (microaneurisms), assessed by fundus photography, developed in three patients (two boys and one girl) 6.6, 5.8, and 6.0 years from disease diagnosis, respectively.

For control subjects, we randomly chose 19 nondiabetic subjects (9 boys and 10 girls), median age 12.0 years (11.0–13.0), from among those reporting for their first hepatitis B virus vaccination and for the 5-year follow-up visit.

Informed consent was obtained from all parents. The study was approved by the local ethics committee. MMP-2 and -9 levels and activity were detected by ELISA (Amersham, Pharmacia Biotech); GAD antibody, IA-2 antigen, and insulin autoantibody levels were detected by radioimmunoassay (CIS Bio International). HbA<sub>1c</sub> levels were evaluated by high-performance liquid chromatography (BioRad). All samples were stored at  $-80^{\circ}\text{C}$  until analysis was performed.

No significant correlation was ob-

served among MMP results (both levels and activity) and chronologic age, autoantibody, and HbA<sub>1c</sub> levels.

At baseline, MMP-2 levels were significantly higher in type 1 diabetic patients and type 1 diabetic patients with complications than in nondiabetic subjects (1,100 [915–1,326], 1,742 [1,426–1,908], and 907 ng/ml [735–970], respectively), as was MMP-2 activity (31 [30–37], 152 [127–176], and 97% [88–101], respectively) ( $P < 0.0001$ ). No significant differences were observed for MMP-9 level and activity.

Patients who developed microangiopathic complications during the follow-up period had significantly higher MMP-2 activity ( $P < 0.001$ ) and levels ( $P = 0.009$ ) than patients without complications.

At 5-year follow-up, MMP-2 levels were significantly higher in patients with microangiopathic complications compared with control subjects (1,782 [1,741–2,089] and 1,022 ng/ml [897–1,125], respectively;  $P < 0.0001$ ), as was MMP-2 activity (116 [104–151] and 46% [37–68], respectively;  $P < 0.0005$ ) and compared with patients without complications (1,371 ng/ml [1,197–1,479] and 31% [30–34] for levels and activity, respectively;  $P < 0.0001$ ).

MMP-9 levels were significantly lower in patients with microangiopathic complications (44 ng/ml [30–63]) compared with control subjects (95 ng/ml [58–126];  $P = 0.024$ ) and patients without complications (82 ng/ml [46–99];  $P = 0.0013$ ), but no difference was found between control subjects and patients without complications. No difference was observed for MMP-9 activity among the three groups.

The three groups did not differ in terms of percentage change of MMP-2 levels and MMP-9 activity, but did differ in terms of percentage change of MMP-2 activity ( $P = 0.0036$ ) and MMP-9 levels ( $P = 0.009$ ).

Our results allow us to postulate that MMP-2 may be a good index of severity and stability of microangiopathy, and the literature reports MMP-9 as a marker of macroangiopathy (4).

The relationship between MMPs and the presence of diabetic complications needs to be elucidated; further studies are necessary to clarify their possible involvement in the onset or progression of diabetic complications.

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## Plasma Adiponectin and Pregnancy-Induced Insulin Resistance

Lindsay et al. (1) recently published an article in *Diabetes Care* that claims adiponectin is present in the cord blood of the offspring of diabetic and nondiabetic pregnant mothers and that its level does not correlate with their birth weight and skinfold thickness. Our data, obtained from a case-control study of nondiabetic women and women with gestational diabetes mellitus (GDM), further

support the role of adiponectin in insulin resistance.

We observed significantly decreased plasma adiponectin levels ( $7.55 \pm 2.04$   $\mu\text{g/ml}$  [means  $\pm$  SD]) using radioimmunoassay (Linco Research, St. Charles, MO) (intra-assay precision coefficient of variation [CV] 3.86%, interassay CV 8.47%) in 30 women with GDM, all of whom were treated with insulin (aged  $28.12 \pm 2.71$  years, gestational age  $27.35 \pm 6.15$  weeks), compared with 40 nondiabetic pregnant women tested with oral glucose tolerance test (OGTT) (total group  $9.91 \pm 3.32$ ,  $P < 0.01$ , Mann-Whitney, aged  $26.91 \pm 2.65$  years, gestational age  $23.17 \pm 10.91$  weeks, 15 in the first, 12 in the second, and 13 in the third trimester) and 30 age-matched nonpregnant nondiabetic women ( $12.54 \pm 3.76$ ,  $P < 0.01$ , aged  $28.42 \pm 3.48$  years). GDM was diagnosed with a 75-g OGTT according to the World Health Organization recommendations. In the nondiabetic pregnant group, plasma adiponectin levels were significantly lower in the second ( $9.30 \pm 2.78$ ) and third ( $8.06 \pm 2.44$ ) trimesters compared with women in the first trimester ( $12.30 \pm 3.20$ ,  $P < 0.01$ ). After correction for gestational age and BMI, the differences still remained significant. No difference was found in plasma adiponectin levels before and after insulin treatment in the GDM patients.

In the GDM group, plasma adiponectin levels were in a significant negative linear correlation with serum tumor necrosis factor- $\alpha$  (TNF- $\alpha$ ) ( $r = -0.65$ ,  $P < 0.0001$ , Spearman's rank correlation test), leptin ( $r = -0.75$ ,  $P = 0.0004$ ), fasting C-peptide concentrations ( $r = -0.83$ ,  $P < 0.0001$ ), BMI ( $r = -0.67$ ,  $P < 0.0001$ ), and, as an indirect parameter of insulin resistance, fasting C-peptide/blood glucose ratio ( $r = -0.46$ ,  $P = 0.0109$ ). The same was found in the total group of nondiabetic pregnant women (TNF- $\alpha$ :  $r = -0.56$ ,  $P = 0.0002$ ; leptin:  $r = -0.45$ ,  $P = 0.003$ ; fasting C-peptide:  $r = -0.70$ ,  $P < 0.0001$ ; BMI:  $r = -0.51$ ,  $P = 0.0007$ ; C-peptide-to-blood glucose ratio:  $r = -0.43$ ,  $P = 0.0046$ ). In the nonpregnant nondiabetic control subjects, negative correlations with serum leptin ( $r = -0.44$ ,  $P = 0.0134$ ), fasting C-peptide concentrations ( $r = -0.46$ ,  $P = 0.01$ ), and BMIs ( $r = -0.57$ ,  $P = 0.0008$ ) were found.

Maternal plasma adiponectin levels correlated positively with the body weight

of the neonates, in both the GDM (newborns,  $n = 30$ , 13 boys and 17 girls, maternal gestational age at delivery  $38.22 \pm 0.51$  weeks, 14 Cesarean sections, body weight  $3,151 \pm 672$  g, centile  $55.87 \pm 30.29\%$ ,  $r = 0.4345$  Spearman's rank correlation test,  $P = 0.0164$ ) and the nondiabetic pregnant group ( $n = 20$ , 9 boys and 11 girls, gestational age at delivery  $38.92 \pm 0.32$  weeks, 6 Cesarean sections, body weight  $3,562 \pm 359$  g, centile  $63.46 \pm 15.80\%$ ,  $r = 0.6124$ ,  $P = 0.0041$ ) after the correction for gestational age.

There is an association between adiponectin concentrations and insulin sensitivity. The protein is exclusively produced in adipocytes. Its inverse relationship with the increasing BMI, fasting C-peptide concentrations, and C-peptide-to-blood glucose ratio of nondiabetic pregnant women and patients with GDM underlines the importance of adipose tissue and its secreted products, such as adiponectin, in pregnancy-induced insulin resistance. The negative correlation between TNF- $\alpha$ , leptin, and adiponectin may suggest a negative regulatory role of these cytokines in the expression and secretion of adiponectin. The peroxisome proliferator-activated receptor system in adipocytes is a known regulator of fat cell differentiation and the production of TNF- $\alpha$ , leptin, and adiponectin (2). On the other hand, TNF- $\alpha$  may inhibit peroxisome proliferator-activated receptor function in adipocytes. Through this mechanism, the TNF system may have a suppressive effect on adiponectin production during the course of pregnancy (3).

Maternal insulin resistance and adipocytokines may influence different anthropometric parameters (body weight, body length, and head circumference) of the neonates. TNF- $\alpha$  and leptin were in a negative correlation with these parameters in neonates of mothers with GDM (4). However, analyzing the relationship between these parameters and maternal plasma adiponectin levels, the significant positive linear correlation between adiponectin, and the neonatal body weight, both in GDM and nondiabetic pregnant women, suggests a regulatory role of the protein in neonatal development.

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## Vitiligo Associated With Subcutaneous Insulin Lispro Infusion in Type 1 Diabetes

**V**itiligo vulgaris, the loss of skin pigmentation, is known to occur with increased frequency in patients with type 1 diabetes and, based on a preponderance of circumstantial evidence (1), presumed to be of autoimmune etiology. For example, 20% of 39 patients with vitiligo were found to have diabetes in a Romanian community study (2), and

9% of 457 consecutive Italian patients with diabetes had vitiligo in another study (including 54% of the type 1 patients) (3). However, the factors that can specifically precipitate vitiligo in type 1 diabetes are not known. Here, we present a case of focal vitiligo vulgaris precipitated and exacerbated by the subcutaneous infusion of the human insulin analog, insulin lispro.

A 32-year-old female with a 19-year history of type 1 diabetes began continuous subcutaneous insulin infusion (CSII) therapy 3.5 years before presentation. She had previously noted stable vitiligo vulgaris of the elbows and knees for ~10 years. After initiating CSII therapy with insulin lispro, she developed two symmetrical patches of depigmentation on her abdomen ~6 cm in diameter surrounding the insulin infusion sites bilaterally (Fig. 1). There was no known antecedent inflammatory skin disease.

The antibody response to rapid-acting human insulin analogs has been shown to be similar in magnitude to that triggered by human insulin (4,5). Most cutaneous allergies to insulin, however, manifest as IgE-mediated wheal and flare responses (6). In this case, the focal vitiligo was apparently induced by insulin infusion, raising questions about its pathogenesis. Possible mechanisms in-



**Figure 1**—Vitiligo vulgaris on the abdominal skin of a young woman associated with the subcutaneous infusion of insulin lispro.

clude a postinflammatory, Koebner-type response in which depigmentation occurs in areas of mild injury or inflammation, but no evidence of skin damage or inflammation was present in the lesions. More likely, a local allergic reaction to the constituents of the insulin (or possibly the infusion catheter) may have precipitated an inflammatory response culminating in depigmentation. Other scenarios include molecular mimicry between the insulin lispro molecule and various melanocyte surface antigens, resulting in melanocyte destruction.

This case represents the first report of lispro insulin analog infusion as an etiologic factor in the development of focal vitiligo in diabetes. Aside from the standard treatment options for vitiligo, other options in this case include changing the type of insulin used, changing the type of infusion catheter used, and/or changing the site of insulin infusion. The patient was changed to insulin aspart and told to place her infusion catheter into an entirely new area of abdominal skin. Upon follow-up 6 months later, however, the original vitiligo lesions remained unchanged and new lesions were forming around the new infusion sites.

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## Aseptic Peritonitis Revealed Through Recurrent Catheter Obstructions in Type 1 Diabetic Patients Treated with Continuous Peritoneal Insulin Infusion

Reiterated catheter obstructions thwart improved diabetes control with continuous peritoneal insulin infusion (CPII) from implantable pumps (1). Occlusions, from either fibrin clots or omental encapsulations, are promoted by CPII and diabetes duration and insulin instability (2,3). Pathological analysis of encapsulation tissues disclosed, among predominant collagen fibrosis, inflammatory reactions, including lymphocytes and amyloid-like deposits reacting to anti-insulin antibodies, surrounded by histiocytes or giant cells (2). However, catheter obstructions were not related to high plasma anti-insulin antibody levels (4,5). Enhanced migration toward insulin and the chemotactic peptide formyl-methionyl-leucyl-phenylalanine of monocyte-issued macrophages from three patients with previous catheter encapsulations suggested that higher macrophage chemotaxis might promote these events (5). We report two unique observations of aseptic peritonitis with predominant macrophagic reactions that occurred in patients using implantable pumps with recurrent catheter obstructions, supporting this hypothesis.

Case 1 is a 54-year-old woman, type 1 diabetes duration 42 years. After 2 years

of CPII, she received an implantable pump (model MIP 2007; MiniMed, Sylmar, CA) in July 2000. In December 2000, a fibrin clot occluding catheter tip was removed using laparoscopy. A shorter replacement catheter was implanted when obstruction recurred in May 2001. Following surgery, CPII was ineffective and ketosis required intravenous insulin delivery. Computerized tomography scanning identified peritoneal fluid accumulation and diffuse thickening of mesenteric fat, suggesting possible neoplastic peritonitis. Laparoscopy revealed diffuse peritoneal inflammation but no cancer node. Neither bacterial infection nor cancer cells were found in peritoneal fluid, but a high content of fibrin, monocytes, lymphocytes, and macrophages were found. The catheter tip stuck to the peritoneum and was surrounded by predominant macrophages among an inflammatory cell reaction. CPII became effective again only after high doses of oral prednisone (1 mg · kg<sup>-1</sup> · day<sup>-1</sup>). Prednisone (15 mg/day) remained necessary to keep CPII effective, with each steroid interruption resulting in recurrent hyperglycemia. No catheter obstruction recurred thereafter.

Case 2 is a 62-year-old man, type 1 diabetes duration 30 years, using CPII since 1981 with previous implantable pump catheter encapsulations from 1990. He received a new implantable pump in December 2000. In June 2002, the catheter encapsulation needed peeling by laparoscopy. Removed tissue showed a predominantly macrophagic inflammatory reaction, including some lymphocytes, giant cells, and pseudo-amyloid material among collagen fibrosis. Catheter obstruction recurred in January 2003. Laparoscopy revealed diffuse peritoneal inflammation with whitish urticaria-like plaques. Pathological analysis identified granulomatous peritoneal lesions with histiocytes, fibrosis, and pseudo-amyloid material unlabeled by anti-insulin antibodies. Similar histiocytic reaction was found in collagen fibrosis surrounding the catheter tip. Prednisone (20 mg/day) was prescribed to treat peritoneal reaction until pump replacement in July 2003 because an unexpected pump failure precluded assessment of steroid effect on CPII efficacy. CPII was effective with the new pump, and prednisone could be stopped 2 weeks after surgery.



Future efforts should focus on the ultimate estimation and evaluation of the prognostic value of both models using randomized, prospective, comparative studies.

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## The Biological Variation of Sex Hormone-Binding Globulin in Type 2 Diabetes

Implications for sex hormone-binding globulin as a surrogate marker of insulin resistance

Quantitative determination of insulin resistance is technically demanding and expensive. We have recently shown (1) that insulin resistance determined using the homeostasis model assessment of insulin resistance (HOMA-IR) has a significantly greater biological variability in individuals with type 2 diabetes than in healthy ones. A surrogate marker of insulin resistance that was reproducible, stable, and easily measured would be invaluable for both research and clinical practice, particularly for following insulin-sensitizing therapy, such as metformin and the thiazolidinediones. A low sex hormone-binding globulin (SHBG) concentration reflects hyperinsulinemic insulin resistance and has been proposed as such a surrogate measure (2–4). This study aimed to compare the biological variation of SHBG and insulin resistance in type 2 diabetes to determine the potential for SHBG as a surrogate marker of insulin resistance in type 2 diabetes.

Subjects were initially recruited for a study to assess the biological variation of insulin resistance in individuals with type 2 diabetes (1). Postmenopausal Caucasian subjects ( $n = 12$ ) with type 2 diabetes (median age 62 years, range 50–73, and median BMI  $31.6 \text{ kg/m}^2$ , range 25.1–35.7) and 11 age- and weight-matched, healthy, postmenopausal Caucasian control subjects (median age 56 years, range 48–70, and median BMI  $32.0 \text{ kg/m}^2$ , range 26.6–44.4) participated. Fasting blood samples were collected at 4-day intervals on 10 consecutive occasions. Plasma glucose was analyzed in singleton within 4 h of collection. Duplicate samples (i.e., two per visit) of stored serum were randomized and then analyzed (in a single continuous batch using a single batch of reagents) for SHBG and insulin (on a DPC Immulite 2000 analyzer; Euro/DPC, Llanberis, U.K.). The coefficient of

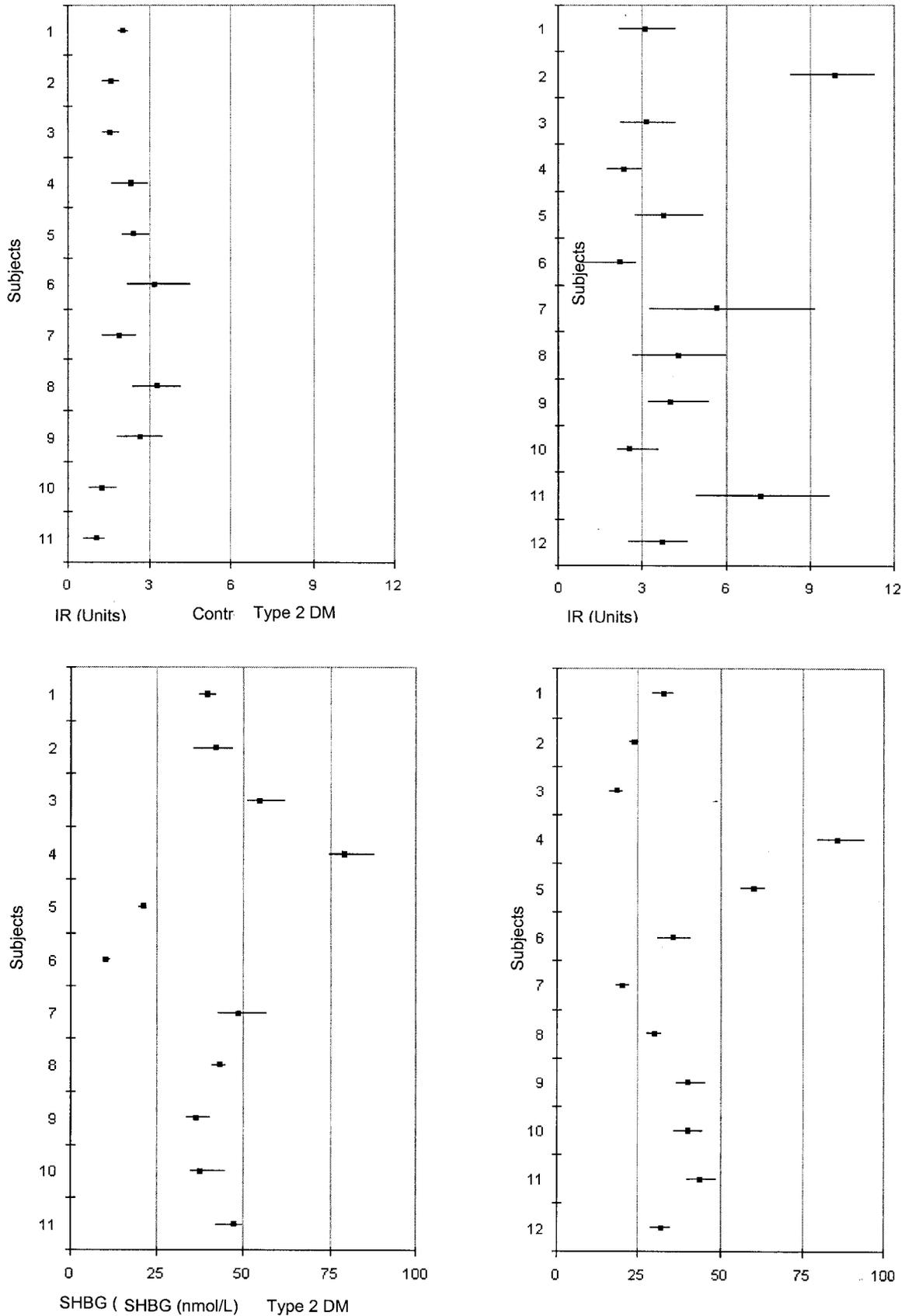
variation for serum insulin and SHBG was 10.6% and 8.5%, respectively. The analytical sensitivity of the insulin assay was  $2 \mu\text{U/ml}$ , and there was no stated cross-reactivity with proinsulin. All subjects were asked to have an unrestricted diet and instructed not to modify their eating patterns during the sampling period. The subjects were also advised to refrain from excessive physical exercise and alcohol before each fasting blood test.

The insulin resistance was calculated using the HOMA-IR method ( $\text{HOMA-IR} = [\text{insulin} \times \text{glucose}] / 22.5$ ). Biovariability data were analyzed by calculating analytical, within-subject, and between-subject variances (5,6). The critical difference (i.e., the smallest percentage change unlikely to be due to biological variability) between two consecutive SHBG samples in an individual subject with type 2 diabetes was calculated using the formula  $2.77(CV_1)$  (5), where  $CV_1$  is the within-subject biological coefficient of variation.

Figure 1 shows the mean and range of HOMA-IR and SHBG for the individuals in the two groups. In the type 2 diabetic group, SHBG concentrations were lower than those in the control subjects (mean  $\pm$  SD;  $38.8 \pm 18.2$  vs.  $42.2 \pm 17.1 \text{ nmol/l}$ ,  $P = 0.001$ ), the insulin levels were higher ( $13.1 \pm 5.4$  vs.  $9.42 \pm 3.4 \mu\text{IU/ml}$ ,  $P = 0.0001$ ), and the HOMA-IR greater ( $4.33 \pm 2.3$  vs.  $2.11 \pm 0.79$  units,  $P = 0.0001$ ).

An inverse relationship was demonstrated between SHBG concentration and HOMA-IR in the group with type 2 diabetes ( $r = -0.32$ ,  $P = 0.001$ ) and in control subjects ( $r = -0.28$ ,  $P = 0.003$ ). The intraindividual variance of SHBG rose linearly with increasing SHBG concentrations ( $r = 0.82$ ,  $P = 0.0001$ ), and after accounting for analytical variation, the intraindividual variation of SHBG for the group with type 2 diabetes was similar to that seen in the control group (mean 2.35 vs.  $2.44 \text{ nmol/l}$ ,  $P = 0.93$ ). In contrast, the mean intraindividual variation of serum insulin (mean 2.38 vs.  $1.45 \mu\text{U/ml}$ ,  $P = 0.016$ ) and HOMA-IR (mean 1.05 vs. 0.15 units,  $P = 0.001$ ) was significantly greater in the group with type 2 diabetes than in the control subjects.

The critical difference between two consecutive SHBG samples in an individual patient with type 2 diabetes was 14.5% at any initial level of SHBG, indicating that a subsequent sample must rise



**Figure 1**— Means (range) of insulin resistance and SHBG (unadjusted for analytical variation) in control subjects and type 2 diabetic subjects.

or fall by >14.5% to be considered significantly different from the first.

The subjects with type 2 diabetes were hyperinsulinemic, insulin resistant, and demonstrated lower SHBG levels than control subjects. However, the more variable fasting insulin/insulin resistance in the subjects with type 2 diabetes was not reflected by similarly more variable SHBG readings compared with those of the control subjects. This suggests that a low SHBG concentration is a stable integrated marker of insulin resistance and therefore has the characteristics to be potentially used as a surrogate measure of insulin resistance, perhaps in monitoring the response of an individual to insulin sensitizers. However, although SHBG levels differed significantly between those with and without diabetes, the absolute mean difference was small, indicating that measurement of SHBG cannot be used as a simple test for insulin resistance in diabetes. A much larger study is required to investigate whether diagnostic cutoff values for low SHBG concentrations and insulin resistance in type 2 diabetes can be established. Without these parameters, the utility of a low SHBG concentration as a reflection of insulin resistance in type 2 diabetes will be for the serial monitoring of insulin resistance in individuals on treatment after the presence of insulin resistance has been established by conventional means. The low variation of SHBG compared with insulin resistance is likely due to the inherent temporal volatility of insulin and glucose levels as compared with SHBG. In conclusion, in the evaluation of serial measurements of SHBG concentration for an insulin-resistant individual with type 2 diabetes, such as before and after therapeutic intervention, the critical difference value of 14.5% reported here will identify whether any change is beyond that of natural biological variation and therefore a true response.

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## Development of an Assessment Tool for Screening Children for Glucose Intolerance by Oral Glucose Tolerance Test

The American Diabetes Association (ADA) has recommended screening for type 2 diabetes by fasting plasma glucose (FPG) in children who are overweight (BMI >85th percentile) who have two of the following risk factors: at-risk ethnic minority origin, family history of diabetes in a first- or second-degree relative, or insulin resistance (acanthosis nigricans, polycystic ovarian syndrome, hypertension, or dyslipidemia) (1).

The case for refining the criteria for screening has been made previously (2).

In that study, the sensitivity of the criteria was 24%, with a positive predictive value of 3%, i.e., 40 children needed to be tested to yield one abnormal result. In a response to this, Rosenbloom (3) highlighted the need to test the ADA criteria in high-risk populations to establish the strength and risk level of different factors that are influential in the development of type 2 diabetes.

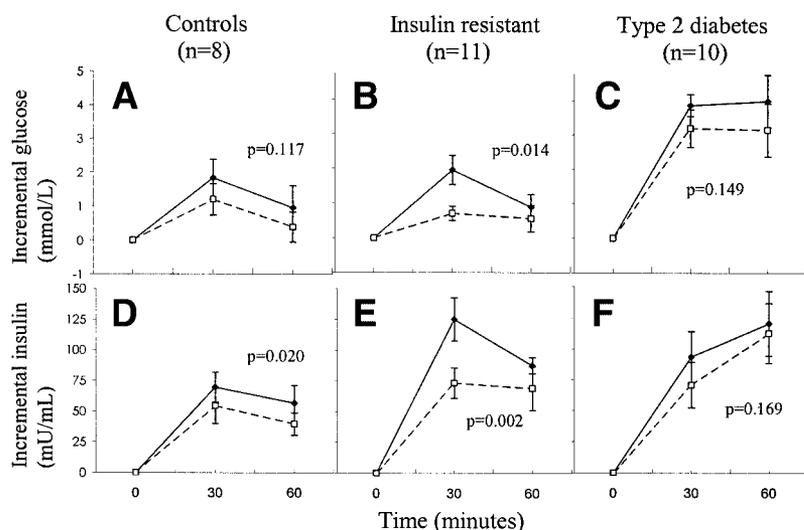
Our institution covers a population where type 2 diabetes in childhood has emerged (4). We describe our experience of applying the ADA criteria and propose a clinical assessment tool to refine the selection of children for screening by the oral glucose tolerance test (OGTT).

In the last 4 years, 66 children have had OGTTs for suspected glucose intolerance. The characteristics of this population were mean age of 12.7 years (range 4.8–17.3), mean BMI standard deviation score 3.0 (0.0–4.6), 71% female, 83% ethnic minority origin (of whom 73% were South Asian and 9% African Caribbean), 88% had acanthosis nigricans, and 67% had a first- or second-degree family history of diabetes. Of these, 13 children had abnormal glucose tolerance (4 diabetes, 8 impaired glucose tolerance [IGT], and 1 impaired fasting glycemia).

Applying the ADA criteria, 11 of the 13 children with abnormal results would have qualified for screening, missing 1 child with diabetes and 1 with IGT. Screening these 11 with FPG as per the recommendations would have missed a further 7 children, 1 with diabetes and 6 with IGT, as only 1 of the children with IGT had impaired fasting glycemia. Overall, the sensitivity of the ADA criteria using FPG as a screening test in our population was 31%. Use of the ADA criteria to screen by OGTT would have identified 11 of the 13 abnormal results in this cohort, giving a sensitivity of 85% for the criteria and a specificity of 26%, with a positive predictive value of 22%, i.e., five children would need to be tested to yield an abnormal result.

Using the clinical characteristics of our cohort, we calculated the positive predictive value for each parameter singly and in combination. We used this data to weight each parameter and calculate a cumulative risk score, dividing children into low and high risk of abnormal glucose tolerance when tested by OGTT (Fig. 1). We then applied this risk score to our co-





**Figure 1**—Effects of vinegar (□) and placebo (◆) on plasma glucose (A–C) and insulin (D–F) responses after a standard meal in control subjects, insulin-resistant subjects, and subjects with type 2 diabetes. Values are means  $\pm$  SE. The P values represent a significant effect of treatment (multivariate ANOVA repeated-measures test).

ulations. Interestingly, an early report showed that vinegar attenuated the glucose and insulin responses to a sucrose or starch load (1). In the present report, we assessed the effectiveness of vinegar in reducing postprandial glycemia and insulinemia in subjects with varying degrees of insulin sensitivity.

Our study included nondiabetic subjects who were either insulin sensitive (control subjects,  $n = 8$ ) or insulin resistant ( $n = 11$ ) and 10 subjects with type 2 diabetes. Subjects provided written informed consent and were not taking diabetes medications. Fasting subjects were randomly assigned to consume the vinegar (20 g apple cider vinegar, 40 g water, and 1 tsp saccharine) or placebo drink and, after a 2-min delay, the test meal, which was composed of a white bagel, butter, and orange juice (87 g total carbohydrates). The cross-over trial was conducted 1 week later. Blood samples were collected at fasting and 30 and 60 min postmeal for glucose and insulin analyses. Whole-body insulin sensitivity during the 60-min postmeal interval was estimated using a composite score (2).

Fasting glucose concentrations were elevated  $\sim 55\%$  in subjects with diabetes compared with the other subject groups ( $P < 0.01$ , Tukey's post hoc test), and fasting insulin concentrations were elevated 95–115% in subjects with insulin resistance or type 2 diabetes compared with control subjects ( $P < 0.01$ ). Com-

pared with placebo, vinegar ingestion raised whole-body insulin sensitivity during the 60-min postmeal interval in insulin-resistant subjects (34%,  $P = 0.01$ , paired  $t$  test) and slightly improved this parameter in subjects with type 2 diabetes (19%,  $P = 0.07$ ). Postprandial fluxes in insulin were significantly reduced by vinegar in control subjects, and postprandial fluxes in both glucose and insulin were significantly reduced in insulin-resistant subjects (Fig. 1).

These data indicate that vinegar can significantly improve postprandial insulin sensitivity in insulin-resistant subjects. Acetic acid has been shown to suppress disaccharidase activity (3) and to raise glucose-6-phosphate concentrations in skeletal muscle (4); thus, vinegar may possess physiological effects similar to acarbose or metformin. Further investigations to examine the efficacy of vinegar as an antidiabetic therapy are warranted.

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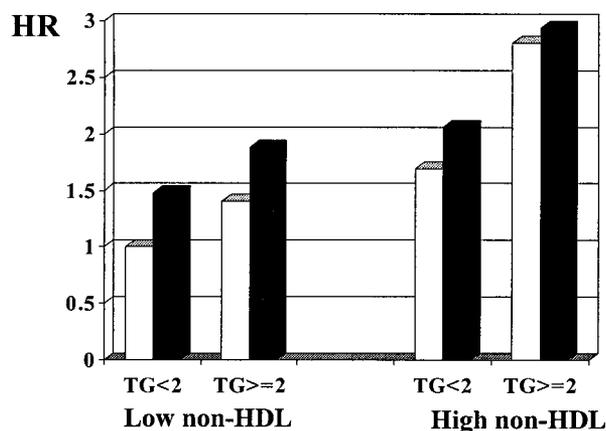
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## Sleep Disturbance and Onset of Type 2 Diabetes

Sleep disturbance, which is often observed among patients with diabetes (1), is possibly caused by impaired glucose metabolism or physical and psychological discomfort due to the disorder. In addition, a recent prospective study of women has indicated an interesting association between sleep patterns and later-onset type 2 diabetes, with a greater incidence among both short-term ( $< 6$  h) and long-term ( $> 8$  h) sleepers (2). Disturbance in sleep quality may also affect the later onset of overt diagnosis of type 2 diabetes. We investigated the association between sleep disturbance and the subsequent onset of type 2 diabetes in a group of Japanese male employees.

We analyzed the database of an 8-year prospective study of male employees of an electrical company in Japan (3). We followed 2,649 male employees with no medical history of diabetes or other chronic illnesses at baseline for 8 years from 1984 to 1992. Data from 2,265 (86%) male respondents, who were thoroughly followed, were analyzed. All subjects received a medical checkup once a year during the follow-up to identify those with type 2 diabetes according to World Health Organization criteria (4). A mailed questionnaire was used to assess sleep disturbance in the previous month at baseline. Two single-item questions





**Figure 1**—Hazard ratios (HRs) of cardiovascular disease for combined categories of triglycerides and waist circumference, stratified for non-HDL cholesterol. □, waist <94/80 cm; ■, waist ≥94/80 cm.

tentially atherogenic triglyceride-rich lipoproteins and may be a better predictor for the “bad” triglycerides, which are associated with increased risk of cardiovascular disease (6).

In conclusion, in the Hoorn Study, non-HDL cholesterol contributes considerably to the risk associated with the hypertriglyceridemic waist. Further studies are clearly required to evaluate the clinical relevance of monitoring these particular variables for the assessment of cardiovascular risk.

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## Improvement of Temperature and Flow in Feet of Subjects with Diabetes With Use of a Transdermal Preparation of L-Arginine

A pilot study

**C**irculatory impairment and its sequelae have long been known to be major complications of diabetes. It has been shown that in diabetes, the functionality of the endothelial nitric oxide (NO)/nitric oxide synthase (eNOS) sys-

tem is impaired (1–3). NO is generated in the endothelium through the oxidation of the amino acid L-arginine by the enzyme eNOS. NO causes vascular smooth muscle to relax, resulting in increased blood flow. In addition to being a substrate of eNOS, L-arginine facilitates the dimerization of two identical subunits, forming a homodimer. The enzyme is only active in the dimeric form. Under proper conditions, dimerization occurs rapidly, on a timescale of minutes. Once formed, the dimer is stable (4).

Subjects with diabetes have abnormally low levels of L-arginine (5) and elevated levels of the eNOS inhibitor asymmetric dimethylarginine (ADME) (6) in their plasma. Though the value of increasing L-arginine levels in cases of impaired circulation is now recognized, practical schemes for therapeutic use of L-arginine have been elusive. In this pilot study, we sought to determine whether supplying L-arginine transdermally would improve vascular function of the feet in patients with diabetes as indicated by flow and temperature.

The study was designed as a double-blind, vehicle-controlled, two-period, crossover protocol with washout periods of 1 week. Sixteen subjects were enrolled, and 13 completed the study (aged  $56 \pm 8$  years). After analyzing the data, it was clear that the effect of L-arginine persisted throughout the washout periods (Tables 1 and 2). Because of this, except for the initial exposure of L-arginine virgin feet, the analysis was altered to determine the effect from cumulative exposure to L-arginine throughout the protocol. Flow was measured at the metatarsal and Achilles area using a Doppler flow meter (7), and temperature was measured at the metatarsal and big toe areas using an infrared thermometer. The active cream was a water-based moisturizing vehicle containing 12.5% L-arginine hydrochloride in a hostile biophysical environment comprised of high concentrations of choline chloride, sodium chloride, and magnesium chloride. The vehicle control was identical except that the L-arginine was omitted.

At the first visit, after baseline measurements were made each subject rubbed active cream (4 mg L-arginine/cm<sup>2</sup>) into one foot and vehicle into the other. After 30 min, measurements were made again. A 1-week washout period followed. Patients returned after the









this syndrome than fasting hypoglycemia (1), and the course of this condition is benign and self-limited, with remission usually occurring within 1 year.

The insulin receptor antibody is associated with the inhibition of insulin binding to insulin receptors, accelerated receptor degradation, receptor down-regulation, and extreme insulin resistance and hyperglycemia (4). Insulin receptor antibodies act as agonists or antagonists to the insulin receptor. Insulin receptor antibodies may also inhibit insulin binding, thereby inhibiting insulin clearance and elevating levels of plasma insulin. The most important laboratory test in autoimmune hypoglycemia is a direct assay for the presence of antibodies directed against the insulin receptor or insulin.

Patients with this condition have low circulating insulin, C-peptide levels, and refractory hypoglycemia. Antibody titers generally decrease over time and remission eventually occurs in most patients. However, because of the severity of the hypoglycemia, aggressive treatment is indicated. High-dose glucocorticoids, plasmapheresis, and alkylating agents have been tried with varying success (5).

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COMMENTS AND RESPONSES

**Phenotypic Heterogeneity and Associations of Two Aldose Reductase Gene Polymorphisms With Nephropathy and Retinopathy in Type 2 Diabetes**

Response to Wang et al.

Wang et al. (1) recently examined aldose reductase as a susceptibility gene for diabetic nephropathy among type 2 diabetic Chinese in Hong Kong. Although there was a small increase in the frequencies of the risk alleles of the (CA)<sub>n</sub> dinucleotide repeat and C-106T polymorphisms, analysis of the genotype distribution failed to detect any significant association between these polymorphisms and diabetic nephropathy (1). This negative result persisted despite confining the statistical analyses to control subjects who were normoalbuminuric with at least 5 years of known diabetes duration and case subjects with both diabetic nephropathy and concomitant diabetic retinopathy.

By and large, this study does not confirm earlier findings, which had implicated aldose reductase as a genetic risk factor for diabetic nephropathy among Caucasians with type 1 diabetes (2). Although the two studies were done on patients with different types of diabetes, drawn from separate human populations, which may arguably provide a basis for

the discordant findings, a distinct possibility relates to the differential definitions of diabetic nephropathy. In this Boston study, diabetic nephropathy was defined on the basis of persistent proteinuria, i.e., ≥1+ on Multistix or albumin-to-creatinine ratio (ACR) ≥300 mg/g, or end-stage renal disease due to diabetic nephropathy (2). In contrast, the definition used in the current Hong Kong study was less stringent and included patients with microalbuminuria (albumin excretion rate ≥20 μg/min or ACR ≥3.5 g/mmol) (1). This latter criterion poses some concern in terms of misclassification because regression of micro- to normoalbuminuria is likely to be a common phenomenon, as recently demonstrated in type 1 diabetic patients (3). In genetic epidemiological studies, such misclassification can diminish the power of a study to detect an association. Therefore, the study by Wang et al. does not negate the hypothesis that aldose reductase could be a susceptibility gene for advanced diabetic nephropathy in type 2 diabetes. This possibility might be addressed by reanalyzing their data using a stricter definition based on advanced diabetic nephropathy.

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