

## OBSERVATIONS

## French Maritime Pine Bark Extract Pycnogenol Dose-Dependently Lowers Glucose in Type 2 Diabetic Patients

**P**ycnogenol, a standardized extract from the bark of the French maritime pine, consists of phenolic compounds including catechin, taxifolin, procyanidins, and phenolic acids (1).

We investigated whether Pycnogenol has a glucose-lowering effect because of personal verbal communication from patients reporting no need for insulin following supplementation with Pycnogenol.

The study was designed as an open, controlled, dose-finding study and was approved by the ethical committee of Guangnam Hospital. Patients gave written informed consent. We recruited 18 men and 12 women among outpatients of the Guangnam Hospital and Municipal Dental Hospital. Patients were 28–64 years of age and had a BMI 22–34 kg/m<sup>2</sup>. Patients with type 2 diabetes were included with fasting plasma glucose between 7 and 10 mmol/l after participation in a diet and sports program for 1 month. Exclusion criteria were type 1 diabetes, manifest or malignant hypertension and any diseases requiring continuous treatment with drugs, and pregnant or lactating women.

During the first and last visit, a physical examination and assessment of demographic data, medical history, body weight, height, vital signs, blood pressure, electrocardiogram, diet, and medication was carried out. Samples for fasting blood glucose, HbA<sub>1c</sub>, insulin, and endothelin-1 were taken. Blood samples were taken to measure postprandial blood glucose 2 h after breakfast.

Glucose was measured enzymatically, HbA<sub>1c</sub> by high-performance liquid chromatography, and insulin and endothelin-1 by immunoassays. Statistical analysis was done with SPSS 16.0 software using one-factorial ANOVA with Fisher projected least significant differ-

ence test. Patients received in succession 50, 100, 200, and 300 mg Pycnogenol in intervals of 3 weeks. Every 3 weeks, fasting and postprandial glucose, endothelin-1, HbA<sub>1c</sub>, and insulin were analyzed.

No changes were observed in vital signs, electroencephalogram, or blood pressure over the 12-week period.

Fasting blood glucose was lowered dose dependently until a dose of 200 mg Pycnogenol was administered. Increasing the dose from 200 to 300 mg did not further decrease blood glucose. Compared with baseline, 100–300 mg lowered fasting glucose significantly from 8.64 ± 0.93 to 7.54 ± 1.64 mmol/l ( $P < 0.05$ ). Fifty milligrams of Pycnogenol lowered postprandial glucose significantly from 12.47 ± 1.06 to 11.16 ± 2.11 mmol/l ( $P < 0.05$ ). Maximum decrease of postprandial glucose was observed with 200 mg to 10.07 ± 2.69 mmol/l; 300 mg had no stronger effect.

HbA<sub>1c</sub> levels decreased continuously from 8.02 ± 1.04 to 7.37 ± 1.09%. Difference to baseline became significant after 9 and 12 weeks of treatment with 200 or 300 mg Pycnogenol ( $P < 0.05$ ). Endothelin-1 decreased significantly after 100–300 mg Pycnogenol from 104 ± 16 to 91 ± 15 pg/ml ( $P < 0.05$ ). There was no additional decrease with 300 mg. Insulin levels were not changed at any dosage level of Pycnogenol.

Four patients reported dizziness, two headache, two gastric discomfort, and one mouth ulcer. None of the patients discontinued the study. All unwanted effects were minor and transitory.

Stimulation of insulin secretion can be excluded as a cause for lower glucose levels because insulin secretion was not affected. Mechanistic investigations are underway to elucidate the mechanism of glucose lowering with Pycnogenol.

The decrease of endothelin-1 following supplementation with Pycnogenol points to an ameliorated function of the endothelium.

This dose-finding study encourages further mechanistic and clinical studies with Pycnogenol to explore its potential in obtaining metabolic control in patients with mild type 2 diabetes. A double-blind placebo-controlled study with 77 patients confirmed the glucose-lowering effect of Pycnogenol (2).

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## A Systematic Quantitative Analysis of the Literature of the High Variability in Ginseng (*Panax spp.*)

Should ginseng be trusted in diabetes?

**H**erbs have experienced an unprecedented surge in popularity (1). This has occurred in the absence of adequate safety and efficacy evidence, prompting calls for rigorous clinical assessments (2). Complicating these assessments is compositional variability. This is a concern with one of the most popular herbs, ginseng (3). The principal reference components, to which pharmacological effects have been attributed, are its ginsenosides (steroidal glycosides). We undertook a systematic quantitative analysis of the literature to assess the coeffi-

cient of variation (CV) in ginsenosides across species, assay technique, and ginsenoside type.

The PubMed (1966–present), EM-BASE (1980–present), HealthSTAR (1975–present), Cochrane library (issue 2, 2002), and AGRICOLA (1979–present) databases were searched using “ginsenosides AND (chromatography OR HPLC OR HPTLC OR TLC OR LC OR DCC OR GC OR ELISA OR UV OR MS OR NMR OR ELSD)”. One-hundred eleven articles were identified. Two reviewers applied three inclusion criteria: publication quality: peer-reviewed; end point: quantitative ginsenoside concentrations; and ginseng type: dried derivatives of panax species roots. Thirty-two articles met these criteria, reporting ginsenoside concentrations for 317 ginseng batches.

A three-factor analysis was performed to assess the independent and interactive effects of species, assay technique, and ginsenoside type on the CV of ginsenoside concentrations using ANOVA (NCSS 2000; NCSS, Kaysville, UT). The CVs of ginsenoside concentrations were calculated as  $CV = SD/mean \times 100\%$  in a factorial block design. A blocking principle was applied to the data such that each level of each factor was crossed with each level of the other factors for the calculation of CV. Species was comprised of 10 levels of panax species, their preparations, and their varieties: Asian (*Panax ginseng* C.A. Meyer), Asian red (*Panax ginseng* C.A. Meyer [red]), Asian wild (*Panax ginseng* C.A. Meyer [wild]), Asian extract (*Panax ginseng* C.A. Meyer [extract]), American (*Panax quinquefolius* L.), American wild (*Panax quinquefolius* L. [wild]), American extract (*Panax quinquefolius* L. [extract]), Japanese (*Panax japonicus* C.A. Meyer), Pseudo (*Panax pseudoginseng* WALL), and Sanchi (*Panax notoginseng* [Burk] F.H. Chen) ginsengs. Assay technique was comprised of six levels of different assay techniques: high-performance liquid chromatography (HPLC)-ultraviolet (UV), gas chromatography (GC)-mass spectrometry (MS), HPLC-MS, diode counter current DCC, HPLC-differential refractometry DR, and HPLC-electrospray light-scattering detection (ELSD). Ginsenoside type was comprised of 21 levels of different ginsenoside indexes: protopanaxadiol (PPD) ginsenosides (Rb<sub>1</sub>, Rb<sub>2</sub>, Rc, Rd, and Rg<sub>3</sub>), protopanaxatriol (PPT) ginsenosides

(Rg<sub>1</sub>, Rf, Re, and Rg<sub>2</sub>), and their sums (PPD, PPT, and total) and ratios (PPD:PPT, Rb<sub>1</sub>:Rg<sub>1</sub>, Rb<sub>2</sub>:Rc, Re:Rb<sub>1</sub>, Rc:Rb<sub>1</sub>, Rd:Rb<sub>1</sub>, Rb<sub>2</sub>:Rb<sub>1</sub>, Rf:Rb<sub>1</sub>, and Rg<sub>1</sub>:Re). The CV data calculated for each possible combination of levels from the three factors were pooled and then meaned for each level of each factor. As a result, CV data are means  $\pm$  SD.

This systematic quantitative analysis of the literature demonstrated high CV in ginsenosides across species, assay technique, and ginsenoside type (26–103, 31–81, and 36–112%, respectively). These large ranges produced significant differences in each main effect ( $P = 0.00030$ ,  $P = 0.014$ , and  $P = 0.00031$ , respectively), with differences in species sensitive to assay technique ( $P = 0.00011$  for two-way interaction).

The high variability in ginseng identified by this analysis might have serious clinical sequelae. Variable pharmacological effects appear secondary to ginsenoside variability. We have shown in healthy humans that while two batches of American ginseng (cultivated *Panax quinquefolius* L.) (4–6) demonstrated similar acute postprandial glycemic-lowering efficacy, a third batch with a depressed ginsenoside profile was ineffective (4), whereas Japanese, Asian red, and Sanchi ginsengs had null effects (6) and Asian (6,7), American wild, and Siberian ginsengs (*Eleutherococcus senticosus*) (6) raised glycemia. These data suggest that the antihyperglycemic efficacy of ginseng might be as highly variable as its ginsenoside composition.

Although this makes a compelling argument for better standardization, there are mitigating factors. It is unclear which of the >30 ginsenosides or myriad of other principles should be targeted for an antihyperglycemic indication. There is also no universal ginsenoside assay. Until these issues are resolved, the reproducibility of ginseng's composition, safety, and efficacy cannot be trusted. This conclusion likely holds true for other less well-studied herbal remedies used to treat diabetes.

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## Is a Long-Term Aerobic Plus Resistance Training Program Feasible for and Effective on Metabolic Profiles in Type 2 Diabetic Patients?

**A**erobic physical activity is a major therapeutic modality for type 2 diabetes (1,2). It is well known that regular aerobic exercise produces beneficial effects on glycemic control, insulin sensitivity, lipid abnormalities, and hypertension (3,4). On the other hand, several recent studies (5,6) have demonstrated the beneficial effect of resistance exercise in diabetes, and these results should encourage its practice because of the increasing number of sedentary, older, and obese people in industrialized countries. In fact, this is particularly important in the case of individuals who may be noncompliant with aerobic exercise. To prove the effectiveness of resistance training, a recent study (7) showed the positive effects of prescribed and supervised high-intensity resistance training for 16 weeks in high-risk older adults with type 2 diabetes, resulting in improved glycemic and metabolic control. Similarly, 16 weeks of resistance plus aerobic training is reported to enhance glucose disposal in postmenopausal women with type 2 diabetes (8). Both of these studies evaluate the effect of relatively short-period physical training but neither investigates prolonged resistance exercise combined with aerobic training in diabetic people.

We therefore investigated the long-term effects (1 year) of prescribed and supervised combined aerobic and resistance training on glycemic control, cardiovascular risk factors, and body composition in type 2 diabetic patients.

Physical examination was performed to detect the presence and degree of complications as well as to determine any orthopedic limitations. After selection, 120 (60 men and 60 women) sedentary type 2 diabetic patients, aged  $60.9 \pm 8.9$  years, with duration of diabetes  $9.8 \pm 7.3$  years, were included in the study and randomly assigned to one of two treatments: 62 sub-

jects (30 men and 32 women) agreed to perform the aerobic plus resistance training (ART) program, whereas 58 subjects (30 men and 28 women) asked to continue with their current diet and pharmacological therapy and formed the control group. The subjects in both groups continued to receive their standard medication. Throughout the study, diabetologists were asked to avoid nonessential changes in drugs and dosages that might affect the study outcome measures. Every essential medication change was implemented and then reported to the investigators.

The ART group performed 30 min of aerobic training at 40–80% of the heart rate reserve (based on the initial maximal graded exercise tolerance test) using treadmills, stationary bicycles, reclining bicycles, and elliptical trainers (Technogym), plus another 30-min resistance training program that included free weights, such as barbells or dumbbells, and weight machines at 40–60% of a single repetition maximal lift (1 RM), which was retested every 3 weeks. The workload was 12 repetitions each of six exercises selected for each major muscle group (i.e., legs, chest, shoulders, back, arms, and abdomen) for three sets, three times a week, for 1 year.

Blood pressure and plasma glucose levels were assessed in each patient by means of a One Touch Ultra blood glucose monitoring system (Lifescan) before and after each training setting. HbA<sub>1c</sub>, BMI, waist circumference, and glycemic and lipid profiles were evaluated every 3 months. Each participant was provided with written handouts and with a notebook in which to take notes and record food diaries. A 3-day food record was obtained at baseline and every 3 months for 1 year. All nutritional information obtained from food records was analyzed by a dietitian using Winfood software (Medimatica). Body composition was measured at baseline and after 1 year by means of dual-energy X-ray absorptiometry (QDR 1000; Hologic).

This study was conducted in accordance with the Declaration of Helsinki guidelines. Each subject gave his or her informed consent before the study began.

Each group was compared using the ANOVA test with multiple comparisons and 95% CIs. A two-tailed  $P < 0.05$  indicated statistical significance. All of the values are expressed as means  $\pm$  SD.

Subjects in the ART group attended  $>90\%$  of the prescribed program sessions. The subject dropout rates were 17.7% for the ART group and 8.63% for the control group. We only included patients who completed the entire year for statistical analyses.

There were no significant differences between the two groups at baseline with respect to BMI ( $30 \pm 5.6$  vs.  $30.1 \pm 5.6$  kg/m<sup>2</sup>), fat mass ( $33 \pm 9.2$  vs.  $35 \pm 10.2\%$ ), fat-free mass ( $48.1 \pm 10$  vs.  $46.8 \pm 11$  kg), waist circumference ( $104 \pm 12.8$  vs.  $103 \pm 14$  cm), fasting blood glucose ( $163 \pm 59.6$  vs.  $165 \pm 60.6$  mg/dl), total cholesterol ( $212 \pm 31.5$  vs.  $212 \pm 40.2$  mg/dl), HDL cholesterol ( $45.3 \pm 9.8$  vs.  $43.6 \pm 9.1$  mg/dl), LDL cholesterol ( $134 \pm 31.6$  vs.  $130 \pm 34.2$  mg/dl), triglycerides ( $159 \pm 80.1$  vs.  $187 \pm 109$  mg/dl), HbA<sub>1c</sub> ( $8.28 \pm 1.73$  vs.  $8.31 \pm 1.73\%$ ), systolic blood pressure ( $147 \pm 18$  vs.  $139 \pm 17.1$  mmHg), diastolic blood pressure ( $85.6 \pm 7.8$  vs.  $85.3 \pm 8.8$  mmHg), and use of lipid-lowering, hypoglycemic, and antihypertensive medications (32.3 vs. 34.5, 80.8 vs. 86.3, and 48.4 vs. 50%, respectively).

After 1 year, the control group showed no statistically significant change in any measured parameters. The ART group, conversely, showed a statistically significant decrease in BMI ( $30.1 \pm 5.6$  to  $28.8 \pm 4.8$  kg/m<sup>2</sup>,  $P < 0.0001$ ), fat mass ( $35 \pm 10.2$  to  $32.5 \pm 10.2\%$ ,  $P < 0.0001$ ), waist circumference ( $103 \pm 14$  to  $98 \pm 12.7$  cm,  $P < 0.0001$ ), fasting blood glucose ( $165 \pm 60.6$  to  $129 \pm 37$  mg/dl,  $P < 0.0001$ ), total cholesterol ( $212 \pm 40.2$  to  $195 \pm 35.4$  mg/dl,  $P < 0.0001$ ), LDL cholesterol ( $130 \pm 34.2$  to  $124 \pm 28.7$  mg/dl,  $P < 0.0001$ ), triglycerides ( $187 \pm 109$  to  $146 \pm 81$  mg/dl,  $P < 0.0001$ ), HbA<sub>1c</sub> ( $8.31 \pm 1.73$  to  $7.1 \pm 1.16\%$ ,  $P < 0.0001$ ), systolic blood pressure ( $139 \pm 17.1$  to  $135 \pm 15.5$  mmHg,  $P < 0.04$ ), and diastolic blood pressure ( $85.3 \pm 8.8$  to  $81.3 \pm 6.7$  mmHg,  $P < 0.0001$ ) and a significant increase in fat-free mass ( $46.8 \pm 11$  to  $47.2 \pm 10.8$  kg,  $P < 0.0001$ ) and HDL cholesterol ( $43.6 \pm 9.1$  to  $48.6 \pm 12.1$  mg/dl,  $P < 0.0001$ ).

The frequency of medication changes was not significantly different between the ART and control groups. We observed a trend toward decreasing amounts of medications in all three classes of drugs (hypolipemic, hypoglycemic, and antihypertensive therapies) in the ART group

(−7.85, −3.94, and −5.90%, respectively), whereas in the control group, the opposite trend occurred (5.67, 7.55, and 5.67%, respectively).

Throughout the entire study, no adverse effects occurred in any patient. The reasonably low dropout rate in the ART group (17.7%) indicates that subjects with type 2 diabetes are willing and able to participate in a demanding intervention program if it is made available to them.

In conclusion, the combination of aerobic and resistance training is well tolerated, feasible, and safe, and it improves glycemic control, cardiovascular risk factors, and body composition in type 2 diabetic patients. Given the epidemic of diabetes and metabolic syndrome in the recent years, we stress the use of combined exercise as an adjunct to standard medical care in the management of these patients.

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## A Filipino Patient With Fulminant Type 1 Diabetes

Fulminant type 1 diabetes is characterized by abrupt onset of loss of pancreas  $\beta$ -cell function with low initial HbA<sub>1c</sub> levels and absence of autoantibodies to islet antigens (1). Initial histological examinations revealed the absence of insulinitis, and it was thought that the autoimmune process did not mediate this type of diabetes. However, with an accumulation of cases, possible involvement of an immune response to islet antigens has come to light. CD8<sup>+</sup> lymphocytes infiltrating the pancreatic islets were seen in a patient who died of fulminant type 1 diabetes (2), and peripheral GAD-reactive interferon- $\gamma$ -producing CD4<sup>+</sup> lymphocytes were detected in another case of fulminant type 1 diabetes (3). Thus, T-cell-mediated autoimmunity may be involved. HLA analyses also indicate that an autoimmune process similar to that in autoimmune type 1 diabetes may be involved in the development of fulminant type 1 diabetes. In his editorial comment regarding the first report of fulminant type 1 diabetes, Lernmark (4) noted that in Japanese patients most had HLA class II antigens that confer type 1 diabetes. Furthermore, Tanaka et al. (5) recently reported that fulminant type 1 diabetes is associated with specific HLA

class II haplotypes, which are also associated with autoimmune type 1 diabetes in Japanese patients. Most patients reported to have fulminant type 1 diabetes were Japanese. Occurrences in other ethnicities are rare (6,7), reflecting possible immunogenetic differences. We report herein a Filipino patient with fulminant type 1 diabetes and the results of HLA analysis.

A 32-year-old Filipino woman married to a Japanese man and living in Gunma, Japan, had a low-grade fever 2 weeks before admission and visited a general practitioner, but no specific diagnosis was made. Thirst, polydipsia, polyuria, and general malaise had developed. Then abdominal pain and vomiting occurred, and she visited a clinic where severe hyperglycemia was found. She was referred to Shiroyama Hospital and was admitted for diabetic ketoacidosis. On admission blood glucose was 800 mg/dl and HbA<sub>1c</sub> was 6.0%. Urinary ketone bodies were positive. Arterial blood pH was 7.11, serum amylase was 57 (IU/l), lipase was 32 (units/l), and elastase I was 344 ng/dl (all within normal range). Anti-GAD antibodies and islet cell antibodies were negative. After metabolic derangement was corrected, insulin secretion was evaluated. The fasting serum C-peptide concentration was 0.1 ng/ml; it was 0.2 ng/ml after glucagon injection. Urinary C-peptide was 1.6  $\mu$ g/day. The severe abrupt-onset insulin deficiency, low HbA<sub>1c</sub>, and lack of antibodies to islet antigens were compatible with fulminant type 1 diabetes. DNA typing of HLA antigens showed homozygosity for the DRB1\*0405-DQB1\*05031 haplotype, which is unique to the Filipino population (8). She was also HLA A24-positive.

Most Japanese fulminant type 1 diabetes patients studied carried at least one of two haplotypes, DQA1\*0303-DQB1\*0401 and DQA1\*0302-DQB1\*0303 (5), which are known to confer susceptibility to autoimmune type 1 diabetes in the Japanese population. Only 2 of 22 did not have either haplotype. Furthermore, one-third of the patients were homozygous for the DQA1\*0303-DQB1\*0401 haplotype. Our Filipino patient had neither haplotype. However, she had two DRB1\*0405 alleles. DRB1\*0405 is a risk allele for type 1 diabetes in the Japanese population. The DQA1\*0303-DQB1\*0401 haplotype is in close linkage disequilibrium with DRB1\*0405 in Japanese and Chinese in-



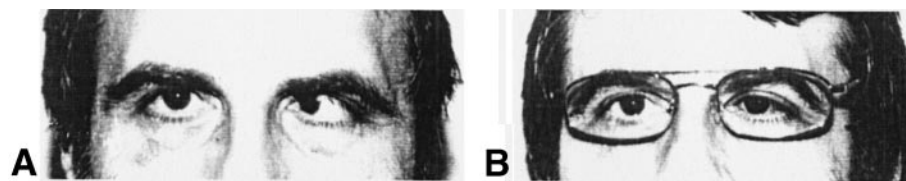




## Botulinum Toxin A in the Early Treatment of Sixth Nerve Palsy-Induced Diplopia in Type 2 Diabetes

Sixth (abducent) cranial nerve palsy is a typical yet infrequent mononeuropathic complication of diabetes. It usually causes considerable diplopia, which can be debilitating and significantly impair the everyday and professional activity of afflicted individuals. In most cases, nerve function restores itself, although it usually takes several months or even over a year for the symptoms to resolve (1). No specific treatment of nerve palsy-induced diplopia in diabetic patients has been established (2,3). We report the successful use of botulinum toxin A in the early treatment of diplopia caused by sixth nerve palsy in two type 2 diabetic patients. In both patients, diplopia made it impossible for them to continue with their professional activities.

The first patient (female, computer operator, aged 52 years, with a 15-year history of type 2 diabetes and HbA<sub>1c</sub> 8.2%) complained of diplopia, which occurred several days earlier. Sixth nerve palsy in the left eye was diagnosed, and her squint angle was found to be +35Δ (prism diopters) when measured with an orism cover test. After prompt injection of botulinum toxin A (15 units) into the medial rectus muscle in the left eye, her diplopia and squint resolved completely (Fig. 1). The second patient (male, taxi driver, aged 50 years, with an 8-year history of type 2 diabetes and HbA<sub>1c</sub> 8.7%) was referred with sixth nerve palsy in the left eye persisting for 3 months. His squint angle was +55Δ. The patient complained of severe diplopia, predominantly when looking left. Botulinum toxin A (15 units) was injected into the medial rectus muscle in the left eye, which resulted in the reduction of the squint angle to +15Δ. To



**Figure 2**—The second patient before (A) and after (B) botulinum toxin A application. There is incomplete resolution of strabismus, and his diplopia resolved only upon the use of prism correction (B).

achieve complete resolution of diplopia, prism correction was used (Fig. 2). Six months later, the vision of both patients remains stable, with no diplopia occurring while looking forward.

Injections of botulinum toxin A in the treatment of sixth nerve palsy have been used since the early 1980s (4) with a success rate of 15–100%, depending on the severity and duration of the nerve palsy (5–7). In general, early botulinum toxin use is recommended, as then the resolution of diplopia can be complete (8). In long-standing cases, successful treatment inadvertently requires ocular muscle surgery, which might be also associated with botulinum toxin injections (3,9,10).

However, despite a relatively long history of botulinum toxin treatment in ocular muscle paralysis (4,6), its use and investigations of treatment with it in diabetic mononeuropathy have been less than scarce. Concomitantly, no routine treatment is offered to patients, who are often left untreated until the nerve palsy itself subsides, which actually does happen in the majority of cases. However, during this period the patient is usually unable to work and is regarded a disabled person.

Our report is, to the best of our knowledge, the first one describing the effects of the early use of botulinum toxin A in type 2 diabetic patients, in whom diplopia caused by sixth nerve palsy made them unable to work. In agreement with the recommendations mentioned above, in type 2 diabetic patients the use of botulinum toxin A at the very beginning of

diplopia and nerve lesion also seems to be more effective than in patients with a long duration of symptoms. We believe that botulinum toxin A, especially if used immediately after nerve palsy occurs, offers an attractive option in the treatment of cranial nerve palsy-induced diplopia, thus saving the patient from surgical treatment and assuring that quality of life and professional activity will not suffer due to significant disturbance of vision.

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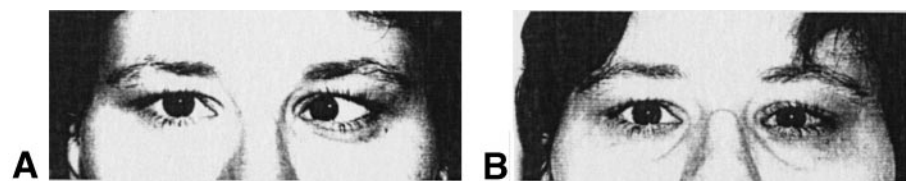
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**Figure 1**—The first patient before (A) and after (B) botulinum toxin A application. There is complete resolution of strabismus and associated diplopia.



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## Naltrexone Improves Blood Glucose Control in Type 1 Diabetic Women With Severe and Chronic Eating Disorders

Eating disorders are frequent causes of chronic failure of blood glucose control in young type 1 diabetic women (1) that result in a high incidence of diabetic complications (2). Moreover, severe disorders such as bulimia and binge eating are commonly associated with inappropriate compensatory behaviors to avoid weight gain, including self-induced vomiting, insulin misuse, laxative or diuretic surreptitious intake, and hyperactivity (3). Because these impulsive attitudes develop as addictions, naltrexone, an antagonist of endogenous opiates that is currently used to help weaning off alcohol, opiates, or heroin, might be considered a potentially effective therapy. Of note, recent data (4) report significant improvements obtained with naltrexone in bulimic patients, reinforcing the hypothesis of an opioid-mediated dependence.

To assess the effectiveness of naltrexone in type 1 diabetic women presenting bulimia or binge eating, we conducted an open-label, 1-year pilot trial in 10 patients affected by these eating disorders who did not respond to antidepressive drugs, behavioral therapy, and interpersonal psychotherapy. All patients volunteered and gave their informed consent to enter the

trial, which was ethically approved. Mean age of the patients was 22 years (range 17–29), with type 1 diabetes history of 8 years (range 5–15). Initial BMI was  $25 \pm 6$  kg/m<sup>2</sup>. One patient affected by binge eating presented morbid obesity (BMI 41.5 kg/m<sup>2</sup>). Blood glucose control at enrollment was very poor, as shown by HbA<sub>1c</sub> levels (mean  $\pm$  SD), which were  $11.6 \pm 1.6\%$  (by high-performance liquid chromatography, normal range  $<5.6\%$ ). Eating disorders included binge eating in three subjects (with 14, 21, and 26 episodes per week, respectively) and bulimia in seven subjects (7–18 episodes per week) and were also associated with “purging” behavior (self-vomiting) in six subjects (7–21 episodes per week), according to the Diagnostic and Statistical Manual of Mental Disorders IV classification. No psychiatric comorbidity was diagnosed. The mean history of severe eating disorders was 6 years (range 4–11). All patients received oral naltrexone 200 mg b.i.d. (Bristol Myers Squibb, Paris, France) for 1 year. Follow-up included a monthly evaluation of the weekly occurrence of impulsive eating with or without purging episodes as the main outcome and monthly measurement of body weight and HbA<sub>1c</sub> assay every 2 months as secondary outcomes. Psychological assessment by self-administered Eating Disorder Inventory 2 questionnaire was performed before and at the end of the trial.

Results after 2 months and 1 year are presented here to estimate the rapidity and maintenance of drug response. Weekly binge-eating episodes were dramatically reduced by 42, 62, and 86%, respectively, as early as in the first 2 months and remained reduced by 31, 52, and 86%, respectively, after 1 year in the three patients affected by this eating disorder. Weekly bulimic crises were reduced by 50% (range 16–88) after 2 months and by 64% (range 29–94) after 1 year, while associated purging decreased by 74% (range 50–86) and 75% (range 52–100) during the same time periods. The only patient with nonpurging bulimia reduced her weekly crises by 71% after 2 months, which was sustained after 1 year. Meanwhile, body weight decreased by 3–5% after 2 months and by 5–7% after 1 year in binge eaters, and HbA<sub>1c</sub> levels moved from 11.3, 12.1, and 14.1% to 10.4, 9.8, and 10.2% after 2 months and to 9.0, 8.7, and 9.8% after 1

year, respectively. Body weight remained stable over 1 year in bulimic patients, except in the nonpurging subject, who lost 5% of her initial weight. However, HbA<sub>1c</sub> levels (mean  $\pm$  SD) improved from  $11.6 \pm 1.2$  to  $10.1 \pm 0.6\%$  after 2 months and to  $9.0 \pm 0.9\%$  after 1 year in these patients. Scores of the Eating Disorder Inventory 2 questionnaire dramatically improved concerning “attitude toward impulsiveness” (data not shown,  $P < 0.01$ ) and also improved at a lower level concerning “low self-esteem” (data not shown,  $P < 0.05$ ), regardless of which eating disorder. No undesirable clinical or biological (liver enzymes and creatinemia) side effects were noted during the trial.

Similar to results obtained with naltrexone in nondiabetic subjects, our data show a dramatic improvement in impulsive eating disorders with this drug in our cohort of type 1 diabetic women. While average weekly occurrence of food intake crises was reduced by 50–64%, purging behaviors were improved even more by  $>70\%$ . Most of the drug response was obtained after 2 months, but it was maintained or slightly improved further after 1 year. Only binge-eating crises slightly rebounded between the second and twelfth months in two patients, but remained much less frequent than the initial rate. The effect on body weight was modest because reduction of previous intentional insulinopenia and/or vomiting attenuates the impact on body weight. The highly significant improvement of diabetes control is shown, with an average HbA<sub>1c</sub> decrease of 1.5% after 2 months and 2.5% after 1 year. If maintained for years, such reductions in HbA<sub>1c</sub> levels could mean an even more impressive improvement of the incidence of diabetic complications, according to estimations from the Diabetes Control and Complications Trial (5). Beside reduction of carbohydrate intakes, psychological changes documented by the Eating Disorder Inventory 2 questionnaire likely played a role in positive behavior toward insulin treatment, which may explain the HbA<sub>1c</sub> improvement. Although we cannot exclude a nonspecific “study effect,” the encouraging results of this pilot trial warrant further assessment of naltrexone in controlled studies, especially as severe eating disorders associated with type 1 diabetes represent an often hopeless condition.

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COMMENTS AND RESPONSES

**Utility of B-Type Natriuretic Peptide as a Screen for Left Ventricular Dysfunction in Patients With Diabetes**

Response to Epshteyn et al.

In their study recently published in *Diabetes Care*, Epshteyn et al. (1) found that plasma B-type natriuretic peptide (BNP) was able to discriminate between

diabetic patients with and without left ventricular (LV) dysfunction, even among the subset without any clinical suspicion of heart failure. It is this last observation that supports the use of BNP as a screen for LV dysfunction among people with diabetes. Detection of LV dysfunction, an early feature of diabetic heart disease, presents an important opportunity for prevention of downstream morbidity and mortality (2). The question that begs to be answered is when should screening for LV dysfunction take place?

Epshteyn et al.'s (1) sample of 91 patients without clinical suspicion of heart failure did, however, contain a significant number with vascular disease. A history of hypertension, coronary artery disease, and myocardial infarction was present in 81, 23, and 18% of the sample, respectively. The study reinforced the value of screening with BNP in a high-risk diabetic population. What remains unknown is whether the utility of BNP for the detection of LV dysfunction extends to asymptomatic individuals without overt vascular disease.

We addressed this by undertaking a substudy within the large Australian Diabetes, Obesity and Lifestyle (AusDiab) study (3). A random sample of 100 adults with type 2 diabetes but free of overt cardiovascular disease and hypertension were matched 1:1:1 by age and sex to subjects with normal glucose tolerance (NGT) and impaired glucose tolerance (IGT), who were also without overt cardiovascular disease and hypertension. In contrast to the study by Epshteyn et al. no differences were found in mean ( $\pm$ SE) levels of plasma N-terminal BNP across the three groups: type 2 diabetes,  $155 \pm 33$ ; IGT,  $172 \pm 40$ ; and NGT,  $162 \pm 51$  pg/ml ( $P = 0.96$ ). However, there were significant differences in urinary protein: type 2 diabetes,  $102 \pm 15$ ; IGT,  $64 \pm 7$ ; and NGT,  $50 \pm 4$  mg/day ( $P < 0.001$ ).

There are two possible explanations for the observed findings with N-terminal BNP: 1) among diabetic patients without overt cardiovascular disease and hypertension, LV dysfunction is not more common compared with that of those with IGT and NGT, or 2) plasma N-terminal BNP is not sensitive to its presence. Echocardiographic studies would be needed to confirm which explanation holds, but either way plasma N-terminal BNP appears to have little utility for early screening of LV dysfunction in patients with diabetes

(in the absence of cardiovascular disease and hypertension). This contrasts with early screening for renal dysfunction by urinalysis.

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**Utility of B-Type Natriuretic Peptide as a Screen for Left Ventricular Dysfunction in Patients With Diabetes**

Response to Liew et al.

Liew et al. (1) are correct in their premise that their study likely represents a different population of patients than our study (2). While their



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## How to Implement Evidence Into Practice to Improve Diabetes Care

Response to Saleem

We appreciate Dr. Saleem's (1) interest and comments and thank the editor for the opportunity to clarify the points raised about our study (2).

Our study was an effectiveness trial. The target population for the Annual Diabetes Assessment Program (ADAP) included all managed care members with diabetes assigned to the participating provider groups. The enrollment criteria were pragmatic, excluding those without diabetes, those who were no longer being followed by the primary care physician, and those who were deemed "unsuitable candidates for the study" by their primary care physicians. We obtained consent from both participants and their primary care physicians to comply with good clinical practice (3). The attrition in the intervention group from 173 eligible individuals to 103 enrolled subjects reflected those who did not consent to the ADAP. The decrease in sample size from year 1 to year 2 (from 103 to 83 in the intervention group and from 111 to 71 in the comparison group) was largely due to subjects' inability to come for their year 2 appointments (e.g., moved away, too ill, etc.). The drop-out rate for the intervention group was 20% (20 of 103), not 52%. We analyzed outcomes for study completers to avoid within-group and between-group bias in interpreting the results. The

composition of the study population reflected the racial and ethnic composition of the health plan. We saw no reason to oversample Hispanics. Even if we had done so, we would not be able to generate a sample size sufficient to draw inferences about that population.

The intervention was added to usual care, and as a result, the ADAP was more expensive than usual care alone. Since the ADAP resulted in no improvement in outcomes, usual care dominated the experimental intervention (4). Three registered nurses/certified diabetes educators implemented the ADAP. Clearly, it was feasible to implement the ADAP with nonphysician providers. The question now is how to structure the ADAP to improve both processes of care and intermediate outcomes. Our study was limited in that the ADAP generated only patient and provider feedback. As combinations of interventions have been shown to be more effective in producing change (5,6), future studies should include the ADAP and additional interventions such as nurse case management and more effective tracking and reminder systems to impact both processes and outcomes of care.

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## Use of Thiazolidinediones and Risk of Heart Failure in People With Type 2 Diabetes: A Retrospective Cohort Study

Response to Delea et al.

There is a growing concern that use of thiazolidinediones (TZDs) is associated with congestive heart failure (CHF) (1), though the causality of this relationship has not been established. Commentaries and case reports about this potential side effect have frequently appeared in the press, but peer-reviewed, large-scale epidemiologic studies have been absent. A few European nations have already limited the use of TZDs despite the absence of empirical evidence. A recently published, longitudinal observational study by Delea et al. (2) reported that initiation of TZDs was associated with an increased risk of incident CHF (hazard ratio 1.7;  $P < 0.001$ ). While we welcome this first population-based study of TZD use and CHF, we have serious concerns regarding the methodology employed.

Our primary concern with the study by Delea et al. (2) is the potential for residual confounding by indication or severity (3). For example, this study did not measure or adjust for levels of glycemia, a



## Use of Thiazolidinediones and Risk of Heart Failure in People With Type 2 Diabetes: A Retrospective Cohort Study

Response to Karter et al.

We thank Karter et al. (1) for their comments regarding our study (2). We agree that its principal weakness is the possibility of residual confounding, and we acknowledge this limitation in our article. We also agree that comparison of patients initiating thiazolidinediones (TZDs) with all those receiving other oral antidiabetic agents (new starters plus those on maintenance therapy) may have biased our findings against TZDs. On the other hand, the alternative of comparing patients initiating therapy with TZDs with those initiating other oral antidiabetic agents could have imparted a potentially more serious bias to the study because (as Karter et al. note) the former may be more likely to be initiated later in the course of the disease than the latter. Lacking data on the duration of diabetes, we chose an approach that we hoped would minimize bias and we attempted to control for confounding using multivariate analysis and propensity matching.

Karter et al. (1) present a number of intriguing preliminary results from the Kaiser Permanente Northern California Diabetes Registry. Although the Registry provides a richer clinical picture than the claims dataset we employed in terms of patient characteristics such as glycemic control, it too has its limitations. The Registry represents a group of patients receiving treatment in a single, group practice, integrated delivery system in which processes and outcomes of care for diabetes patients may differ substantially from those among the more diverse group of patients represented in our study. In Kaiser Permanente Northern California, TZDs may be more likely to be reserved for the “sickest” patients. Also, the effects

of TZDs on risk of heart failure may be less pronounced in settings where patients are monitored more frequently and edema is therefore less likely to progress to overt heart failure before arousing clinical suspicion and action.

Thus, although we eagerly await the results of the analysis by Karter et al., we suspect that it may not provide a definitive answer with respect to the effects of TZDs on risk of heart failure because their analysis will suffer from the same fundamental weakness (i.e., possibility of residual confounding) that they correctly identified in ours, although perhaps to a lesser degree. Moreover, their study may suffer from the additional potential limitation of lack of generalizability to the overall population of patients receiving TZDs. As we note in our study, definitive conclusions must await the results of long-term, randomized, controlled trials (although these too may suffer from problems of generalizability).

So where does this leave us? While awaiting the results of ongoing studies, clinicians must make use of the best available data to guide their decisions. We agree with Karter et al. that the results of our study do not warrant changes in clinical practice guidelines. Our recommendation that physicians use these drugs with caution in patients with heart failure is entirely consistent with warnings set forth in U.S. Food and Drug Administration–approved labeling for rosiglitazone and pioglitazone (3,4). Our recommendation that physicians seek alternatives for patients with shortness of breath is only common sense in light of the strength and consistency of the association that we observed, the known physiologic effects of these agents, and published reports of TZD-induced heart failure and pulmonary edema resolving after discontinuation of such therapy (5).

Unfortunately, even well-established treatment guidelines are not consistently followed in typical clinical practice, as demonstrated by a recent study (6) that found that patients hospitalized for heart failure frequently receive TZDs despite explicit warnings against this practice. We hope that our study will increase physician awareness of the potential risk of heart failure associated with the use TZDs so that it may be weighed against the potential benefits of these agents in improv-

ing clinical outcomes in patients with diabetes (7–8).

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