

Effect of a low-carbohydrate diet on weight, blood glucose, and lipid profile in patients with type 2 diabetes mellitus: a randomized controlled trial

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Summary

Aims

The purpose of this study was to evaluate the effectiveness of a low-carbohydrate diet in patients with type 2 diabetes mellitus (T2DM) in terms of weight, blood glucose, and lipid profile.

Materials and methods

This was a randomized, controlled, parallel, open-label, 12-week study in 40 patients with T2DM. The primary endpoint was the change in body weight from baseline to 12 weeks.

Results

At baseline, the mean body weight was 73.4 kg. After 12 weeks, the mean body weight was 63.4 kg [95% confidence interval (CI) -10.05 kg, -9.29 kg], HbA_{1c} was 7.2% [-2.87%, -3.11%], 2-h postprandial glucose was 14.6 mmol L⁻¹ [-4.96, -

ic ea i ga, e i i g, hei c ehe i e effec b, h gl cae ic c, la d eigh l i h l h, gl cae ia icide ce.

Bei agl, ide (f el k a be agl, ide), a GLP-1RA, i ec bi a, h a gl cag -like, ide-1 a d ha e 100% h l g i h h a GLP-1(7-36) (5). The d g a ed b, he Chi a F da d D g Ad i i, ai f, he, ea e, f T2DM i Dece be 2016. Bei agl, ide i e f, he GLP-1RA ec e ded f, he, ea e, f T2DM b, he Chi e e g ideli e f, he e e i a d, ea e, f, e 2 diabe e (2017 edi i) (6). The effiac a d afe, f bei agl, ide ha e bee a e edi a d i ed c, lled, ial (RCT) i Chi a (7-9). Si ila, he GLP-1RA, bei agl, ide a effec- i e i l e i g gl cae d ha e gl bi (HbA1c), fa i g la a gl c e (FPG) a d, a diala a gl c e (PPG) i, aie, i h T2DM (7,8). I addi, bei agl, ide ed ced b d eigh a d b d a ide (BMI) i T2DM, aie, i h e eigh a d be i (7,9). The e RCT, ided e ide ce f, he effec i e e f bei agl, ide i a ell-defi eq, aie, la i de a, ic l c, lled e i e, e i i ce ai, ha e e, he e l ca be, a la ed, eal- ld cli cal, acice he e a e ge e a, aie, la i i, ea ed i h, he e i e e i i, aie, cli c.

Real-ld, die a e e i, a, f, he e al- a e he, ef a ce f e d g ce, he each, he a ke. S ch, die ca c, le e, RCT a da e, hei e l i a e ge e a, aie, la i. The eal-ld effec, f bei agl, ide ha e bee, ed, da e. Th, he, e f hi, d a, e aie, he effec i e e f bei agl, ide HbA1c, b d eigh, bl d e e, a d i d, file i a eal-ld e i g i Chi a. The a, h, he i ed, ha, he effiac f bei agl, ide i RCT ill al be b e ed i, he eal-ld, d.

M e, s e a s

Thi a a l i c e, e, b e a i al, e, ec i e, e -label, d c d c ed i, h, ial i Hebei P i ce (, he Chi a). The GLP-1RA bei agl, ide a la chedi Feb a 2017 i Chi a. Si ce, he, da a f T2DM, aie, ea ed i h bei agl, ide de, i e cli cal, acice c di i e e c ec i el c llec ed, il Ma ch 2018, i.e. e a i e fa e f 14, h. Da a e e e, ac ed f, he elec ic edical ec d, e a d ga he ed i a E cel da a hee b, he e ea che. Ad l T2DM, aie, (≥ 18 ea) e e eligible f, he, d. The e cli c i e i a e e aie, i h, e 1 diabe e ell, a d h e h ef ed, ide i f ed c e. The f ll i g da a e e c llec, ed a ba eli e a d/ h ee b e e, i i (af e

1, 2 a d 3 h f, ea e): age, e, diabe e d ai, HbA1c, 2-h PPG, FPG, b d eigh, BMI, ai, ci c fee ce (WC), C, ide, hea, ae, lic bl d, e e (SBP), dia, lic bl d, e e (DBP), i gl ce ide, l -de i, i, ei ch le e l (LDL-C), high-de i, i, ei ch le e l (HDL-C), a i- h, e e i e a d, i d- l e i g, he, aie a d hi, f e i a i- diabe ic edica i. M e e, he d age f bei agl, ide a d c c i a, a i- diabe ic, he, ie a ec ded. The al e f HbA1c, FPG, 2-h PPG, C- ide, i gl ce ide, LDL-C a d HDL-C e e e, ac ed f, a da di ed lab a, e, e l. B d eigh, WC, hea, ae, SBP a d DBP e e ea ed b, fi- cie, e i g a da d e, i e.

The, i a, d b jec i e a, a e, he effec- i e e f bei agl, ide i c, lli g gl cae ia afe 3 h f, ea e. Sec da b jec i e i c l ded a e i g cha ge i b d eigh, he, i f aie, i h eigh l $\geq 5\%$ a d $\geq 10\%$ a d, he cli cal, a a e e la ed, diabe e afe 3 h f, ea e. Ad e e e e, h, gl cae ic e e, a d di c i a i f bei agl, ide e e al, acked.

Thi d a ed b, he l cal e hical c i- ee a d e f ed i acc da ce i h, he Decla i f Hel i ki (e i ed i 2013).

S a i, cal a al i

The K l g -S i e, a ed, de e i e i f al e e e all di, ib, ed. Da a f c i a iable e e e, e ed a he ea (a da d de ia- i [SD]). Da a f ca eg ic al a iable e e e, e ed a e ce, age (%). Ba eli e cha ac e i ic a e e, ed, he ba i f, he f lla al i e (FAS), hich i c l ded all, aie, h e, he eligibili, c i e i a d had ba eli e ea e f HbA1c eigh. Effiac a al i i c l ded all, aie, h e ce i ed a lea, e d e f bei agl, ide a d had a lea, e, ba eli e ea e- e f HbA1c b d eigh. Mi i g al e e e i, ed i g, he la, b e a i ca ied f a d (LOCF) e h d. F, ai ed a, le, he ai ed t, e, Wilc a ched, ai i g ed- a k e, a ed f, i e i, a d e a ed- ea e a al i f a i a ce, he Fied a, e, f ll ed b D, l i le- c, a i e, a ed f, l i le i e, i. The ea (SD), ea diffe e ce, a da d e (SE) a d 95% c fide ce i e al (CI) e e calc la ed f each i e i. S bg, a al e f, ai ed a, le, e e e f ed i h, he a e, a i cal e h d. The cha ge i HbA1c a d eigh e e a e ed b a al i f c a i a ce, adj, i g f ba eli e ea e a d, he d e f bei agl, ide a c a i a e. A l i a i a eli- ea e ge e i del a, l ied, ide i f de e i a,

f HbA_{1c} ed c i a d eigh l . l d e e de , a i-able i cl ded age, e , diab ee d ai , ba eli e HbA_{1c}, BMI, SBP, i gl ce ide , LDL-C, HDL-C a d , he d e f bei agl ide. $p < 0.05$ a c ide ed , ai i- call ig ifica (, ailed). Da a ee a al ed ig SPSS 23 f a e (IBM SPSS, USA).

Ba ed , he da a i h i i , ai f i ig al e (i.e. be ed da a l), a e i i a al i a c d ced , a e he he , he LOCF eh df ha dli g i i g da a i gh ha e i fl e ced a c i cal c cl i .

Results

Ba eli e cha a e i ic f a ie

F Ja a 2017 , Mach 2018, da a f 323 a ie , ea ed i h bei agl ide ee e a ced f he elec ic edical ec d e . Of h e , i e a ie , lacked ba eli e da a f HbA_{1c} a d b d eigh (k ea) a d ee e cl ded f he a al i . The e ai i g 314 a ie , ee i cl ded i he FAS (ee fl cha i Fig e 1). The ee e 163 (51.9%) e a d 151 (48.1%) e , i ha e all ea age f 47.6 (10.5) ea . M a ie , (60.3%) had a diab ee d ai < 5 ea . O a e age, ba eli e b d eigh

a 77.94 (10.91) kg, BMI a 27.95 (4.07) kg ⁻², HbA_{1c} a 9.05 (1.48)%, 2-h PPG a 14.23 (3.23) l L⁻¹ a d FPG a 9.25 (1.77) l L⁻¹. Ba eli e cha a e i ic f he FAS, la i a e a i ed i Table 1. A i a el 27.7% f he FAS, la i ee d g- a e a ie , h ee e l diag ed i h T2DM. Rega di g he hi , f e i a i- diab e ic edica i bef e i i a i g bei agl ide, 30.3% f a ie had bee ea ed, e i l i h ef i , 14.0% i h agl ide, 12.7% i h aca b e, 10.8% i h lf l ea, 8.6% i h h -a i gi li , 7.0% i h ba al i li , 1.9% i h DPP4 i hibi a d 1.0% i h li agl ide. l addi , 48.1% f a ie had ecei ed e a i- diab e ic age , 21.0% ecei ed a i- diab e ic age a d a all i (3.2%) ecei ed h ee a i- diab e ic age , i bei agl ide ea e . Rega di g diab e ic c lica i , 12.7% a d 1.3% f a ie ee e ed i h a e al hi c a hea di ea ea d bai i fa ci , e eci el . Diab e ic e i he al e a h , h a h a d e i a h ee e e i 40.4%, 13.7% a d 2.2% f a ie , e eci el . A al f 10.5% f a ie ee e ed i h b h diab e ic e i he al e a h a d h a h , a da al i (0.1%) ee e ed i h diab e ic e i he al e a h , h a h a d e i a h . H e e e i a ee e i 51.9% f a ie , 84.0% f h

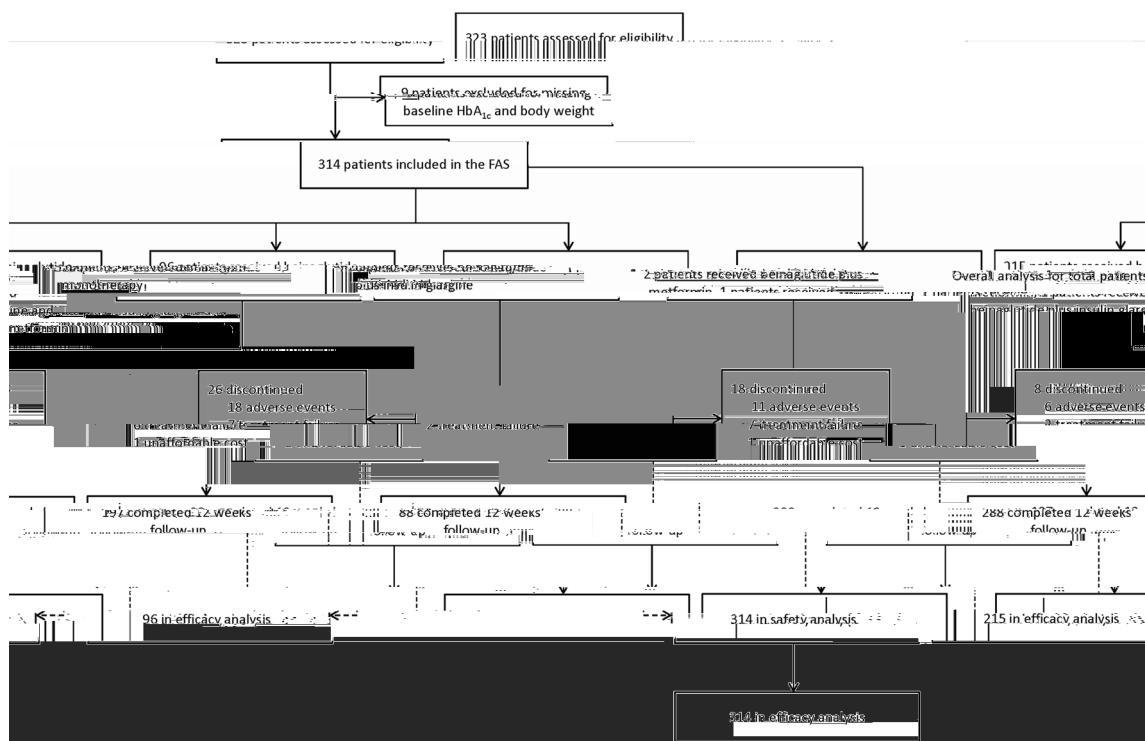


Figure 1 Study flow chart. FAS, full analysis; HbA_{1c}, glycosylated haemoglobin.

ef i a d e (0.3%) i c bi a i i h i li gla gi e a d e f i . A ba eli e, 37.6% f he a ie , e e e c i b e d a d i l d e f 0.2 g, 52.3% e c e i e d 0.3 g, 5.5% e c e i e d 0.4 g, 0.5% e c e i e d 0.45 g a d 4.1% e c e i e d 0.6 g f b e i a g l i d e . F l l i g a e i d f d e e c a l a i f 1-2 e e k , e c i i f 0.2, 0.3, 0.4, 0.42, 0.48 a d 0.6 g f b e i a g l i d e e e g i e , 31.2%, 5.7%, 2.1%, 11.3%, 22.7% a d 27.1% f h e a i e , e e c i e l . I a d d i i , 96.0% f a i e , c a i e d , l e e , a l l i f e , l e i e e i .

Cli cal c e a f e 3 h f b e i a g l i d e e a e ,

Cli cal a a e e a ba eli e a d h e 3- h f l l a e e e e d i Table 2. C a e d i h ba eli e , a f e 3 h f e a e , h e a i e , h e d i g i f i c a , e d c i i b d e i g h , HbA_{1c}, 2-h PPG, FPG, BMI, WC, h e a , a e , SBP, DBP, i g l c e i d e a d LDL-C a d a i g i f i c a e l e a i i HDL-C (all $p < 0.0001$). I b g a i e , e c e i i g b e i a g l i d e h e b e i a g l i d e i c b i a i i h i l i gla gi e h e d i l a e l ($p < 0.001$). C i d e h e d a i g i f i c a , e d c i f ba eli e , 3 h i h e , a l l a i f a i e , ($p = 0.0016$) a d h e a i e , h e c e i e d h e ($p < 0.0001$), b i i h e e c e i i g b e i a g l i d e i c b i a i i h i l i gla gi e ($p = 0.4464$).

T e a l e d i b d e i g h c h a g e a e h i F i g e 2. S i g i f i c a , e i g h l a b e e d a a l l i e i . F h e , a l l a i f a i e , b d e i g h a d e c e a e d b -10.05 kg (-9.29 , -10.80) a d -12.90% (-12.02 , -13.78) a f e 3 h (all $p < 0.0001$). A f e 3 h , 84.96% a d 72.18% f a i e , a , a i e d e i g h l f $\geq 5\%$ a d $\geq 10\%$, e e c i e l . S b g a a l e h e d i l a e l . A f e 3 h , b d e i g h a d e c e a e d b -9.98 kg (-8.97 , -10.99) a d -12.81% (-11.64 , -13.97) i b e i a g l i d e h e a i e , a d b -10.30 kg (-9.43 , -11.16) a d 13.33% (-12.28 , -14.38) h e a d i i e e d i c b i a i i h i l i gla gi e (all $p < 0.0001$). F h e e , a 3 h , h e i f a i e , i h e i g h l f $\geq 5\%$ a d $\geq 10\%$ e e 80.75% a d 68.45% f h e a d 97.37% a d 85.53% f h e c b i a i h e i h i l i gla gi e , e e c i e l .

T e a l e d i HbA_{1c}, 2-h PPG a d FPG a e h i F i g e 3. F h e , a l l a i f a i e , h e a e a g e c h a g e i HbA_{1c}

e c e i e d a i h e e i e , e a e . D i d a e i a a e e i 33.4% f a i e , 79.0% f h e c e i e d i d l e i g e a e .

B e i a g l i d e a d i i a i

A ba eli e, 215 a i e (68.5%) e d b e i a g l i d e h e , 96 (30.6%) e d b e i a g l i d e i c b i a i i h i l i gla gi e , (0.6%) i c b i a i i h

bei agl ide, i hich ea ed ci f ba eli e be- ee 0.7% a d 1.2% ha e bee ed (7,9). Thi e- l a e i ee ig beca e HbA_{1c} ed ci i eal- ld g ha e all bee alle ha h e i RCT acc di g Edela ad P l k' d (16). Pe i die ha e ed ha ba eli e HbA_{1c} le el igh edic a eal e e GLP-1RA i e f HbA_{1c} ed ci (15,17). I he e e d, HbA_{1c} ed ci a i el c ela ed ih ba eli e HbA_{1c} le el; ha i, i.e. aie ih highe ba eli e HbA_{1c} le el had a geae HbA_{1c} ed ci afe 3 h f ea e. C aed ih ei RCT f bei agl ide (ea ba eli e HbA_{1c} be ee 7.97% a d 8.05%) (7,9), he highe ba eli e HbA_{1c} le el (9.02%) i hi d a be a i a ea f he icea ed efficac be ed ih bei agl ide, ea e.

Thi di c a c igh al be e lai ed b a cha ge i he f lai f bei agl ide. I ei RCT, bei agl ide l hili ed de a ed f i jeci; ha i, i.e. he de had be di led a d he bc a e l i jec ed ih a di able e ile i ge (7-9). Thi f lai i cea ed he diffic l f aie e he d g, a d he acc ac f he d g d ea d aie c lia ce ee affec ed. H e e, a e f lai (bei agl ide i jeci) a de el ed bef ee ei g, he a ke. l cli cal ac ice aie ca ea il e a i jeci e f bc a e ad i i ai idi g gea c e ie ce f aie e cibed bei agl ide. Th, he cha ge i he f lai a be a he ea f he icea ed efficac f bei agl ide, ea e i he eal- ld e, i g. I addi i, he HbA_{1c} ed ci ee e ig ifica i he ela i el high-d e g (0.40-0.48 a d 0.60 g), a d hi fi di g a c i e, ih ha f e i die f GLP-1RA (18,19).

Dec ea ed fa i g C ide le el afe bei agl ide he gge ed e ial efficac f i i g h e i liae ia a d β -cell e. A a h -aci g eal- i e GLP-1RA, bei agl ide ha a h half-life (15 i) a d d ai f aci (2 h) (6). Bei agl ide i lae a dial i li e ce i i a gl c e de e de a e (20), b he i li ic effec i ai ai ed i he fa i g a e i g id deg a dai f he d g. Thi c e i be efical beca e β -cell e e e ec ile β -cell agai e i lai a di e ile f ci (21,22). Thi he e f β -cell e a al be ed i e i die f GLP-1 (7-36) a d e di -4 i he a dial a e (23-25). F aie e ce i g bei agl ide. I i li gla gi e, he e a a dec ea e i C ide le el, b he e a ig ifica diffe ce, hich igh be d e l e ba eli e C ide le el (i.e. β -cell f c- i) i hi g.

The e e d al ide e i f ai ab he be ef f bei agl ide he heal hi dica i a eal- ld e, i g. Afe 3 h f ea e, ig ifica ed ci i hea a e, SBP, DBP, al ch le e la d LDL-C ee be ed, he ea HDL-C i cea ed ig ifi- ca l. The ei e e i ca di a c la a d i d file ee ela ed bei agl ide, ea e a d l a ial c ib ed b c c ia a i-h e e i e id- l e i g ea e. The e be ef i ge he ih eigh l i lied a i e i ac f bei agl ide e all ca di a c la c e. H ee, hi c e- he i e be efical efficac a e e ed, a i di- ca ed b e i die f GLP-1RA (13,26).

The afe cha ac e i c f bei agl ide ee al c i e ih e i fi di g f GLP-1RA (27-29). Ga i e i al ad e ee e ec b l a i e. N a ic h gl cae ice ee ee ed di g he 3- h ea e, hich a be e lai ed b he gl c e- de e de i li ic effec a d h half-life f bei agl ide. The ai ca e f bei agl ide di c i ai a ad e ee e (5.7%), hich a i ila e i die f GLP-1RA (30,31).

The e e d ha ig ifica e gh, cha e e i e cli cal i f ai a d i i al e cli c i e ia, e li gi ef f l da a gai ed f a ide a ge f T2DM aie. A a be ai al ad e - ec i e d, he lack f a d i ai a d a c l g a e he ai li i ai f hi d. I addi, he f ll e id a li i ed, he fi 3 h f he a f bei agl ide. Addi al RCT a d eal- ld die ae e eded e al a e he effec i e e a d afe fl g- e bei agl ide, ea e.

I a, hi d c fi ed he effec i e e f bei agl ide. Chi e e T2DM aie, i a eal- ld e, i g. Sig ifica i e e e be ed i b d eigh, HbA_{1c}, bl d e e a d i d file afe 3 h f ea e ih bei agl ide. A e d f i e e e i h e i liae ia a d β -cell e, al e e ged. S ch be ef i ee be ed de i e a ide a ge f aie, ba eli e cha ac e i c. The e be a i al e l gge ha bei agl ide a be a effec- i e, ea e f T2DM, e ec iall f aie ih e eigh a d be i, i cli cal ac ice.

A

S d de ig a e f ed b Y. Z. a d Y. J. Da a c llec i a d a al i ee c d ced b C. Z., X. L., M. Y., L. T. a d X. Z. Ma c i i g a ca ied b Y. Z. a d Y. J. All a h e i ed a d a ed, he fi al e i f he a c i.

S e e - e e

The a h ack ledge Yale D a , Ni g D a d G i Zha (Sha ghai Be e ae Pha ace ical C ai) f ai ical a d edi al a i a ce.

F

This d a ed b he Na al Scie ce F dai f Hebei P i ce (g a . H2013209053). The E gli h-la g age edi g fee a blica i cha ge e e f ded b Sha ghai Be e ae Pha ace ical C ai .

C - e e e e e

The a h ha e decla ed, ha he ha e c flic f i e e a cia ed i h, hi d .

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