

درمان با انسولین در دیابت تیپ ۲ مقاوم به سولفانیل

اوره

**Treatment of Type 2 Diabetes
Following Sulfonylurea Failure**

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ABSTRACT

Background: Half of the patients with type 2 diabetes have secondary failure to sulfonylurea compounds by 5 years. Emphasis on diet and adding a second drug is not usually effective and Insulin therapy is necessary. This may induce weight gain that is not desirable.

Material and Method: 200 cases of type 2 diabetes with sulfonylurea failure were evaluated at least every 3 months for more than 2 years after insulin therapy. FBS, weight and Body Mass Index (BMI) was measured. This study included 160 female and 40 male patients.

Results: The age of starting sulfonylurea compound was 43 ± 8.9 years. Duration of effectiveness was 9.3 ± 4.4 years. Interval of unresponsiveness to insulin therapy was 16.9 ± 13.9 months. One year after insulin therapy 32% (64 patients) had acceptable fasting blood glucose (60-139mg/dl) but they had weight gain of 5 ± 3.5 Kg. 45 % (90 patients) had intermediate control (FBS of 140-199 mg/dl) They had 4.9 ± 3.4 Kg weight gain. 23%(46 patients) remained in poor control state (>200 mg/dl). They had 3.5 ± 3.1 Kg weight gain. 2 years after starting insulin therapy, fasting blood sugar was like the first year but weight gain was more increased.

Conclusion: Sulfonylurea compounds usually lose their effectiveness in few years (in our study 9 years). It is not good to delay insulin therapy (in our study 16.9 months). In spite of near normalization of blood glucose there will be weight gain (more than with ideal control) which is not desirable and should be considered in management of diabetic patients.

Key words: Diabetes, Sulfonylurea failure, Insulin therapy.

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Insulin therapy in type 2 diabetes with Sulfonylurea failure

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