

Worry increases men's diabetes risk

Anxiety, depression, and sleepless nights increase the risk of diabetes in men, a Swedish study suggests. Researchers found men with high levels of 'psychological distress' had more than double the risk of developing type 2 diabetes than those with low levels. The study, which looked at 2127 men born between 1938 and 1957 and 3100 women, found no such link in women.

Writing in *Diabetic Medicine*, the researchers said stress may affect the way the brain regulates hormones. The men, who had normal blood glucose levels, were questioned for signs of psychological distress, including anxiety, insomnia, depression, apathy, and fatigue. Between 8 and 10 years later the men were tested for diabetes. The men with the highest levels of psychological distress were 2.2 times more likely to develop the condition than those with the lowest levels.

Further analysis showed the link was independent of other factors including age, body mass index, family history of diabetes, smoking, physical activity, and socioeconomic background.

Diabetes aspirin use questioned

Aspirin should not routinely be used to prevent heart attacks in people with diabetes, Scottish research suggests.

The *British Medical Journal* reported that in 1300 adults with no symptoms of heart disease the drug, which can cause stomach bleeds, had no benefit. The findings contradict many guidelines that advocate people with diabetes using aspirin to counter the underlying high risk of heart attack and stroke.

In people who have already had a heart attack or stroke, or have been diagnosed with coronary artery disease, aspirin has been shown to reduce the risk of future 'events' by around 25%. But in the latest study in adults over 40 years with type 1 or type 2 diabetes and no symptoms of cardiovascular disease, there was no difference over 7 years in heart attacks or strokes between those given aspirin and those given a dummy pill.

Kenya's diabetes market to hit US\$27m

The market for diabetes medicines and diagnostic tests in Kenya will hit US\$26.8 million in the next 4 years, according to a report.

Growth in the Kenyan market for diabetes medicines and testing kits is due to easier access to healthcare delivery and an increase in diabetes incidence due to lifestyle changes.

The majority of drugs prescribed for diabetes remain oral, although there are concerns about the glycaemic control abilities of these drugs, which may not be entirely efficient in bringing blood glucose levels down to safe levels. In light of these concerns, a growing number of

Kenyan doctors are increasingly turning to insulin, which is more expensive, to complement the oral drug treatments for type 2 diabetes patients.

The report states that oral anti-diabetic drugs with greater glucose control abilities and alternative methods of insulin delivery will constitute a key market need in coming years, and pharmaceutical companies that are able to fulfil these needs will stand to make large gains.

According to research by Kenyan diabetes experts, published in the *East African Medical Journal*, Kenya's prevalence of type 2 diabetes has now surpassed the World Health Organization estimate of between 1% and 6%, with incidence being as high as 14% in urban areas.

Blood pressure and retinopathy in adolescent type 1 diabetes

Retinopathy is common after a few years of type 1 diabetes. Workers in Sydney, Australia have shown that the risk of retinopathy is increased with increased blood pressure.

The study reported in the *BMJ* included 1869 patients over 15 years of age with type 1 diabetes of median duration 4.9 years. Retinopathy developed in 36% of participants. Higher systolic and diastolic blood pressures were predictors of retinopathy after adjustment for albumin excretion, haemoglobin A_{1c}, duration of diabetes, age, and height. Among 1025 patients with albumin excretion <7.5 µg/minute the cumulative risk of retinopathy after 10 years of diabetes was 58% with systolic blood pressure at the 90th centile or higher and 35% with systolic blood pressure below the 90th centile. For diastolic blood pressure the corresponding figures were 57% and 35%.

Diet and type 2 diabetes: latest research

A recent study published in *The Journal of Nutrition* adds to the evidence regarding the protective properties of a diet with a high vegetable content. The study of 65 000 Chinese women aged between 40 and 70 years showed that a high intake of vegetables was associated with a 30% reduced risk of diabetes compared to those who ate the lowest amounts.

A US study, published in the *American Journal of Clinical Nutrition*, concluded that a reduced intake of carbohydrates, when combined with a regimen that has a high vegetable content, can have a significantly protective effect against the risk of type 2 diabetes in women. Indeed, according to the study findings, even high levels of dietary animal fat, when combined with a reduced carbohydrate intake, appear not to increase the risk of the condition. The researchers examined 85 000 women participating in the US Nurses's Health Study.