# Study Shows Early Blood Glucose Control Reduces Complications and Prolongs Life for Type 2 Diabetes Patients



Researchers from the Universities of Oxford and Edinburgh emphasize the importance of early blood glucose control for individuals with type 2 diabetes. An analysis of over four decades of data from the UK Prospective Diabetes Study (UKPDS) reveals that early intervention with insulin and drugs like sulfonylureas can significantly reduce complications and prolong life. The findings indicate 10% fewer deaths, 17% fewer heart attacks, and 26% fewer diabetic complications with early glucose control. Metformin use showed even more substantial benefits, including 31% fewer heart attacks and 20% fewer deaths. Initiated in 1977, the UKPDS assigned newly-diagnosed patients to either intensive or conventional glucose control strategies. The study's outcomes influenced global guidelines, recommending intensive glucose management for all type 2 diabetes patients. The results were presented at the 67th Japan Diabetes Society meeting in Tokyo and published in The Lancet.