

## **Lecture Abstract or Synopsis for publication**

### **THE EVIDENCE OF USING METFORMIN AS A TREATMENT FOR PATIENTS WITH TYPE 2 DIABETES**

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#### **Abstract**

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Metformin is generally considered as the preferred initial oral antihyperglycemic drug in patients with type 2 diabetes mellitus (T2DM). The reasons are its potent antihyperglycemic efficacy, favorable effect on body weight, low risk of hypoglycemia, long-term safety and cardiovascular benefit. Metformin monotherapy in overweight T2DM patients was associated with marked blood glucose-lowering effects and less weight gain as well as hypoglycemia compared to sulfonylurea or insulin monotherapy. Potential preventive effect on cardiovascular disease which is an important reason for choosing metformin as the initial treatment is also observed. Clinical situations such as, chronic kidney disease (caution in estimated glomerular filtration rate [eGFR] <60 mL/min/1.73 m<sup>2</sup>, contraindication in eGFR <30 mL/min/ 1.73 m<sup>2</sup>), hepatic failure, serious infection, dehydration, and heart failure are contraindications of metformin use. Also, there is a concern that long-term medication with metformin may be associated with vitamin B12 deficiency and vitamin B12 measurements may be considered for metformin users with peripheral neuropathy or anemia. In this session, we will discuss about the benefit and precautions about metformin as anti-hyperglycemic agent for the patients with T2DM.

#### **Keywords**

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*Anti-hyperglycemic agent, Metformin, Type 2 Diabetes*