

From *TreatmentUpdate* 221

Better blood sugar control in people with diabetes after HCV has been cured

Many people who have been living with chronic hepatitis C virus (HCV) also have other health issues, such as type 2 diabetes. In 2015, researchers at the University of Turin, Italy, sought to assess the impact on type 2 diabetes once HCV was cured with modern all-oral HCV treatment, otherwise known as direct-acting antivirals, or DAAs.

Researchers recruited 122 people, most of whom (101) subsequently became cured of HCV. The researchers found that people who were cured underwent “significant improvement” in blood sugar levels. As a result of the decrease in blood sugar levels, in many cases participants’ doctors were able to reduce the dose of medicines used to help control blood sugar.

Study details

The average profile of participants upon entering the study was as follows:

- 70% men, 30% women
- age – 61 years
- smokers – 22%
- higher-than-normal blood pressure (hypertension) – 40%
- previous diagnosis of liver cancer – 6%
- all participants had extensive scarring of their liver (cirrhosis)

Participants were monitored for between 24 and 36 weeks (before, during and after treatment cessation).

Results

Researchers divided participants into two groups, as follows:

- 101 people who were cured
- 21 people who were not cured—nine of whom were not cured despite the use of DAAs and 12 others who were not offered treatment during the study

Researchers found that, on average, blood sugar levels (taken when participants had fasted overnight) fell significantly after cure was achieved.

Furthermore, 37% of cured people were able to reduce their dose of diabetes medicine after cure was achieved. In contrast, among people who were not cured, only 5% were subsequently able to reduce their dose of diabetes medicine.

On average, after being cured, people gained about 3 kilograms in weight. Among those who were not cured, their weight did not change significantly during the study.

Although this was not a randomized clinical trial, the overall results suggest an additional aspect of improved health—better control of blood sugar—among some people who were cured of HCV.

—Sean R. Hosein

REFERENCE:

Ciancio A, Bosio R, Bo S, et al. Marked improvement of glycaemic control in diabetic patients with chronic hepatitis C achieving sustained virological response after direct-acting antiviral therapy: results of a prospective controlled

study. In: Program and abstracts of the *International Liver Congress* , 19-23 April 2017, Amsterdam, the Netherlands. Poster 221.

Produced By:



Canada's source for
HIV and hepatitis C
information

555 Richmond Street West, Suite 505, Box 1104
Toronto, Ontario M5V 3B1 Canada
Phone: 416.203.7122
Toll-free: 1.800.263.1638
Fax: 416.203.8284
www.catie.ca
Charitable registration number: 13225 8740 RR

Disclaimer

Decisions about particular medical treatments should always be made in consultation with a qualified medical practitioner knowledgeable about HIV- and hepatitis C-related illness and the treatments in question.

CATIE provides information resources to help people living with HIV and/or hepatitis C who wish to manage their own health care in partnership with their care providers. Information accessed through or published or provided by CATIE, however, is not to be considered medical advice. We do not recommend or advocate particular treatments and we urge users to consult as broad a range of sources as possible. We strongly urge users to consult with a qualified medical practitioner prior to undertaking any decision, use or action of a medical nature.

CATIE endeavours to provide the most up-to-date and accurate information at the time of publication. However, information changes and users are encouraged to ensure they have the most current information. Users relying solely on this information do so entirely at their own risk. Neither CATIE nor any of its partners or funders, nor any of their employees, directors, officers or volunteers may be held liable for damages of any kind that may result from the use or misuse of any such information. Any opinions expressed herein or in any article or publication accessed or published or provided by CATIE may not reflect the policies or opinions of CATIE or any partners or funders.

Information on safer drug use is presented as a public health service to help people make healthier choices to reduce the spread of HIV, viral hepatitis and other infections. It is not intended to encourage or promote the use or possession of illegal drugs.

Permission to Reproduce

This document is copyrighted. It may be reprinted and distributed in its entirety for non-commercial purposes without prior permission, but permission must be obtained to edit its content. The following credit must appear on any reprint: *This information was provided by CATIE (the Canadian AIDS Treatment Information Exchange). For more information, contact CATIE at 1.800.263.1638.*

© CATIE

Production of this content has been made possible through a financial contribution from the Public Health Agency of Canada.

Available online at:
<https://www.catie.ca/en/treatmentupdate/treatmentupdate-221/hepatitis-c-virus/better-blood-sugar-control-people-diabetes-aft>