

H₂ injection aids diabetes outcomes in animal model

May 3 2017



(HealthDay)—Subcutaneous injection of H₂ significantly improves type

2 diabetes mellitus (T2DM)-related outcomes in a mouse model, according to a study published online April 8 in the *Journal of Diabetes Investigation*.

Xiaolong Zhang, from the Second Affiliated Hospital of Wenzhou Medical University in China, and colleagues evaluated whether subcutaneous injection of H₂ (1 mL/mouse/week for four weeks) shows enhanced efficacy against T2DM induced in mice by a high-fat diet and low-dose streptozotocin treatment.

The researchers found that the body weight of H₂-treated mice did not change over the study period. Glucose, insulin, low-density lipoprotein, and triglyceride levels in serum were significantly lower in treated mice versus untreated controls, while high-density lipoprotein cholesterol in the serum was significantly higher. In H₂-treated [mice](#), both [glucose tolerance](#) and insulin sensitivity were improved. H₂ treatment also lead to significant reductions in urine volume, urinary total protein and β2 microglobulin, kidney/body weight ratio, and kidney fibrosis, in diabetic nephropathy analysis.

"Subcutaneous injection of H₂ significantly improves T2DM and diabetic nephropathy related outcomes in a [mouse model](#), supporting further consideration of subcutaneous [injection](#) as a novel and effective route of clinical H₂ administration," the authors write.

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Citation: H2 injection aids diabetes outcomes in animal model (2017, May 3) retrieved 12 July 2023 from <https://medicalxpress.com/news/2017-05-h2-aids-diabetes-outcomes-animal.html>

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