

Being overweight linked to longer life in older diabetics

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Among older patients with diabetes, those who are overweight or obese may have a lower risk of dying prematurely than their normal weight counterparts. The finding comes from a recent analysis of published studies.

In the *Journal of Diabetes Investigation* analysis of 20 studies with 250,016 patients with diabetes, [overweight patients](#) had an 18% reduced risk of early death compared with normal weight patients; however, the survival benefits were only observed in [older patients](#) and not in younger patients.

Furthermore, the beneficial impacts lessened over time.

More information: Fei Gao et al, Impact of obesity on mortality in patients with diabetes: Meta-analysis of 20 studies including 250,016 patients, *Journal of Diabetes Investigation* (2017). [DOI: 10.1111/jdi.12677](#)

Provided by Wiley

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