

Many older individuals with type 2 diabetes are over-treated

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In a recent *Diabetes, Obesity & Metabolism* analysis of individuals aged 70 years with type 2 diabetes, almost 40% with recommended HbA1c levels (which indicate blood glucose levels) were over-treated.

The majority of over-treated people were frail and used 5 medicines. Hypoglycemia occurred in 20.3% of these patients and almost 30% reported fall accidents. The investigators noted that clinicians should leave the 'one size fits all' approach and realize the possible benefits of de-intensifying blood glucose lowering treatment.

"In older patients with longstanding diabetes and a complex treatment regimen, the risk-benefit ratio of stringent blood glucose treatment is doubtful. Physicians, follow the guidelines and dare to de-intensify the [blood glucose](#) lowering medication in a shared decision with your older patient with diabetes," said lead author Dr. Huberta Hart, of the University Medical Center Utrecht, in The Netherlands.

More information: Huberta E. Hart et al, Overtreatment of older patients with type 2 diabetes mellitus in primary care, *Diabetes, Obesity and Metabolism* (2017). [DOI: 10.1111/dom.13174](#)

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