

Metformin Safer for Heart than Other Common Type 2 Diabetes Drugs

Maruthur NM. *Annals of Internal Medicine*. 2016; 164(11):740-751.

- Comparative effectiveness and safety of type 2 diabetes drugs were analyzed from 204 studies (1.4 million people).
- **Metformin was seen to reduce risk of mortality from heart attack and stroke by about 30 %-40 % compared with the other commonly used agents.**

The evidence supports metformin as first-line therapy for type 2 diabetes, given its relative safety and beneficial effects on hemoglobin A_{1c}, weight, and cardiovascular mortality.