

Metformin is backed up as first line therapy for type 2 diabetes

Wise J. BMJ 2016; 353: i2236.

- **The use of metformin as first-line therapy for type 2 diabetes has been supported by a comprehensive review** (MEDLINE, EMBASE, and the Cochrane Central Register of Controlled Trials, indexed from inception through March 2015) of 179 trials and 25 observational studies of head-to-head monotherapy or as combination.
- The data has highlighted its **safety and beneficial effects** on hemoglobin A_{1c}, weight, and cardiovascular mortality.

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