

The effects of metformin on simple obesity: a meta-analysis.

Ning HH, et al. *Endocrine*. 2018, Aug 27. [Epub ahead of print]

- In order to evaluate efficacy of metformin versus a placebo in the treatment of patients with simple obesity without obesity-related diseases, a detailed literature search was done on Pub-Med, EMBASE, Cochrane, and Science Citation Index Expanded databases.
- Compared with the placebo group, weighted mean difference in kg (WMD) was higher with metformin. The fasting blood glucose levels were significantly lower in the metformin group than in the control group. However, no hypoglycemia was noted.

Metformin is effective in reducing body weight of simple obesity patients, and metformin does not induce hypoglycemia as a side effect.