

Metformin Monotherapy Significantly Decreases Epicardial Adipose Tissue Thickness in Newly Diagnosed Type 2 Diabetes (T2D) Patients.

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- Imbalance between pro- and anti-inflammatory cytokines secreted from visceral adipose tissue (VAT) contributes to the pathogenesis of certain cardiovascular and metabolic disorders, including insulin resistance.
- Epicardial adipose tissue (EAT) is a form of VAT mainly concentrated along the coronary arteries - EAT thickness is positively correlated with cardiovascular disease.
- After 3 months of metformin monotherapy, there was a significant decrease in EAT thickness (5.07 ± 1.33 mm vs. 4.76 ± 1.32 mm; $p < 0.001$).
- BMI was also significantly decreased from 28.27 ± 2.71 to 27.29 ± 2.10 .

Metformin Monotherapy significantly decreases EAT thickness and BMI in T2D patients. This suggests that metformin could reduce the frequency of coronary atherosclerosis.