

Observational study of the efficacy of prolonged-release metformin in people with prediabetes.

Hostalek U, Zilahi Z. Curr Med Res Opin. 2020 Mar; 36(3):397-401.

- Prediabetes increases the risk of developing type 2 diabetes prospectively.
- Mean fasting plasma glucose (FPG) at baseline was 111 mg/dL and was reduced by (-) 10 mg/dL after 12 weeks of metformin. Metformin therapy was well tolerated.
- FPG was normalized to below the American Diabetes Association (ADA) cut-off for the diagnosis of prediabetes (<100 mg/dL) in 43% of subjects.

Metformin prolonged-release therapy normalized FPG in about two-fifths (43%) of subjects with prediabetes. These real-world data add further support for use of metformin in the management of prediabetes, in line with current guidelines.