



## Gout risk in adults with pre-diabetes initiating metformin

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- Individuals with prediabetes not only are at an elevated risk for diabetes but also face an increased risk for incident gout.
- This study assessed the gout-lowering properties of metformin in 25,064 individuals with prediabetes (age  $\geq 18$  years; A1c levels, 5.7%-6.4%) who had never reported A1c levels  $> 6.4\%$ .
- Patients who were initiated on metformin within 18 months after the diagnosis of prediabetes (n = 1154) were propensity score-matched with those who did not initiate metformin or other antidiabetic medications in this period (n = 13,877) and were followed for a median of 3.9 years for the primary outcome of incident gout.
- The results were consistent across different subgroups stratified on the basis of sex, age ( $\leq 60$  vs  $> 60$  years), estimated glomerular filtration rate ( $\geq 90$  vs  $< 90$  mL/min/1.73 m<sup>2</sup>), and baseline diuretic use.

**Metformin use was associated with a reduced risk of gout among adults with pre-diabetes.**

