

Conference news: Highlights from the 2025 EASD Annual Meeting

The European Association for the Study of Diabetes Annual Meeting was held on 15–19 September in Vienna. In this report, we have selected and summarised some of the key presentations from a diabetes nursing perspective.

Smoking increases the risk of type 2 diabetes

- Heavy smoking conferred a higher risk of type 2 diabetes, whether characterised by insulin resistance, insulin deficiency, obesity or age.
- Association was strongest for the severe insulin resistant diabetes subtype. The link between smoking and type 2 diabetes may involve adverse effects on insulin sensitivity.
- Individuals with a genetic predisposition to type 2 diabetes or insulin deficiency appeared particularly vulnerable to adverse effects of smoking.
- Findings underscore the importance of refraining from smoking in the prevention of type 2 diabetes.

[Abstract](#) | [Poster](#)

Cannabis use associated with a quadrupling of risk of developing type 2 diabetes

- Large, real-world study from Europe and the USA compared cohort with cannabis-related diagnoses with healthy adults with no record of substance misuse.
- Cannabis users faced almost four times the risk of developing type 2 diabetes within 5 years compared with people who did not use the drug.
- Findings underscore need for public education on risks of cannabis use and routine metabolic monitoring for users.

[Abstract](#) | [Poster](#)

Links between diabetes and depression are similar across Europe

- Study examined bi-directional association between depressive symptoms and diabetes in over-50s in 18 countries.
- Having diabetes increased an individual's odds of developing severe symptoms of depression by 48%, regardless of country of residence.
- Scoring highly for depression increased the odds of developing diabetes by 15%.

[Abstract](#) | [Poster](#)

Type 2 diabetes may double risk of sepsis

- People living with type 2 diabetes experienced double the risk of incident sepsis in large, community-based study.
- Disparity was greater in those aged ≤ 60 years.
- Smoking, high blood sugar and other chronic conditions played a role in the development of sepsis in individuals with type 2 diabetes.

[Abstract](#) | [Poster](#)

Warning about women with type 2 diabetes taking oral HRT

- Women with type 2 diabetes using hormone replacement therapy (HRT) patches faced higher cardiovascular risk than women without diabetes using HRT, reflecting their underlying risk profile.

- Among women with type 2 diabetes, HRT patches did not raise the risk of blood clots or stroke.
- HRT patches carried lower cardiovascular risk than oral HRT, offering a safer option for women with type 2 diabetes.

[Abstract](#) | [Poster](#)

Half of people stop taking popular weight-loss drug within a year

- One in two people who initiated semaglutide for weight loss in Denmark stopped therapy within one year.
- Factors contributing to the early discontinuation included being younger and male, coming from low-income areas, having other chronic health conditions, and a history of gastrointestinal or psychiatric problems.

[Abstract](#) | [Poster](#)

UK study shows potential benefits of tirzepatide in type 1 diabetes

- In real-world use in people with type 1 diabetes, tirzepatide was safe and generally well tolerated.
- Significant clinical benefits included weight loss, reduced insulin requirements and improvement of glycaemic metrics, without increasing hypoglycaemia.
- Definitive data from randomised controlled trials in type 1 diabetes are required to confirm these findings.

[Abstract](#) | [Poster](#)

Tirzepatide improves blood glucose control in youth-onset type 2 diabetes inadequately controlled on existing therapies

- SURPASS-PEDS was a phase 3, double-blind, placebo-controlled trial, followed by an open-label extension in which all participants received tirzepatide.

- Tirzepatide demonstrated significant improvements in glycaemic control and BMI compared with placebo.
- These effects were sustained over 1 year.
- The safety profile of tirzepatide was consistent with that reported in adults.

[Article](#)

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