

## Cuttings from the media

### MEDIA LITE

#### Regular tippie reduces type 2 diabetes risk

The latest in a long line of studies on the subject suggests that people who drink a glass of wine or beer several times a week are less likely to develop type 2 diabetes than both binge drinkers and teetotalers.

Compared to non-drinkers, the lowest risk of type 2 diabetes was observed at 14 units per week in men (43% lower risk) and nine units per week for women (58% lower risk). Individuals who spread their alcohol consumption over 3 or 4 days per week were 27% less likely to develop diabetes than people who drank the same amount in one sitting.

Wine was found to reduce diabetes risk in both men and women, while beer only helped men. Spirit-based drinks were associated with an increased risk of diabetes in women who consumed seven or more each week.

However, this study shares many limitations with other similar studies, including the observational design with drinking assessed by self-report and only at baseline, the multiple comparisons made and a lack of adjustment for health status that may have forced teetotalers not to drink.

*Reuters*  
2 August 2017



#### Artificial sweeteners lead to weight gain

Instead of helping people reduce their weight, the artificial sweeteners found in various foods and drinks may lead to weight gain, according to recent research carried out in Canada.

Analysis of data from 37 studies, including over 400 000 people followed for an average of 10 years, revealed that sugar substitutes were associated with increased chances of developing obesity, type 2 diabetes, high blood pressure and heart disease. However, Dr Meghan Azad, the leading author, said, "Caution is warranted until the long-term health effects of artificial sweeteners are fully characterised," as the evidence was conflicting.

*The Sun*  
16 July 2017

#### Pear-shaped women are healthier

Pear-shaped women may have a lower risk of heart attack, stroke and diabetes, according to a study published in *Cell Metabolism*. Overall, one in five people with a healthy BMI is at greater risk of death and cardiovascular disease, due to high blood pressure, lipid and glucose levels, and this difference in risk may be related to where the fat is stored.

Fat around the hips and thighs acts as a "sponge" for visceral fat, preventing it from travelling to the internal organs and protecting the heart and liver. The results suggest that being pear-shaped is better for lean people, however, while in overweight people it does little to help.

*The Independent*  
2 August 2017

#### Is type 2 diabetes transmitted through protein?

Diabetes may be spread through meat or blood transfusions, according to new research. Onset of the condition may be triggered by ingesting protein "seeds" in a manner similar to the spread of Creutzfeldt–Jakob disease from cows to humans via infected beef.

When this protein, named islet amyloid polypeptide, was given to mice, all developed symptoms of type 2 diabetes within 3 months. When added to healthy human pancreatic tissue in the laboratory, the outcomes were similar.

The findings are interesting but more research is needed before type 2 diabetes can be called an infectious disease.

*Daily Mail*  
2 August 2017

#### Diabetic sight loss rates reduced by screening in Wales

Since the Welsh national retinopathy screening programme was started in 2007, the proportion of people with diabetes who suffer from sight loss or go blind has almost halved.

New certifications for severe sight impairment fell from 31.3 to 15.8 per 100 000 people between 2007/8 and 2014/15. Compared to 2007/8, there were 339 fewer new certifications for all levels of sight loss in 2014/15. Swansea University calculated that the programme has saved the sight of 22 people. Everyone with diabetes aged over 12 years is offered annual screening, the results of which experts say show "clear benefit".

*BBC*  
26 July 2017