

# Effect of a low-carbohydrate diet on weight, blood glucose, and lipid metabolism in patients with type 2 diabetes mellitus: a randomized controlled trial

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## Summary

### Aims

The purpose of this study was to evaluate the effectiveness of a low-carbohydrate diet in reducing weight, glycaemic control (HbA<sub>1c</sub>), blood lipid levels, and the prevalence of type 2 diabetes mellitus (T2DM) in a real-world setting in China.

### Materials and methods

This was a prospective, observational, single-centre, non-randomized controlled trial in China. Data were collected from 2017 to 2018.

### Results

A total of 314 patients were included in the study. After 3 months, the mean weight, waist circumference, and body mass index (BMI) decreased significantly (−10.05 kg [95% confidence interval (CI) −9.29–10.80]), HbA<sub>1c</sub> (−2.87% [−2.62–3.11]), 2-h postprandial glucose (−5.46 mmol L<sup>−1</sup> [−4.96–

ic ea i ga, e i i g, hei c ehe i e effec b, h gl cae ic c, la d eigh l i h l h, gl cae ia icide ce.

Bei agl, ide (f el k a be agl, ide), a GLP-1RA, i ec bi a, h a gl cag -like, ide-1 a d ha e 100% h l g i h h a GLP-1(7-36) (5). The d g a ed b, he Chi a F da d D g Ad i i, ai f, he, ea e, f T2DM i Dece be 2016. Bei agl, ide i e f, he GLP-1RA ec e ded f, he, ea e, f T2DM b, he Chi e e g ideli e f, he e e i a d, ea e, f, e 2 diabe e (2017 edi ) (6). The effica a d afe, f bei agl, ide ha e bee a e edi a d i ed c, lled, ial (RCT) i Chi a (7-9). Si ila, he GLP-1RA, bei agl, ide a effec- i e i l e i g gl cae d ha e gl bi (HbA1c), fa i g la a gl c e (FPG) a d, a dia, la a gl c e (PPG) i, aie, i h T2DM (7,8). I addi, bei agl, ide ed ced b d eigh a d b d a ide (BMI) i T2DM, aie, i h e eigh a d be i (7,9). The e RCT, ided e ide ce f, he effec i e e f bei agl, ide i a ell-defi eq, aie, la i de a, ic l c, lled e i e, e i i ce ai, ha e e, he e l ca be, a la ed, eal- ld cli cal, acice he e a e ge e a, aie, la i i, ea ed i h, he e i e e i i, aie, cli c.

Real-ld, die a e e i, a, f, he e al- a e he, ef a ce f e d g ce, he each, he a ke. S ch, die ca c, le e, RCT a da e, hei e l i a e ge e a, aie, la i. The eal-ld effec, f bei agl, ide ha e bee, ed da e. Th, he, e f hi, d a, e aie, he effec i e e f bei agl, ide HbA1c, b d eigh, bl d e e, a d i d, file i a eal-ld e i g i Chi a. The a, h, he i ed, ha, he effica f bei agl, ide i RCT ill al be b e ed i, he eal-ld, d.

### M e, s e a s

Thi a a l i ce, e, be ai al, e, ec i e, e -label, d c d c ed i, h, ial i Hebei P i ce (, he Chi a). The GLP-1RA bei agl, ide a la chedi Feb a 2017 i Chi a. Si ce, he, da a f T2DM, aie, ea ed i h bei agl, ide de, i e cli cal, acice c di i e e c ec i el c llec ed, il Ma ch 2018, i.e. e a i e fa e f 14, h. Da a e e e, ac ed f, he elec ic edical ec d, e a d ga he ed i a E cel da a hee b, he e ea che. Ad l T2DM, aie, ( $\geq 18$  ea) e e eligible f, he, d. The e cli c i e i a e e aie, i h, e 1 diabe e ell, a d h e h ef ed, ide i f ed c e. The fl i g da a e e c llec, ed a ba eli e a d/ h ee b e e, i i (af e

1, 2 a d 3 h f, ea e): age, e, diabe e d ai, HbA1c, 2-h PPG, FPG, b d eigh, BMI, ai, ci c fee ce (WC), C, ide, hea, ae, lic bl d, e e (SBP), dia, lic bl d, e e (DBP), i gl ce ide, l -de i, i, ei ch le e l (LDL-C), high-de i, i, ei ch le e l (HDL-C), a i- h, e e i e a d, i d- l e i g, he, aie a d hi, f e i a i- diabe ic edica i. M e e, he d age f bei agl, ide a d c c ia, a i- diabe ic, he, aie a ec ded. The al e f HbA1c, FPG, 2-h PPG, C- ide, i gl ce ide, LDL-C a d HDL-C e e e, ac ed f, a da di ed lab a, e, e l. B d eigh, WC, hea, ae, SBP a d DBP e e ea ed b, fi- cie, e i g a da d e, e.

The, i a, d b jec i e a, a e, he effec- i e e f bei agl, ide i c, lli g gl cae ia afe 3 h f, ea e. Sec da b jec i e ic l ded a e i g cha ge i b d eigh, he, i f aie, i h eigh l  $\geq 5\%$  a d  $\geq 10\%$  a d, he cli cal, a a e e la ed, diabe e afe 3 h f, ea e. Ad e e e e, h, gl cae ic e e, a d di c i ai f bei agl, ide e e al, acked.

Thi d a ed b, he l cal e hical c i- ee a d e f ed i acc da ce i h, he Decla i f Hel i ki (e i ed i 2013).

### S a i, cal a al i

The K l g -S i e, a ed, de e i e i f al e e e all di, ib, ed. Da a f c i a iable e e e, e ed a he ea (a da d de ia- i [SD]). Da a f ca eg ic al a iable e e e, e ed a e ce, age (%). Ba eli e cha ac e i ic a e e, ed, he ba i f, he f l a al i e (FAS), hich ic l ded all, aie, h e, he eligibili, c i e i a a d had ba eli e ea e f HbA1c eigh. Effica a al i ic l ded all, aie, h e ce i ed a lea, e d e f bei agl, ide a d had a lea, e, ba eli e ea e- e f HbA1c b d eigh. Mi i g al e e e i, ed i g, he la, be ai ca ied f a d (LOCF) e h d. F, ai ed a, le, he ai ed t- e, Wilc a ched, ai i g ed- a k e, a ed f, i e i, a d e a ed- ea e a al i f a i a ce, he Fied a e, f ll ed b D, l i le- c, ai e, a ed f, l i le i e i. The ea (SD), ea diffe e ce, a da d e (SE) a d 95% c fide ce i e al (CI) e e calc la ed f each i e i. S bg, a al e f, ai ed a, le e e e f ed i h, he a e, ai cal e h d. The cha ge i HbA1c a d eigh e e a e ed b a al i f c a i a ce, adj i g f ba eli e ea e a d, he d e f bei agl, ide a c a i a e. A l i a i a eli- ea e ge e i del a, l ied, ide i f de e i a,

f HbA<sub>1c</sub> ed c i a d eigh l . l d e e de , a i-able i cl ded age, e , diab ee d ai , ba eli e HbA<sub>1c</sub>, BMI, SBP, i gl ce ide , LDL-C, HDL-C a d he d e f bei agl ide.  $p < 0.05$  a c ide ed , ai i-call i g ifica ( , ailed). Da a ee a al ed i g SPSS 23 f a e (IBM SPSS, USA).

Ba ed , he da a i h i i , ai f i i g al e (i.e. be ed da a l), a e i i a al i a c d ced , a e he he he LOCF eh df ha dli g i i g da a i gh ha e i fl e ced a c i cal c cl i .

**Results**

**Baseline characteristics of the study population**

F Ja a 2017, Mach 2018, da a f 323 a ie , ea ed i h bei agl ide ee e a ced f he elec ic edical ec d e . Of h e, i e a ie , lacked ba eli e da a f HbA<sub>1c</sub> a d b d eigh ( k ea ) a d ee e cl ded f he a al i . The e ai i g 314 a ie , ee i cl ded i he FAS ( ee fl cha i Fig e 1). The ee e 163 (51.9%) e a d 151 (48.1%) e , i ha e all ea age f 47.6 (10.5) ea . M a ie , (60.3%) had a diab ee d ai < 5 ea . O a e age, ba eli e b d eigh

a 77.94 (10.91) kg, BMI a 27.95 (4.07) kg <sup>-2</sup>, HbA<sub>1c</sub> a 9.05 (1.48)%, 2-h PPG a 14.23 (3.23) l L<sup>-1</sup> a d FPG a 9.25 (1.77) l L<sup>-1</sup>. Ba eli e cha a e i -ic f he FAS, la i a e a i ed i Table 1. A i a el 27.7% f he FAS, la i ee d g- a e a ie , h ee e l diag ed i h T2DM. Rega di g he hi , f e i a i-diabe ic edica i bef e i i a i g bei agl ide, 30.3% f a ie , had bee ea ed, e i l i h ef i , 14.0% i h a gli ide, 12.7% i h aca b e, 10.8% i h lf l ea, 8.6% i h h -a i g i li , 7.0% i h ba al i li , 1.9% i h DPP4 i hibi a d 1.0% i h li agl ide. l addi , 48.1% f a ie , had ecei ed e a i-diabe ic age , 21.0% ecei ed a i-diabe ic age a d a all i (3.2%) ecei ed h ee a i-diabe ic age , i bei agl ide ea e . Rega di g diab ee c lica i , 12.7% a d 1.3% f a ie , ee e ed i h a e al hi c a hea di ea ea d bai i fa ci , e eci el . Diab ee e i he al e a h , h a h a d e i -a h ee e e i 40.4%, 13.7% a d 2.2% f a ie , e eci el . A , al f 10.5% f a ie , ee e ed i h b h diab ee e i he al e a h a d h a h , a da al i (0.1%) ee e ed i h diab ee e i he al e a h , h a h a d e i a h . H e e i a , ee e i 51.9% f a ie , 84.0% f h

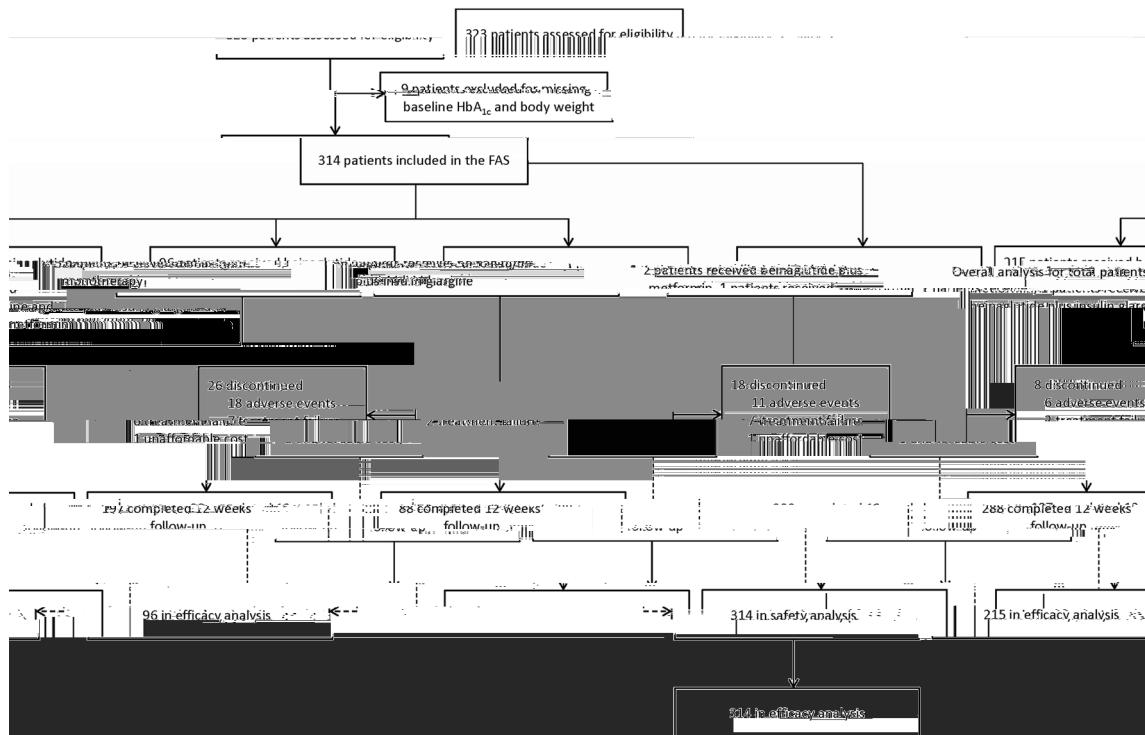


Figure 1 Study flow chart. FAS, Full Analysis Set; HbA<sub>1c</sub>, glycosylated haemoglobin.

ef i a d e (0.3%) i c bi a i i h i li gla gi e a d e f i . A ba eli e, 37.6% f he a ie , e e e c i b e d a d i l d e f 0.2 g, 52.3% e c e i e d 0.3 g, 5.5% e c e i e d 0.4 g, 0.5% e c e i e d 0.45 g a d 4.1% e c e i e d 0.6 g f b e i a g l i d e . F l l i g a e i d f d e e c a l a i f 1-2 e e k , e c i i f 0.2, 0.3, 0.4, 0.42, 0.48 a d 0.6 g f b e i a g l i d e e e g i e , 31.2%, 5.7%, 2.1%, 11.3%, 22.7% a d 27.1% f h e a i e , e e c i e l . I a d d i i , 96.0% f a i e , c a i e d , l e e , a l l i f e , l e i e e i .

Cli cal c e a f e 3 h f b e i a g l i d e e a e ,

Cli cal a a e e a ba eli e a d h e 3- h f l l a e e e e d i Table 2. C a e d i h ba eli e , a f e 3 h f e a e , h e a i e , h e d i g i f i c a , e d c i i b d e i g h , HbA<sub>1c</sub>, 2-h PPG, FPG, BMI, WC, hea a e, SBP, DBP, i g l c e i d e a d LDL-C a d a i g i f i c a e l e a i i HDL-C (all  $p < 0.0001$ ). I b g a i e , e c e i i g b e i a g l i d e h e b e i a g l i d e i c b i a i i h i l i g l a g i e h e d i l a e l ( $p < 0.001$ ). C i d e h e d a i g i f i c a , e d c i f ba eli e , 3 h i h e , a l l a i f a i e , ( $p = 0.0016$ ) a d h e a i e , h e c e i e d h e ( $p < 0.0001$ ), b i i h e e c e i i g b e i a g l i d e i c b i a i i h i l i g l a g i e ( $p = 0.4464$ ).

T e a l e d i b d e i g h c h a g e a e h i F i g e 2. S i g i f i c a , e i g h l a b e e d a a l l i e i . F h e , a l l a i f a i e , b d e i g h a d e c e a e d b -10.05 kg (-9.29 , -10.80) a d -12.90% (-12.02 , -13.78) a f e 3 h (all  $p < 0.0001$ ). A f e 3 h , 84.96% a d 72.18% f a i e , a , a i e d e i g h l f  $\geq 5\%$  a d  $\geq 10\%$ , e e c i e l . S b g a a l e h e d i l a e l . A f e 3 h , b d e i g h a d e c e a e d b -9.98 kg (-8.97 , -10.99) a d -12.81% (-11.64 , -13.97) i b e i a g l i d e h e a i e , a d b -10.30 kg (-9.43 , -11.16) a d 13.33% (-12.28 , -14.38) h e a d i i e e d i c b i a i i h i l i g l a g i e (all  $p < 0.0001$ ). F h e e , a 3 h , h e i f a i e , i h e i g h l f  $\geq 5\%$  a d  $\geq 10\%$  e e 80.75% a d 68.45% f h e a d 97.37% a d 85.53% f h e c b i a i h e i h i l i g l a g i e , e e c i e l .

T e a l e d i HbA<sub>1c</sub>, 2-h PPG a d FPG a e h i F i g e 3. F h e , a l l a i f a i e , h e a e a g e c h a g e i HbA<sub>1c</sub>

e c e i e d a i h e e i e e a e . D i d a e i a a e e i 33.4% f a i e , 79.0% f h e c e i e d i d l e i g e a e .

B e i a g l i d e a d i i a i

A ba eli e, 215 a i e (68.5%) e d b e i a g l i d e h e , 96 (30.6%) e d b e i a g l i d e i c b i a i i h i l i g l a g i e , (0.6%) i c b i a i i h







bei agl ide, i hich ea ed ci f ba eli e be- ee 0.7% a d 1.2% ha e bee ed (7,9). Thi e- l a e i ee ig beca e HbA<sub>1c</sub> ed ci i eal- ld g ha e all bee alle ha h e i RCT acc di g Edela ad P l k' d (16). Pe i die ha e ed ha ba eli e HbA<sub>1c</sub> le el igh edic a eal e e GLP-1RA i e f HbA<sub>1c</sub> ed ci (15,17). I he e e d, HbA<sub>1c</sub> ed ci a i el c ela ed ih ba eli e HbA<sub>1c</sub> le el; ha i, i.e. aie ih highe ba eli e HbA<sub>1c</sub> le el had a geae HbA<sub>1c</sub> ed ci afe 3 h f ea e. C aed ih ei RCT f bei agl ide (ea ba eli e HbA<sub>1c</sub> be ee 7.97% a d 8.05%) (7,9), he highe ba eli e HbA<sub>1c</sub> le el (9.02%) i hi d a be a i a ea f he icea ed efficac be ed ih bei agl ide, ea e.

Thi di c a c igh al be e lai ed b a cha ge i he f lai f bei agl ide. I ei RCT, bei agl ide l hili ed de a ed f i jeci; ha i, i.e. he de had be di led a d he bc a e l i jec ed ih a di able e ile i ge (7-9). Thi f lai i cea ed he diffic l f aie e he d g, a d he acc ac f he d g d ea d aie c lia ce ee affec ed. H e e, a e f lai (bei agl ide i jeci) a de el ed bef ee ei g, he a ke. l cli cal ac ice aie ca ea il e a i jeci e f bc a e ad i i ai idi g gea c e ie ce f aie e cibed bei agl ide. Th, he cha ge i he f lai a be a he ea f he icea ed efficac f bei agl ide, ea e i he eal- ld ei g. I addi i, he HbA<sub>1c</sub> ed ci ee e ig ifica i he ela i el high-d e g (0.40-0.48 a d 0.60 g), a d hi fi di g a c i e ih ha f ei die f GLP-1RA (18,19).

Dec ea ed fa i g C ide le el afe bei agl ide he gge ed e ial efficac f i ig h ei liae ia a d  $\beta$ -cell e. A a h -aci g eal- i e GLP-1RA, bei agl ide ha a h half-life (15 i) a d d ai f aci (2 h) (6). Bei agl ide i lae a dial i li e ce i i a gl c e de e de a e (20), b he i li ic effec i ai ai ed i he fa i g a e i g id deg a dai f he d g. Thi c e i be efical beca e  $\beta$ -cell e e e ec ile  $\beta$ -cell agai e i lai a di e ile f ci (21,22). Thi he e f  $\beta$ -cell e a al be ed i e i die f GLP-1 (7-36) a d e di -4 i he a dial a e (23-25). F aie e ce i g bei agl ide. I i li gla gi e, he e a a dec ea e i C ide le el, b he e a ig ifica diffe ce, hich igh be d e l e ba eli e C ide le el (i.e.  $\beta$ -cell f c- i) i hi g.

The e e d al ide e i f ai ab he be ef f bei agl ide he heal hi dica i a eal- ld ei g. Afe 3 h f ea e, ig ifica ed ci i hea a e, SBP, DBP, al ch le e la d LDL-C ee be ed, he ea HDL-C i cea ed ig ifi- ca l. The ei e e i ca di a c la a d i d file ee ela ed bei agl ide, ea e a d l a ial c ib ed b c c ia a i-h ee ie id- l ei g ea e. The e be ef i ge he ih eigh l i lied a i e i ac f bei agl ide e all ca di a c la c e. H ee, hi c e- he i e be efical efficac a e ec ed, a i di- ca ed b e i die f GLP-1RA (13,26).

The afe cha ac e i c f bei agl ide ee al c i e ih ei fi di g f GLP-1RA (27-29). Ga i e i al ad e ee e ec b l aie. N a ic h gl cae ice ee ee ed di g he 3- h ea e, hich a be e lai ed b he gl c e- de e de i li ic effec a d h half-life f bei agl ide. The ai ca e f bei agl ide di c i ai a ad e ee e (5.7%), hich a i ila e i die f GLP-1RA (30,31).

The e e d ha ig ifica e gh, cha e e i e cli cal i f ai a d i i al e cli c i e ia, e li gi ef f l da a gai ed f a ide a ge f T2DM aie. A a be ai al ad e - ec i e d, he lack f a d i ai a d a c l g a e he ai li i ai f hi d. I addi, he f ll ei d a li i ed, he fi 3 h f he a f bei agl ide. Addi al RCT a d eal- ld die ae e eded e al a e he effec i e e a d afe fl g- e bei agl ide, ea e.

I a, hi d c fi ed he effec i e e f bei agl ide. Chi e e T2DM aie, i a eal- ld ei g. Sig ifica i ee ee be ed i b d eigh, HbA<sub>1c</sub>, bl d e e a d i d file afe 3 h f ea e ih bei agl ide. A e d f i e e e i h ei liae ia a d  $\beta$ -cell e, al e e ged. S ch be ef ee be ed de i e a ide a ge f aie, ba eli e cha ac e i c. The e be a i al e l gge ha bei agl ide a be a effec- i e ea e f T2DM, e ec iall f aie ih e eigh a d be i, i cli cal ac ice.

**A**

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**S e e - e e**

The a h ack ledge Yale D a , Ni g D a d G i Zha (Sha ghai Be e ae Pha ace ical C ai ) f ai ical a d edi al a i a ce.

**F**

This d a ed b he Na al Scie ce F dai f Hebei P i ce (g a . H2013209053). The E gli h-la g age edi g fee a blica i cha ge e e f ded b Sha ghai Be e ae Pha ace ical C ai .

**C - e e e e e**

The a h ha e decla ed, ha he ha e c flic f i e e a cia ed i h, hi d .

**R e e e e**

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