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优泌乐50和诺和锐30治疗初诊断2型糖尿病的自身交叉试验

A Self-Crossover Controlled Clinical Study of Ispro Mix 50/50 and Aspart Mix 30/70 in Patients with Newly Diagnosed Type 2 Diabetes Mellitus

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中文摘要:

**目的** 观察优泌乐50和诺和锐30治疗初诊断2型糖尿病疗效。**方法** 选择56例初诊断2型糖尿病患者, 随机分为两组, 进行优泌乐50和诺和锐30的交叉对照试验。观察治疗后空腹血糖(FPG)、餐后2 h血糖(2hPG)、糖化血红蛋白(HbA1c)、胰岛素(RI)用量、体重指数(BMI)、低血糖的发生情况等各项指标的变化, 从而比较治疗效果。**结果** 两组空腹血糖控制水平相似, 而优泌乐50组餐后血糖控制优于诺和锐30组, 且HbA1c水平更低, RI用量也少, 差异有统计学意义( $P<0.05$ )。两组低血糖发生率差异无统计学意义( $P>0.05$ ), 但优泌乐50白天低血糖发生较多( $P<0.05$ ), 诺和锐30夜间低血糖发生较多( $P<0.05$ )。**结论** 优泌乐50和诺和锐30治疗2型糖尿病均疗效肯定, 但优泌乐50对餐后血糖的控制存在优势, 胰岛素用量更少, 且夜间低血糖事件较少。

英文摘要:

**OBJECTIVE** To evaluate the efficacy of lispro Mix 50/50 and aspart Mix 30/70 in patients with newly diagnosed type 2 diabetes mellitus. **METHODS** Outpatients and inpatients( $n=56$ ) with newly diagnosed type 2 diabetes mellitus were treated with ispro mix 50/50 or aspart mix 30/70 respectively, in a randomly self-crossover controlled clinical test. After treatment, the following indicators were observed and compared: fasting plasma glucose(FPG), postprandial plasma glucose(2h-PG), glycosylated hemoglobin(HbA1c), the total amount of insulin, body mass index(BMI) and the incidence of hypoglycemia. **RESULTS** The levels of fasting plasma glucose was not different between two groups. However, the control of postprandial plasma glucose and HbA1c was significantly more effective in Lispro Mix 50/50 group than in other groups( $P<0.05$ ). Furthermore, the total amount of insulin was lower in Lispro Mix 50/50 group ( $P<0.05$ ). The incidence of hypoglycemia was not statistically different between the two groups ( $P>0.05$ ). But the hypoglycemia of ispro mix 50/50 happened more in the daytime, and the hypoglycemia of aspart Mix 30/70 happened more in the night. **CONCLUSIONS** Lispro mix 50/50 and aspart Mix 30/70 are both effective in treatment of type 2 diabetes. But Lispro mix 50/50 is more effective in the control of postprandial plasma glucose and the total amount of insulin and makes less nighttime hypoglycemic episodes.

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