

Nature Reviews Endocrinology 8, 508 (2012); published online 26 June 2012;
doi:10.1038/nrendo.2012.121;
doi:10.1038/nrendo.2012.122;
doi:10.1038/nrendo.2012.120;
doi:10.1038/nrendo.2012.119

IN BRIEF

CANCER

Lower risk of breast cancer in women with diabetes mellitus treated with metformin

Postmenopausal women with diabetes mellitus who receive metformin therapy have lower risk of developing invasive breast cancer than women without diabetes mellitus (HR 0.75). By contrast, women in the same age group who receive other antidiabetic therapies have a small increase in breast cancer risk when compared with women without diabetes mellitus (HR 1.16). These findings result from an analysis of 68,019 participants of the Women's Health Initiative trial, who were followed up for a mean of 11.8 years.

Original article Chlebowski, R.T. et al. Diabetes, metformin, and breast cancer in postmenopausal women. *J. Clin. Oncol.* doi:10.1200/JCO.2011.39.7505

STROKE

Stroke risk awareness in patients with diabetes mellitus

The prevalence of stroke symptoms in the absence of a clinical diagnosis of stroke is higher in patients with diabetes mellitus than in patients with normal glycemic control, show the results of the REGARDS study. The study involved 25,696 participants aged ≥ 45 years who did not have a diagnosis of stroke or transient ischaemic attack at baseline. Diabetes mellitus, but not prediabetes, was associated with the presence of any stroke symptom or two or more stroke symptoms. Increased awareness of stroke symptoms could help prevent future stroke in patients with diabetes mellitus.

Original article Carson, A.P. et al. Association of prediabetes and diabetes with stroke symptoms: the REasons for Geographic And Racial Differences in Stroke (REGARDS) study. *Diabetes Care* doi:10.2337/dc11-2140

DIABETES

Metformin not independently associated with TSH levels in euthyroid patients with T2DM

Unlike previous findings in patients with type 2 diabetes mellitus (T2DM) and hypothyroidism, metformin therapy and TSH levels were not found to be independently associated in patients with T2DM who have normal thyroid function. In a retrospective analysis of 828 euthyroid patients with T2DM, 250 of whom were treated with metformin, the relationship between metformin therapy and TSH levels was not significant in a multiple regression analysis model that included BMI, macroangiopathy and hyperlipidaemia.

Original article Díez, J.J. et al. Relationship between serum thyrotropin concentrations and metformin therapy in euthyroid patients with type 2 diabetes. *Clin. Endocrinol. (Oxf.)* doi:10.1111/j.1365-2265.2012.04468.x

RISK FACTORS

Psoriasis might increase risk of T2DM

Patients with psoriasis are more likely to develop type 2 diabetes mellitus (T2DM) than patients without psoriasis (HR 1.14), shows a population-based study of UK electronic medical records. The findings of the study, which included 108,132 patients with psoriasis and 430,716 individuals without psoriasis, confirm the results of smaller-scale analyses suggesting a link between the two conditions. The risk of developing T2DM was increased in patients with mild psoriasis, but even more so in those with severe psoriasis.

Original article Azfar, R.S. et al. Increased risk of diabetes mellitus and likelihood of receiving diabetes mellitus treatment in patients with psoriasis. *Arch. Dermatol.* doi:10.1001/archdermatol.2012.1401