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## IN BRIEF

### DIABETIC NEPHROPATHY

#### Long-term effects of intensive glycaemic control in T1DM

Intensive control of blood glucose levels in patients with type 1 diabetes mellitus (T1DM) has long-term effects on kidney function. In the DCCT trial, patients with T1DM were randomly assigned to undergo intensive glycaemic treatment or conventional treatment; 1,375 patients subsequently took part in the EDIC study and were instructed in intensive glycaemic management while receiving treatment at their usual health-care provider. After 18 years of follow-up, the risks of developing microalbuminuria and macroalbuminuria were 45% and 61% reduced, and the risk of glomerular filtration rate <50 ml/min/1.73 m<sup>2</sup> was 44% reduced, in patients who underwent intensive treatment during the DCCT.

**Original article** de Boer, I. H. *et al.* Effect of intensive diabetes treatment on albuminuria in type 1 diabetes: long-term follow-up of the Diabetes Control and Complications Trial and Epidemiology of Diabetes Interventions and Complications study. *Lancet Diabetes Endocrinol.* doi:10.1016/S2213-8587(14)70155-X

### GENETICS

#### Common variants associated with age at menarche

In a large analysis of data from 182,416 women of European descent, 123 genetic signals at 106 loci were found to be associated with age at menarche. Many of the identified signals were in or near genes associated with pubertal characteristics in both sexes, with BMI and with several diseases, including rare Mendelian disorders of puberty. Signals associated with age at menarche were also found in imprinted regions. The study results highlight novel mechanisms involved in the regulation of pubertal timing.

**Original article** Perry, J. R. B. *et al.* Parent-of-origin-specific allelic associations among 106 genomic loci for age at menarche. *Nature* doi:10.1038/nature13545

### THERAPY

#### Once-weekly dulaglutide noninferior to once-daily liraglutide

Treatment with a weekly dose of 1.5 mg of dulaglutide was noninferior to administration of a 1.8 mg daily dose of liraglutide in patients with inadequately controlled type 2 diabetes mellitus receiving metformin who were enrolled in the AWARD-6 randomized open-label trial. Among 599 initial patients, 269 from each drug group completed the planned 26-week treatment course. The main outcome assessed was least-squares mean reduction in HbA<sub>1c</sub> levels. The safety and tolerability of the two drug regimens were comparable.

**Original article** Dungan, K. M. *et al.* Once-weekly dulaglutide versus once-daily liraglutide in metformin-treated patients with type 2 diabetes (AWARD-6): a randomised, open-label, phase 3, non-inferiority trial. *Lancet* doi:10.1016/S0140-6736(14)60976-4

### THYROID GLAND

#### New mouse model of poorly differentiated thyroid tumours

Researchers have generated a new mouse model in which *Kras* is activated and *p53* is deleted in thyroid follicular cells. The animals developed papillary thyroid cancer that progressed to poorly differentiated thyroid tumours similar to human tumours. The tumours were resistant to apoptosis, but treatment with obatoclax, a small-molecule inhibitor of Bcl2, induced cell death. The researchers suggest that these findings might uncover new therapeutic targets.

**Original article** Champa, D. *et al.* Obatoclax overcomes resistance to cell death in aggressive thyroid carcinomas. *Endocr. Relat. Cancer* doi:10.1530/ERC-14-0268