

# Clinical trials of lifestyle modification + metformin

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## 1 diabetes type 2

Trial	Treatments	Patients	Trials design and methods
<b>lifestyle modification + metformin vs control</b>			
<b>IDDP (Ramachandran) , 2006</b> n=531 follow-up: 2.5 y	advice on lifestyle modification, metformin, or both versus given standard health care advice (control)	native Asian Indians with impaired glucose tolerance	Parallel groups open India
<b>Jarret , 1979</b> n=204 follow-up: 4.3 y	carbohydrate restriction with phenformin 50 mg daily versus carbohydrate restriction alone	men with impaired glucose toleranc	Parallel groups open

└ More details and results :

- prevention for diabetes type 2 in all type of patients at <http://www.trialresultscenter.org/go-Q341>
- prevention for diabetes type 2 in people with impaired glucose tolerance at <http://www.trialresultscenter.org/go-Q416>

## References

### **IDDP (Ramachandran), 2006:**

Ramachandran A, Snehalatha C, Mary S, Mukesh B, Bhaskar AD, Vijay V The Indian Diabetes Prevention Programme shows that lifestyle modification and metformin prevent type 2 diabetes in Asian Indian subjects with impaired glucose tolerance (IDPP-1). Diabetologia 2006;49:289-97 [16391903] [10.1007/s00125-005-0097-z](https://doi.org/10.1007/s00125-005-0097-z)

### **Jarret, 1979:**

Jarrett RJ, Keen H, Fuller JH, McCartney M Worsening to diabetes in men with impaired glucose tolerance ("borderline diabetes"). Diabetologia 1979;16:25-30 [761734]

Entry terms: metformin, Metformin, Dimethylguanylguanidine, Dimethylbiguanidine, Glucophage,