

- Cardiovascular disease is the major cause of morbidity and mortality in people with abnormal glucose tolerance and type 2 diabetes mellitus, a progressive disease due to continuous loss of β -cell function in the face of increased insulin resistance.
- Starting insulin therapy at diagnosis of the disease or as add-on therapy to metformin and lowering blood glucose to near normal levels can reverse glucotoxicity and lipotoxicity and improve residual β -cell function.
- The Outcome Reduction With an Initial Glargine Intervention (ORIGIN) trial reported no increased risk of cardiovascular disease outcomes over the 6.7-year study period.
- Serious hypoglycemic episodes were few, with moderate weight gain, and less requirement for dual or triple oral treatment with basal insulin glargine than standard care; in a subgroup of persons in ORIGIN with pre-diabetes (12%), worsening of glycemic control was prevented.
- Early insulin therapy for the management of type 2 diabetes deserves consideration.

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