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A type-2 diabetes drug found to reduce heart and kidney risk

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A new study reveals that a commonly prescribed drug for lowering blood sugar in patients with Type 2 diabetes also lowers the risk of cardiovascular and kidney disease.



Researchers have claimed that a drug that lowers blood sugar levels for people with Type 2 diabetes may also significantly reduce the risk of both cardiovascular and kidney disease.

The research shows that canagliflozin, reduced the overall risk of cardiovascular disease by 14 per cent and reduced the risk of heart failure hospitalization by 33 per cent. The drug also showed a significant impact on the progression of renal disease as the patients were 40 per cent less likely to suffer serious kidney decline.

Canagliflozin, known as a SGLT2 inhibitor, is a relatively new type of drug that works by blocking the body's reabsorption of sugar or glucose. This results in more glucose being released in urine and a drop in glucose levels. Most other diabetes drugs work by managing insulin levels.

Furthermore, the study showed that the drug protects all people with type 2 diabetes, not just those who already had an incipient form of cardiovascular disease.

For the study, the team analysed more than 10,000 patients in 30 countries.

The findings are published in the New England Journal of Medicine.