



MEDICAL TIPS

K-PIO TABLETS

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Pioglitazone even at low dosage improves NAFLD in type 2 diabetes: clinical and pathophysiological insights from a subgroup of the TOSCA.IT randomized trial

Tito Pepa GD et al. Diabetes Research & Clinical Practice 2021; 178: 108984.

- Non-Alcoholic Fatty Liver Disease (NAFLD) and type 2 diabetes (T2D) share pathophysiological mechanisms.
- Patients with T2DM, poorly controlled with metformin (2g/d), were randomly allocated to add-on pioglitazone or sulphonylureas within the trial and plasma insulin, glucose, and liver enzymes were measured at baseline and after 1-year.
- Indices of NAFLD as well as of insulin resistance improved after addition of pioglitazone, but not after sulphonylureas.
- Changes in NAFLD indices were similar with different doses of pioglitazone (15, 30, or 45 mg/d), and were independent of blood glucose control.

Treatment with pioglitazone even at low dosage significantly improved liver steatosis and inflammation, systemic and adipose tissue insulin resistance in patients with T2DM.

