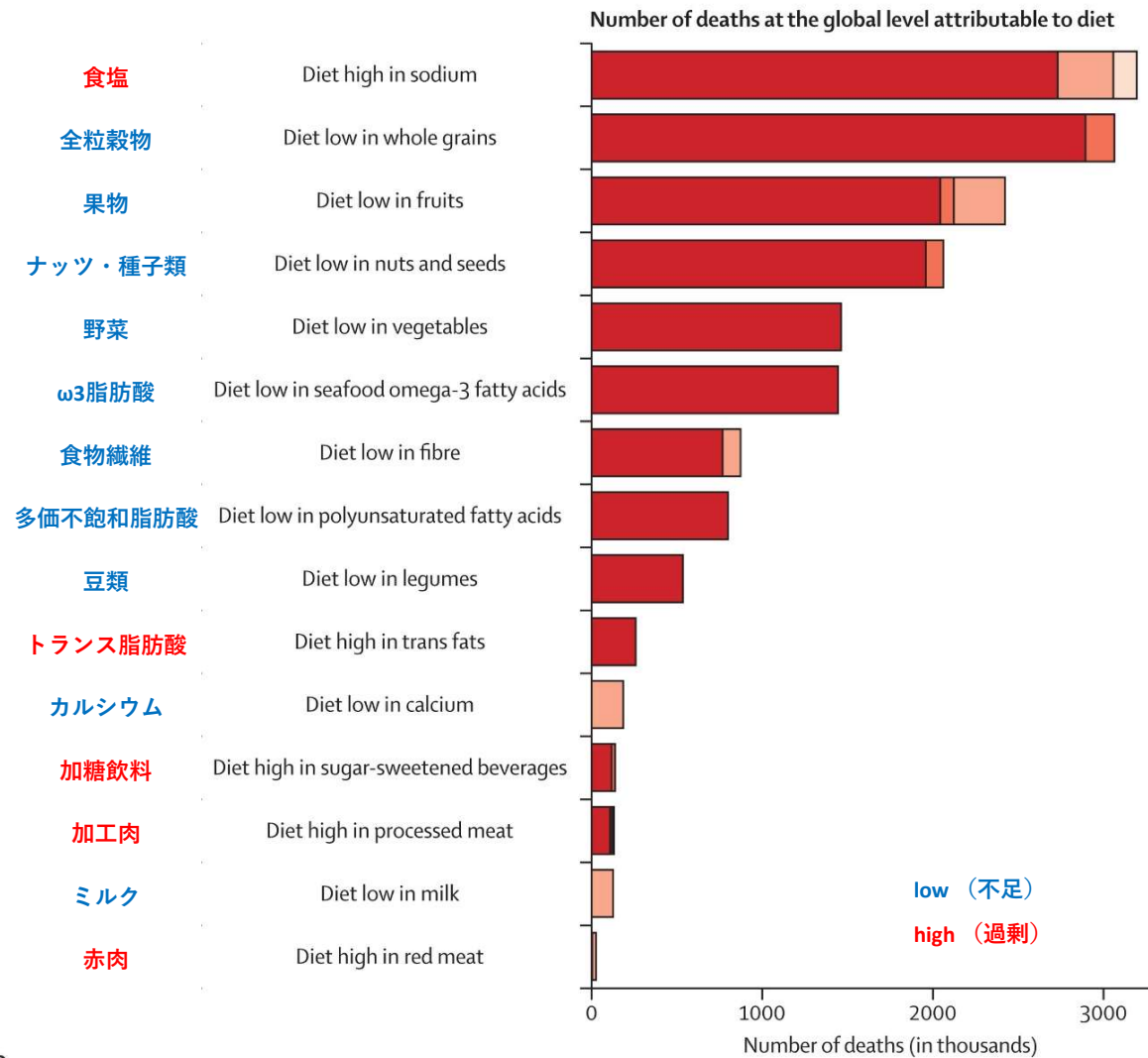


食事による世界の死者数



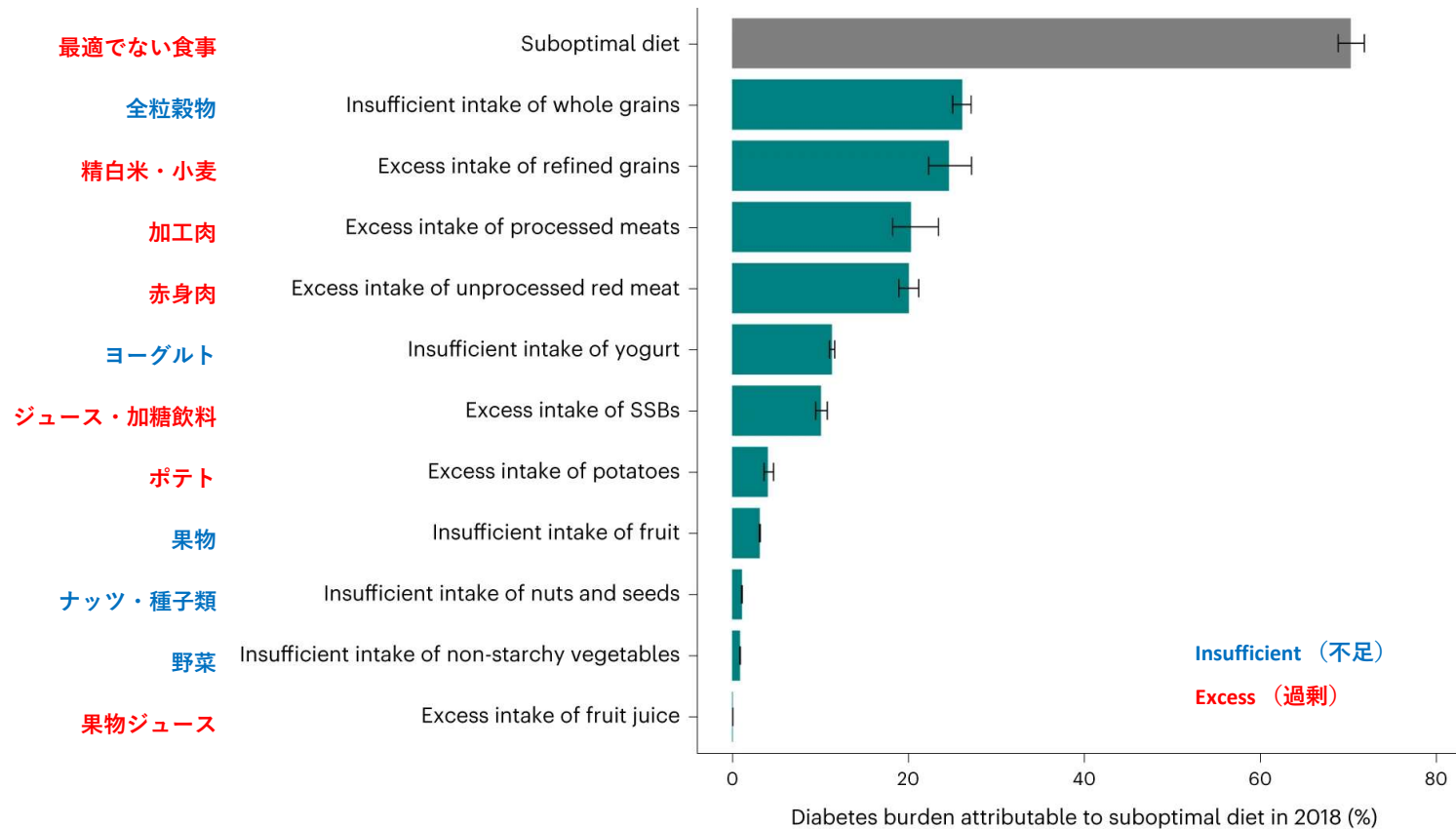
Cause

- Cardiovascular diseases 心血管疾患
- Type 2 diabetes 2型糖尿病
- Neoplasms 悪性新生物 (がん)
- Other causes その他

Health effects of dietary risks in 195 countries, 1990–2017: a systematic analysis for the Global Burden of Disease Study 2017

Lancet 2019, 393, ISSUE 10184, P1958-1972

## 2型糖尿病の新規発症に与える食事の影響



世界184カ国。食事要因の直接的・間接的2型DM発症率を推定。新規発症2型DMの70.3%が食事要因で説明された。全粒穀物の摂取不足26.1%、精白米・小麦の過剰摂取24.6%、加工肉の過剰摂取20.3%の順。

**nature medicine**

Incident type 2 diabetes attributable to suboptimal diet in 184 countries  
*Nature Medicine* volume 29, pages982–995 (2023)

## 2023 update on Italian guidelines for the treatment of type 2 diabetes

	CVD(-) HF(-) CKD(-)	CVD(-) HF(-) CKD(+)	CVD(+) HF(-) CKD(-)	CVD(-) HF(+) CKD(-)
	No cardiovascular event, no heart failure, and eGFR ≥ 60 ml/min	No cardiovascular event, no heart failure, and eGFR < 60 ml/min	Previous cardiovascular event, no heart failure,	Heart failure
first-line	Metformin	Metformin <sup>1</sup> SGLT2i	Met. GLP1RA SGLT-2i	SGLT2i
second-line	SGLT2i GLP1RA	GLP1RA		Met. <sup>2</sup> GLP1RA
third-line	DPP4i Acar. Pio. Ins.	DPP4i Acar. Pio. Ins.	DPP4i Acar. Pio. Ins.	DPP4i <sup>3</sup> Acar. Insulin
deprescription	SU剤とグリニドは糖尿病治療に勧められない			

We recommend the use of **metformin** as a first-line long-term treatment in patients with type 2 diabetes without previous cardiovascular events and chronic renal failure. **SGLT-2 inhibitors or GLP-1 receptor agonists** are recommended as second-line treatments. **Pioglitazone, DPP-4 inhibitors, acarbose, and insulin** should be considered as third-line treatments. **Sulfonylureas and glinides should not be recommended for the treatment of type 2 diabetes**

*Acta Diabetologica (2023)*