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The prevalence of diabetes mellitus, hypoglycemia and impaired glucose tolerance test in methamphetamine abuse

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Following the series of researches about metabolic changes in methamphetamine abuse, I decided to measure the prevalence of DM (diabetes mellitus) and the impaired glucose tolerance test in methamphetamine abuser patients. Considering the high prevalence of reactive hypoglycemia¹, the other glucose metabolic changes might not be unusual too.

Method: We visited all the patients from Afarinesh addiction clinic, which had a history of methamphetamine abuse. We measured FBS (fasting blood sugar) and HbA1c in all of them, Besides we requested a glucose tolerance test, in this glucose tolerance test, we measured their fasting blood sugar, then we gave them 75gr of glucose and measured their blood sugar after 30min, 60min, 90min and 120min after having the glucose intake.

Results: 18 volunteers were suitable for this study. One female and 17 males. Their age varied between 23 and 42 years with 30.95 being the average. The rate of FBS (fasting blood sugar) was between 61–102 mg/dL and the average was 84.66. All of the patients had normal fasting blood sugar except for one case which suffered from hypoglycemia. HbA1c in all of the patients was in the normal range. The rate of HbA1c was between %4.3 to %5.7 and the average was %5.17. In two out of 18 patients, we observed impaired glucose tolerance. On the other hand, %11 of the patients with methamphetamine abuse suffered from impaired glucose tolerance.

Conclusion: This study shows that the prevalence of DM (diabetes mellitus) in methamphetamine abuser patients is significantly lower than general prevalence of DM (diabetes mellitus) in Iran (2&3). Thus case control study in this field wouldn't be necessary. This study shows that the prevalence of impaired glucose tolerance in patients with methamphetamine abuse is approximately equal to general prevalence of glucose tolerance test in Iran thus, case control study in this field wouldn't be necessary (3). This study shows that %5.5 of methamphetamine abuser patients suffer from hypoglycemia, and considering the fact that we don't have any studies about the general prevalence of hypoglycemia in Iran, a case control study in this field is recommended.

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