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The prevalence of diabetes mellitus type 2 in people with alcohol use disorders: a systematic review and large scale meta-analysis

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Highlights

- Approximately one in 8 individuals with alcohol use disorders has diabetes.
- Older age and male gender are risk factors for diabetes in alcohol use disorders.
- People with alcohol use disorders have a comparable diabetes risk than those with severe mental illness.
- Routine screening for diabetes is needed in those with alcohol use disorders.

Abstract

Type 2 Diabetes Mellitus (T2DM) is highly predictive of cardiovascular diseases and is associated with worse quality of life and increased healthcare utilisation. The current meta-analysis aimed to (i) describe the pooled prevalence of T2DM in people with alcohol use disorders (AUDs), (ii) investigate the impact of demographic, clinical and treatment factors, and (iii) compare T2DM prevalences in AUDs versus the general population. The trim and fill adjusted pooled T2DM prevalence among 3998 people with AUDs (age range 34.8–51.1 years; 76.6% male) (N studies=7) was 12.4% (95%CI=11.8–13.9%). Higher T2DM prevalences were observed in studies with a higher mean age and a higher percentage of male participants, and in studies with self- or physician reported T2DM assessment. A trend for higher T2DM prevalences was found in inpatient settings, in studies assessing T2DM with the gold-standard oral glucose tolerance test compared with fasting glucose only, and with studies including patients with a higher percentage of physical comorbidity. Although healthy control data are lacking, the pooled prevalence is similar to that observed in people with severe mental illness who are considered a high-risk group. Routine screening and multidisciplinary management of T2DM in people with AUDs is needed.

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