

# SGLT2 inhibitors may have kidney- and heart-protective effects in adults with type 1 diabetes

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In addition to lowering blood sugar levels, diabetes drugs called sodium-glucose cotransporter 2 (SGLT2) inhibitors can provide kidney- and

cardiovascular-related benefits for people with type 2 diabetes. A recent study examined whether such benefits are also experienced by individuals with type 1 diabetes. The findings will be presented online at ASN Kidney Week 2021 November 4–November 7.

The study applied the Steno Type 1 Risk Engines, validated prediction models for [cardiovascular disease](#) and [kidney failure](#) in people with type 1 diabetes, to 3,660 adults with type 1 diabetes who were treated from 2001 to 2016. Use of SGLT2 inhibitors was linked with a 6.1% lower risk of cardiovascular disease over 5 years (with up to an 11.1% lower risk in individuals with signs of kidney disease) and with a 5.3% lower risk of kidney failure (with up to a 7.6% [lower risk](#) in those with signs of kidney disease).

"In our study, we have shown significant risk reductions for cardiovascular disease and kidney failure with SGLT2 inhibitor treatment in type 1 diabetes," said lead author Elisabeth Stougaard, Ph.D., of Steno Diabetes Center, in Copenhagen. "Our model provides an estimate of benefit that may balance the risks associated with use of SGLT2 inhibitors in type 1 diabetes."

**More information:** Study: "Sodium–glucose cotransporter 2 inhibitors as adjunct therapy for type 1 diabetes and the benefit on cardiovascular and renal disease evaluated by Steno risk engines"

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