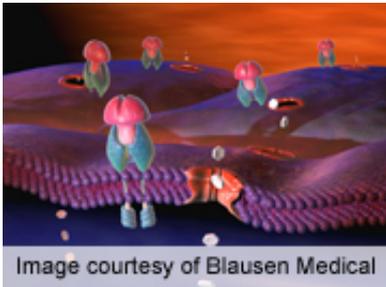


Language barriers don't raise diabetes complication risk

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For immigrants, language barriers are not associated with an increased risk of diabetes complications, according to a study published online July 15 in *Diabetes Care*.

(HealthDay)—For immigrants, language barriers are not associated with an increased risk of diabetes complications, according to a study published online July 15 in *Diabetes Care*.

Karen Okrainec, M.D., from the University Health Network in Toronto, and colleagues examined the effect of [language barriers](#) on the risk of acute and chronic complications of diabetes and on mortality in a cohort of 87,707 immigrants to Canada with diabetes. Participants were stratified by language ability at the time of their immigration application. The cohort was followed for a median of 6.9 person-years.

The researchers found that immigrants were significantly older, were more likely to have migrated for family reunification, had less education, and had higher health care use (all *P* diabetes complications were not higher for immigrants with language barriers (acute complications: hazard ratio, 0.99; 95 percent confidence interval, 0.93 to 1.05; cardiovascular events or death: hazard ratio, 0.95; 95 percent confidence interval, 0.91 to 0.99). Older age, being unmarried, living in a rural neighborhood, and having less education were significant predictors of

diabetes complications. The risk of cardiovascular events or death was significantly lower for immigrants who were older (≥65 years) and who arrived through family reunification (hazard ratio, 0.88; 95 percent confidence interval, 0.81 to 0.96).

"In a heterogenous immigrant population with universal insurance, language barriers were not found to increase the risk of diabetes complications," the authors write.

More information: [Abstract](#)
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