

Heart rate variability related to risk for incident diabetes

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ratios [HRs] of tertile 3: 0.81, 0.76, and 0.78, respectively), whereas the risk for diabetes increased in the case of heart rate, normalized LF, and LF/HF ratios (HRs of tertile 3: 1.41, 1.32, and 1.31, respectively) when adjusting for age, sex, body mass index, smoking, drinking, [systolic blood pressure](#), lipid level, C-reactive protein, and homeostatic model assessment of insulin resistance.

"Abnormal HRV, especially decreased vagal activity and deviation in sympathovagal imbalance to sympathetic activity, might precede incident diabetes," the authors write.

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(HealthDay)—Altered heart rate variability (HRV) may be related to risk for incident diabetes in young Asian adults, according to a study published online April 16 in *Diabetes Care*.

Da Young Lee, from Sungkyunkwan University in Seoul, South Korea, and colleagues assessed whether altered HRV could predict the risk for diabetes among 54,075 adults without diabetes who underwent three-minute HRV measurement during health checkups between 2011 and 2014 with follow-up through 2017.

The researchers found that during follow-up, 1,369 individuals were diagnosed with diabetes. In the group with diabetes, both time and frequency domain variables were lower, with the exception of those with normalized low-frequency (LF) power and the LF-to-high frequency (HF) ratio. As the [standard deviation](#) of the normal-to-normal interval, root mean square differences of successive normal-to-normal interval, and normalized HF tertiles increased, the risk for diabetes decreased (hazard

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