



## *The Medical* **Bulletin**

### In Diabetology

#### **Lamotrigine is safest anti-convulsant if risk of developing T 2 Diabetes is under consideration**

- Recently a cohort study in JAMA network compared rates of Type 2 Diabetes in Adults and Children treated with Anticonvulsant after Initiation and continuation of carbamazepine, lamotrigine, oxcarbazepine, or valproate.
- We know that Anticonvulsant mood stabilizer treatment is associated with an increased risk of weight gain. Ironically little is known about the risk of developing type 2 diabetes (T2D).
- It was found that initiation of and adherence to valproate was associated with the highest risk of developing T2D
- If you use Valproate in 87 patients, 1 patient is likely to develop T2D within 5 years when compared with initiation of lamotrigine.
- Of the 4 medications examined, lamotrigine treatment was associated with the lowest risk of developing T2D.
- Message is clear that across all age groups, patients and clinicians concerned about the potential risk of developing T2D could consider initiating lamotrigine provided the effectiveness of treatment for the condition in which it is indicated is similar.

*Reference: JAMA Network Open. 2022;5(4):e226484. doi:10.1001/jamanetworkopen.2022.6484*

**Dr. N. K. Singh**