

Study: Hormone Linked to High Blood Pressure Increases Diabetes Risk, Too

Risk varies greatly across ethnic groups

The Ohio State University Wexner Medical Center

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NEWS PACKAGE



SUGGESTED TEASE	RESEARCHERS FIND A HORMONE LINK BETWEEN HIGH BLOOD PRESSURE AND RISK FOR DIABETES. BUT THAT HORMONE DOESN'T AFFECT EVERYONE EQUALLY.
ANCHOR LEAD	COMING UP IN HEALTH NEWS, HOW CERTAIN ETHNIC GROUPS MANY HAVE A GREATER RISK.
(TAKE VO) -----	ABOUT THIRTY MILLION AMERICANS ARE LIVING WITH DIABETES ¹ , A NUMBER THAT'S EXPECTED TO RISE BY FIFTY PERCENT BY 2030. ²
CG: Courtesy: The Ohio State University Wexner Medical Center :00 - :03	NOW, NEW RESEARCH ³ EXAMINING A SPECIFIC HORMONE OFFERS INSIGHT INTO HOW THIS DISEASE DEVELOPS AND WHO IS MOST AT RISK.
Shots of lab work	RESEARCHERS AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER SAY ALDOSTERONE, A HORMONE THAT'S COMMONLY ASSOCIATED WITH HIGH BLOOD PRESSURE, IS ALSO STRONGLY LINKED TO DIABETES.
Shots of diabetes patient having blood sugar checked	HIGH LEVELS OF THE HORMONE CAUSE INSULIN RESISTANCE AND ALSO REDUCE THE AMOUNT OF INSULIN PRODUCED BY THE PANCREAS – THE TWO MAIN CAUSES OF TYPE 2 DIABETES.
Graphic: 1/3 with highest level of the hormone were 225% more likely to develop diabetes	THE RESEARCHERS FOLLOWED SIXTEEN HUNDRED PEOPLE FOR TEN YEARS AND FOUND THAT STUDY PARTICIPANTS WITH THE HIGHEST LEVEL OF THE HORMONE WERE MORE THAN TWICE AS LIKELY TO DEVELOP DIABETES THAN THOSE WITH LOWER LEVELS.
Shots of Dr. Joseph in exam with African-American patient Graphic: African-Americans had nearly 3	BUT THE DIFFERENCES WERE EVEN MORE DRASTIC AMONG CERTAIN ETHNICITIES. WITHIN THE GROUP WITH THE HIGHEST ALDOSTERONE LEVELS, AFRICAN-AMERICANS HAD NEARLY THREE

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<p>times greater risk Chinese-Americans had more than 10 times greater risk</p> <p>(TAKE SOT)----- CG: Dr. Joshua J. Joseph Ohio State Wexner Medical Center</p> <p>(ANCHOR TAG) -----</p>	<p>TIMES THE RISK OF DEVELOPING DIABETES, WHILE THE RISK FOR CHINESE-AMERICANS WAS MORE THAN TEN-FOLD. :50</p> <p><i>“Some of the potential explanations are differences in genes and genetics. Another potential difference is salt sensitivity.” :08</i></p> <hr/> <p>A CLINICAL TRIAL IS ABOUT TO GET UNDERWAY TO EXPLORE THE ROLE OF THE HORMONE IN DIABETES PREVENTION.</p> <p>RESEARCHERS WILL USE MEDICATION TO LOWER ALDOSTERONE LEVELS IN AFRICAN-AMERICANS WITH PRE-DIABETES AND MONITOR HOW THIS AFFECTS THEIR GLUCOSE AND INSULIN LEVELS.</p> <p>EXPERTS SAY A HEALTHY DIET AND PLENTY OF EXERCISE CAN HELP ANYONE REDUCE THEIR RISK OF DIABETES, BUT TARGETING THIS HORMONE MAY ALSO BE A USEFUL PREVENTION METHOD IN THE FUTURE.</p>
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SOCIAL MEDIA

<p> Share it! Suggested tweet:</p> <p> Suggested post:</p>	<p>A new study by researchers @OSUWexMed finds a hormone associated with hypertension is also linked to diabetes risk, especially for certain ethnic groups. http://bit.ly/2NuActf</p> <hr/> <p>A new study at The Ohio State University Wexner Medical Center finds that a hormone commonly associated with hypertension may also be closely linked to diabetes, especially for certain ethnic groups. Now, ongoing research aims to discover how to control that hormone and prevent the disease. http://bit.ly/2NuActf</p>
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EXTRA BITES

<p>CG: Dr. Joshua J. Joseph Ohio State Wexner Medical Center</p>	<p>Dr Joseph states the results of the study: <i>“Among African-Americans, there was almost a 3-fold increase in risk of diabetes over 10 years, and among Asian-Americans, or Chinese-Americans specifically in this study, there was about a 10-fold increase in risk of diabetes.”</i></p> <p>Dr. Joseph says targeting the hormone may prevent diabetes: <i>“In the future, I believe that this research with lowering</i></p>
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<p>CG: Dr. Joshua J. Joseph Ohio State Wexner Medical Center</p>	<p><i>aldosterone levels will help to prevent diabetes. It may be particularly helpful among African-Americans and Chinese-Americans.”</i></p> <p>Dr. Joseph says hypertension and diabetes may be linked: <i>“For many years, we’ve been trying to understand the link between diabetes and hypertension. Aldosterone provides one potential clue in that link.”</i></p> <p>Dr. Joseph describes the new clinical trial underway: <i>“We plan to have African-Americans with pre-diabetes. We will use medications to lower their aldosterone levels and then look at the impact on glucose and insulin in those individuals.”</i></p>
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References

¹*Statistics About Diabetes. American Diabetes Association.* March, 2018. Online: <http://www.diabetes.org/diabetes-basics/statistics/>.

²*Diabetes 2030: Insights from Yesterday, Today, and Future Trends. Population Health Management.* Volume 20, Issue 1, Feb. 1, 2017. Online: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5278808/>

³*The Renin-Angiotensin-Aldosterone System, Glucose Metabolism and Incident Type 2 Diabetes: The Multi-Ethnic Study of Atherosclerosis, Journal of the American Heart Association, Volume 7, Issue 17, September 4, 2018.* Online: [put link here.](#)

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