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Media Statement

SCGH RESEARCHERS FIND DIFFERENT TEST MAY HELP KIDNEY TRANSPLANT PATIENTS

WA researchers are planning further investigations after discovering there may be a better way to diagnose new onset diabetes in kidney transplant patients.

When studying 83 nondiabetic kidney transplant patients seen at Sir Charles Gairdner Hospital's Renal Medicine Unit between 2008 and 2011, the researchers, led by Dr Wai Lim, found that fructosamine could be a superior test to diagnose the condition.

The findings were published in the October edition of the international medical journal *Transplantation**

"New onset diabetes affects up to half of all kidney transplant patients very early after receiving their new organ and usually a test known as HbA1c is used to detect if they've developed it," said Dr Lim.

"But this new study suggests we need to take a closer look at fructosamine, which reflects blood glucose levels over a shorter time period compared to HbA1c, as it was a slightly more accurate option in these patients."

Sir Charles Gairdner Hospital renal physician and Nedlands resident Dr Aron Chakera – who is currently looking at how to slash the number of kidney transplant patients who develop type 2 diabetes thanks to a \$75,000 grant from Diabetes Research WA – said a more accurate test would provide many benefits.

"Better detection of patients who are at risk of developing post-transplant diabetes mellitus will improve identification and may enable earlier detection, which in turn will create opportunities to treat these people sooner and hopefully reduce complications," he said.

"Post-transplant diabetes mellitus is linked to poorer graft and patient outcomes and a greater risk of death, so our goal is get rates of this condition down from the current 50 percent to under 20 percent."

PTDM is believed to be triggered by increased insulin resistance and reduced insulin secretion, both of which can be side effects of the immunosuppressive drugs given to transplant patients to reduce the chances of their body rejecting their new organ.

Dr Chakera will be part of Diabetes Research WA's 2015 World Diabetes Day lunchtime public seminar *Diabetes: Extraordinary Steps to the Future* on Friday November 13 at Domain Stadium in Subiaco.

To RSVP to the event, email info@diabetesresearchwa.com.au or call (08) 9224 1006.

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* <http://www.ncbi.nlm.nih.gov/pubmed/26437275>

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