

## Insulin Versus Oral Hypoglycemic Drug Combination In Controlling Hyperglycemia In HCV Patients During Interferon Therapy

### Abstract:

Hepatitis–C virus is common in many areas of the world particularly in Egypt and interferon therapy helps around 40 % of the patients to eradicate the virus and good glycemic control is needed to get better results of interferon therapy **This work aimed to** study the efficacy of insulin therapy compared to oral hypoglycemic drugs in HCV patients receiving interferon therapy. **Subjects and methods** Ninety six patients were included in the study divided into three groups (A) treated with insulin (B) treated with oral hypoglycemic drugs and (C) treated with two oral hypoglycemic drugs plus a bed time basal insulin. HbA1c,AST, ALT and the weight of the patients were measured at the start before intervention and 3 months after intervention. **Results** this study showed that insulin therapy – group-A - is more effective than oral hypoglycemic drug combination group-B and also more effective than group-C - treated with oral drugs and basal insulin – in reducing HbA1c ( $p = 0.001$ ) and in improving weight and reducing AST AND ALT ( $P < 0.05$ ). Also oral drugs plus a basal insulin at bed time - group – C was more effective than oral drug combination alone (group-B)in reducing HbA1c and the difference was statistically significant  $p < 0.05$  and improving weight  $p < 0.05$  and improving AST AND ALT but the results are statistically non significant ( $p=0.09$  and  $0.07$ ). **Conclusion** insulin therapy is more effective than oral hypoglycemic drug combination in controlling blood glucose, improving liver enzymes and prevention of weight loss with some weight gain.

**Key words:** T2DM, HbA1c, HCV, interferon, insulin resistant,