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Metformin as treatment in for obese and sever obese adult with family history of diabetes

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Introduction: There was some evidence that Metformin used in aid of weight loss in obese patients or in Polycystic Ovary Syndrome is beneficial. (2003) we wanted to determine whether Metformin was an effective medication for treatment of obese and sever obese adults who have family history of diabetes mellitus.

Methods: In this study we had 1457 patients .we divided them into two groups with family history of diabetes and with no history of diabetes all of them were women between 25-45 years the patients with history of diabetes were prescribed to take two tablets of Metformin 500 mg per day. They were then followed up four weeks for assessment. Also we divided them into three groups of BMI. (Over weight, obese,sever obese)

Results: we compared average weight at start with average weight at the end among these three groups; we noted that there are not differences between them in different stage of Obesity.

Conclusion: We suggest that Metformin can not improve losing weight between patients with family history of type 2 Diabetes.

Keywords: Metformin, family history, diabetes

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