

Relation between clinical features and gastric emptying time in diabetic patients

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The authors declare that they have no conflict of interest.

[Received 19 II 2014; Accepted 19 XII 2014]

Abstract

BACKGROUND: Gastroparesis is characterized by delayed gastric emptying. This pathology is usually observed in patients with diabetes. One standard approach to quantitative assessment of gastric emptying is scintigraphic study. The aim of present study was to perform scintigraphic study of gastric emptying time in patient with diabetes and to find its correlation with patients' characteristics.

MATERIALS AND METHODS: Gastric emptying was assessed in 19 patients with type 2 diabetes (mean age of 61.04 ± 6.09 years) and 6 healthy volunteers. Characteristics of the patients were sex, age, duration of diabetes, blood sugar and serum HbA_{1c} level.

RESULTS: Results of present study revealed that gastric emptying half time was significantly larger in patients with type 2 diabetes as compared with healthy volunteers (P -value < 0.05). While correlation of sex, age, duration of diabetes and blood sugar with gastric emptying time was not statistically significant, HbA_{1c} level had significant effect on gastric emptying time.

CONCLUSION: Results of this prospective study indicated that level of serum HbA_{1c} is an effecting factor on gastric emptying time in patients with type 2 diabetes; however, these preliminary findings should be validated in larger and well-designed studies.

KEY words: gastroparesis, gastric emptying, diabetes, radionuclide imaging

Nuclear Med Rev 2015; 18, 1: 3–6

Background

Gastroparesis is a gastric related chronic disorder which is associated with delayed emptying of solids/liquids from the stomach. It is estimated that about 4% of the population suffer from gastroparesis [1].

One of the observed cases of gastroparesis is among the patients with diabetes. Results of the studies report gastroparesis in patients with diabetes, but predictors of gastric emptying in these patients are not well defined [2–6] and relationship between rate of gastric emptying and their clinical and biochemical symptoms is usually weak [4, 5, 7]. Therefore it is usually suggested to do objective measurement in order to establish more exact diagnosis of gastroparesis [3].

Scintigraphy of gastric emptying is a common procedure to evaluate patients with symptoms of alteration of gastric emptying [8]. Since the first application of radionuclide imaging to evaluate gastric emptying in 1966, it has become the standard method in clinical practice owing to its capability to provide a noninvasive method to quantitative study of gastric emptying [9]. In this method radio labeled solid or liquid meal is used to provide gastric count of the stomach as an indicator of gastric dysfunction.

Based on the results of radionuclide imaging of gastric emptying in patients with diabetes, delayed gastric emptying has been reported in 25–55% of patients with type 1 diabetes, and 30% of patients with type 2 diabetes [10, 11]. In other study performed on patients with gastroparesis, diabetes was reported in 29% of cases [12].

It is indicated that various characteristics of the patients with diabetes may influence gastric emptying time. It is established that, for example, acute changes in concentration of blood glucose may affect gastric emptying of both solid meal and liquid meal in patients with diabetes [13].

In this effort we were going to perform scintigraphic study of delayed gastric emptying in patients with diabetes and to assess the

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effect of sex, age, blood sugar, duration of diabetes and serum level of HbA_{1c} (Hemoglobin A_{1c}) as important detrimental factors on gastric emptying time.

Materials and methods

Nineteen type 2 diabetic patients (9 men and 10 women) with a mean age of 61.04 years (\pm SD = 6.09) who were referred to the gastroenterology clinic at our hospital were invited to participate in our study. Also, 6 healthy volunteers without gastrointestinal symptoms were considered as control group of present study.

Exclusion criteria in this study was metabolic disorders (hypothyroidism, kidney failure and liver failure), rheumatic diseases (scleroderma and lupus), heart disease (MI, heart failure and heart valve problems), history of surgery effecting on gastric emptying (vagotomy, gastric bypass), history of PUD (Peptic Ulcer Disease) and use of drugs affecting gastric emptying (anticholinergics, prokinetic drugs and opioids).

This study complies with the Declaration of Helsinki, and it was approved by the institutional ethics committee of our research institute. Before the study, in order to be aware of the study, whole of the procedure was explained to all of the patients and healthy individuals and consent form was signed by them satisfactorily. They also had option to withdraw from the study at any time they desired.

In order to reduce effect of diurnal activates on gastric emptying, the study was conducted in the morning. On the day of the study, blood glucose concentration of each patient was checked to be in the range of 3.5 to 9.0 mmol/L. Each patient was given a test meal composed of fried eggs labeled with 10 mCi of ^{99m}Tc. The test meal was served to the patient with 150 mL non-labeled water.

In order to study gastric emptying by scintigraphy, scanning was started for each patient immediately after ingestion (time 0) continued for a couple of minutes. The study was reaped every 30 minutes over 120 minutes (total number of 5 measurements for each case). The scintigraphic data was acquired in anterior and posterior projections in a fixed supine position. Region of interest of the stomach was drawn visually for the first frame and then replicated on later images. Data acquisitions were performed by a Gamma camera (Pegsys, ADAC laboratory, USA) equipped with a low-energy high-resolution collimator.

Geometric mean of the recorded activities of the frames were plotted against time to determine gastric emptying time and gastric emptying halftime ($T_{1/2}$) as the time point at which the amount of the activity of the stomach reaches to 50% of its maximum activity. Gastric emptying half time is a common parameter for scintigraphic studying of gastric emptying. Based on the types of the radio labeled meal, this parameter may range from 36 minutes to 169 minutes [14].

All measurements were corrected for radionuclide decay by multiplying recorded activities to its corresponding decay factor (DF). Decay factor expressed as:

$$DF = \exp(-\ln 2 \times t/361)$$

where t is the time (minutes) elapsed after the first measurement.

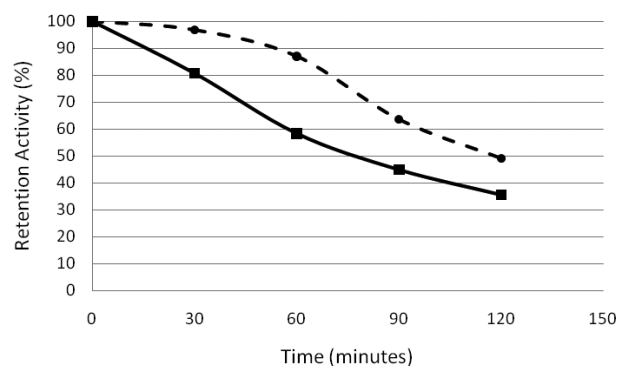


Figure 1. Gastric emptying curve in patients with diabetes (dashed line) and in healthy subject (solid line)

Statistical analysis

All data were expressed as the mean \pm SD, with ranges given when appropriate. Continuous variables were compared by using the unpaired t-test, and categorical variables were compared by using the chi-square analysis. Spearman correlation of independent variables was calculated with gastric emptying time as dependent one.

A P value of less than 0.05 was considered to be statistically significant. The SPSS for Windows software package (Release 18, SPSS Inc., Chicago, Illinois) was used for the statistical analysis.

Results

In order to compare gastric emptying time in patients with diabetes with normal volunteers, gastric emptying half time of these two groups was calculated. Based on this analysis, gastric emptying in patients with diabetes (118.38 ± 23.58 hours) was significantly slower than in healthy subjects (88.00 ± 10.00 hours) (P -value < 0.05). Figure 1 demonstrates gastric emptying curves of these two groups.

In patients with diabetes suffering from delayed gastric emptying, observed clinical symptoms was as follows: asymptomatic (30.4%), flatulence (26.1%), early satiety (13%) and the rest was a mixture of two or more of above mentioned symptoms.

Mean of the baseline characteristics of patients with diabetes and their correlation with gastric emptying time are presented in Table 1.

In order to assess effect of sex on gastric emptying in diabetic patients, male and female patients were categorized and analyzed in two separate groups. Results of this analysis indicated that with respect to gastric emptying time, there is no significant difference between these two groups (P -value = 0.368). We also found that mean gastric emptying time in diabetic patients is not correlated to the age of the patients (P -value = 0.400).

Laboratory findings of the patients with diabetes were also evaluated. Statistical analysis of these data revealed that there was no significant correlation between blood sugar concentration and gastric emptying time of the patients with diabetes (P -value = 0.869). But we observed that HbA_{1c} level was statistically correlated to the gastric emptying time (P -value < 0.05).