
[HIV and the high risk for diabetes](#)

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A new [study](#) published in *JCI Insight* from **Suneil Koliwad MD PhD** and his team helps explain why non-obese people with HIV remain at elevated risk for type 2 diabetes despite effective suppression of the virus with modern medications. It marks the collective spirit of Diabetes Center, with members of Anderson, Parent, and Valdearcos labs included in the paper.

When comparing blood samples and fat biopsies of 46 people living with well-controlled HIV to those of 74 people without HIV, none of whom were obese or had diabetes, they found that the people with HIV had more fibrosis, or scarring, in their fat tissues, and this was associated with insulin resistance, a key predictor of type 2 diabetes.

The scarring was obvious in HIV patients no matter their body weight or the specific kinds of HIV medications they were taking. They also discovered a blood marker of the scarred fat, the protein endotrophin, which might eventually help identify the highest-risk patients. It suggests that diabetes risk in people with HIV may not always be apparent from body weight alone.

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