

The effect of metformin

The drug metformin is one of the so-called biguanides. It leads to a delay in the absorption of glucose from the intestine, increases glucose consumption in the muscles and inhibits the formation of new glucose in the liver. In addition, metformin reduces appetite and leads to a significant weight reduction. Furthermore, by lowering male hormones cosmetic problems such as acne and seborrhea are positively influenced.

In the context of fertility treatment, metformin leads to a normalization of cycle disorders and a significant increase in fertility.

Initial side effects of metformin therapy (diarrhea and bloating) are avoided by creeping therapy.

Approval of metformin in non-insulin-dependent diabetes

Metformin is a drug approved for the treatment of non-insulin diabetes mellitus. At the beginning of insulin resistance, there is no diabetes, but will develop with some probability. Because at this stage there is no approval of the drug, preventive treatment as a so-called off-label-use within the scope of the doctor's freedom of therapy is possible. Reimbursement by the health insurance fund is only possible on a case-by-case basis; however, the drug is very inexpensive.

Metformin if you want children and in pregnancy

Metformin is a class B drug. This means that no increased risk of malformation has been observed in the animal model. There is not enough experience in humans. In South African studies, experiences have been gained in pregnant women without any negative effect observed.

The scientific data indicate a reduction in the miscarriage rate under treatment with metformin. This would deprive pregnant women who are deprived of metformin with effective therapy upon the onset of pregnancy. It is also being investigated whether metformin therapy during pregnancy helps to reduce an increased risk of gestational diabetes (pregnancy sugar).

Please note that:

1. metformin is not permitted in pregnancy and is indicated in the package leaflet as a contraindication in the pregnancy is designated,
2. all previous studies do not show an increased risk of malformation in pregnancy,
3. the likelihood of miscarriage by metformin can even be significantly reduced,
4. should not be dieted below 1000Kcal per day under metformin therapy,
5. alcohol should not be overused under metformin therapy, and the doctor must be informed before metformin therapy if there are asthma, kidney or liver diseases.