ARIC Manuscript Proposal # 1349

PC Reviewed: 3/18/08  Status: A  Priority: 2
SC Reviewed: ______  Status: __  Priority: _

1.a. Full Title: Association of blood lactate with insulin resistance and type 2 diabetes: The Atherosclerosis Risk in Communities Carotid MRI Study

b. Abbreviated Title (Length 26 characters): Lactate & insulin resistance

2. Writing Group:
   Stephen Crawford;
   Frederick L. Brancati
   Brad Astor
   Ron Hoogeveen
   Christie Ballantyne
   Maria Ines Schmidt
   J. Hunter Young
   others welcome

I, the first author, confirm that all the coauthors have given their approval for this manuscript proposal. _SOC_ [please confirm with your initials electronically or in writing]

First author: Stephen Crawford, MHS
Address: Department of Epidemiology
         Johns Hopkins Bloomberg School of Public Health
         Welch Center for Prevention, Epidemiology, & Clinical Research
         2024 E. Monument Street, Suite 2-600
         Baltimore, MD 21205-2223
Phone: 443-287-2407  Fax: 410-955-0476
E-mail: scrawfor@jhsph.edu

Corresponding/senior author (must be an ARIC investigator for the proposal but can be different in the published paper; correspondence will be sent to both the first author & the corresponding author):

First author: J. Hunter Young, MD MHS
Address: Assistant Professor of Medicine
         Welch Center for Prevention, Epidemiology, & Clinical Research
         Johns Hopkins School of Medicine
         2024 E. Monument Street, Suite 2-600
         Baltimore, MD 21205-2223
Phone: 410-502-5808  Fax: 410-955-0476
E-mail: jhyoung@jhmi.edu

3. Timeline: Manuscript to be completed by June, 2008
4. Rationale: Accumulating evidence indicates that insufficient oxidative capacity plays a central role in the development of insulin resistance and type 2 diabetes. Insulin resistance and type 2 diabetes are associated with decreased mitochondrial size and density, decreased oxidative gene expression, decreased oxidative phosphorylation, and decreased whole-body aerobic capacity. However, clinical research on oxidative capacity as a mediator of obesity’s physiologic effects has been limited by the absence of a simple, noninvasive technique to measure oxidative capacity.

We considered blood lactate as an indirect indicator of insufficient oxidative capacity: when oxidative capacity decreases, flux through glycolytic pathways increases and blood lactate rises. Prior work suggests that lactate is elevated among obese, insulin resistant subjects. Moreover, two cross-sectional studies have shown that lactate is associated with blood pressure. This study has two primary goals: 1) to assess the relationship between adiposity and lactate, and 2) to assess the relationship between lactate, insulin resistance, and type 2 diabetes, with and without adjustment for adiposity and other metabolic factors.

5. Main Hypothesis/Study Questions:

H1. Measures of adiposity, such as BMI and waist circumference, are associated with blood lactate concentration.

H2. Lactate is elevated among diabetic subjects and is associated with insulin resistance as measured via glucose and HbA1C before and after adjustment for demographics and measures of adiposity.

6. Design and analysis (study design, inclusion/exclusion, outcome and other variables of interest with specific reference to the time of their collection, summary of data analysis, and any anticipated methodologic limitations or challenges if present).

Study population
The study population consists of all persons participating in the ARIC Carotid MRI study (n=2066). Subjects were recruited to the Carotid MRI study based upon their intima-media thickness (IMT), as measured by B-Mode ultrasound at the most recent ARIC visit. The study consists of 1,250 participants who had an IMT value greater than the 85th percentile, and 816 individuals randomly sampled from the remainder of the IMT distribution (<85th percentile).

Lactate
We measured lactate among all Carotid MRI study participants as part of ARIC Ancillary Study # 2006.04C, “Assessing the association between mitochondrial dysfunction and insulin resistance via the measurement of cellular energy intermediates: The Atherosclerosis Risk in Communities Carotid MRI Study.” Lactate measurements were completed in December, 2007 and available for 1964 ARIC-MRI participants.
Data Analysis

Aim 1: Association of lactate with adiposity.
- Outcome variable: lactate log-transformed.
- Independent variables: measures of adiposity including body mass index, waist circumference, and waist-hip-ratio
- Covariates: Age, gender, ethnicity, field center, high vs low IMT

The distribution of lactate will be examined within strata defined by age, gender, and ethnicity. Lactate will be log-transformed to account for its skewed distribution. The association of log lactate with measures of adiposity will be assessed via linear regression and scatter plots within strata of age, gender, and ethnicity. If no interaction is present, we will assess the association of lactate with adiposity with and without adjustment for age, gender, and ethnicity.

Aim 2: Association of lactate with insulin resistance and type 2 diabetes.
- Outcome variables
  - Continuous: Glucose and HbA1c measured at Visit 5
  - Dichotomous: Type 2 diabetes defined as a prior diagnosis, currently taking diabetic medications, or a fasting glucose ≥ 126 mg/dL
- Independent variable: Lactate (mg/dL)
- Covariates:
  - High versus low IMT
  - Demographics: Age, gender, ethnicity, education
  - Medication use, especially metformin
  - Measures of adiposity (see above)
  - Metabolic factors including:
    - Lipids: triglycerides, LDL, HDL-c
    - Blood pressure (hypertension diagnosis)
    - Inflammatory markers (C-reactive protein)
  - Measures of physical activity
  - Current smoking
  - Alcohol consumption
  - Parental history of diabetes
  - Field center

In this analysis, we will use linear and logistic regression to characterize the effect of lactate levels on continuous and dichotomous measures of insulin resistance and type 2 diabetes, with and without adjustment for adiposity. Likelihood ratio tests will be utilized to compare models with and without adjustment for adiposity to assess the independent effects of lactate on measures of insulin resistance and type 2 diabetes.

7.a. Will the data be used for non-CVD analysis in this manuscript?

7.a. Will the data be used for non-CVD analysis in this manuscript?  _____ Yes  __X__ No
b. If Yes, is the author aware that the file ICTDER03 must be used to exclude persons with a value RES_OTH = “CVD Research” for non-DNA analysis, and for DNA analysis RES_DNA = “CVD Research” would be used? ______ Yes ______ No
(This file ICTDER03 has been distributed to ARIC PIs, and contains the responses to consent updates related to stored sample use for research.)

8.a. Will the DNA data be used in this manuscript? ______ Yes ___X__ No

8.b. If yes, is the author aware that either DNA data distributed by the Coordinating Center must be used, or the file ICTDER03 must be used to exclude those with value RES_DNA = “No use/storage DNA”? ______ Yes ______ No

9. The lead author of this manuscript proposal has reviewed the list of existing ARIC Study manuscript proposals and has found no overlap between this proposal and previously approved manuscript proposals either published or still in active status. ARIC Investigators have access to the publications lists under the Study Members Area of the web site at: http://www.cscc.unc.edu/ARIC/search.php

___X___ Yes _______ No

10. What are the most related manuscript proposals in ARIC (authors are encouraged to contact lead authors of these proposals for comments on the new proposal or collaboration)?

This is the first study of lactate and insulin resistance to my knowledge in the ARIC cohort.

11. a. Is this manuscript proposal associated with any ARIC ancillary studies or use any ancillary study data? ___X__ Yes _____ No

11.b. If yes, is the proposal
   ___X___ A. primarily the result of an ancillary study (list number* 2006.04C)
   ______ B. primarily based on ARIC data with ancillary data playing a minor role (usually control variables; list number(s)* _________ _________ _________)

*ancillary studies are listed by number at http://www.csecc.unc.edu/aric/forms/

12. Manuscript preparation is expected to be completed in one to three years. If a manuscript is not submitted for ARIC review at the end of the 3-years from the date of the approval, the manuscript proposal will expire.

Reference List


