1. Changes in variables during the study period (n = 31)

Variables	baseline	3 months	*p* value
$HbA_{1c,}$ %	9.0 ± 1.5	8.3 ± 1.3	0.008
AST, units/L	26.3 ± 21.7	23.3 ± 13.6	0.204
ALT, units/L	30.0 ± 26.6	23.1 ± 17.2	0.026
Total cholesterol, mg/dL	184.1 ± 50.2	179.5 ± 40.6	0.571
HDL-C, mg/dL	48.5 ± 12.3	49.0 ± 11.9	0.807
LDL-C, mg/dL	102.6 ± 38.9	103.6 ± 33.6	0.890
Triglyceride, mg/dL	219.5 ± 154.7	195.4 ± 179.9	0.284
Serum creatinine, mg/dL	0.8 ± 0.2	0.8 ± 0.2	0.683
eGFR, mL/min/1.73m^2	96.2 ± 16.1	96.4 ±14.0	0.936

The mean change in the HbA1c level was –0.7% ± 1.3% and HbA_{1c} level was significantly reduced from 9.0% ± 1.5% to 8.3% ± 1.3% (p = 0.008). Among them (n=31), nineteen patients (61.3%) showed improvement of glycemic control compared to baseline levels. A decrease in the HbA_{1c} level of over 1% from baseline was achieved in 32.3% of the patients (n=10).

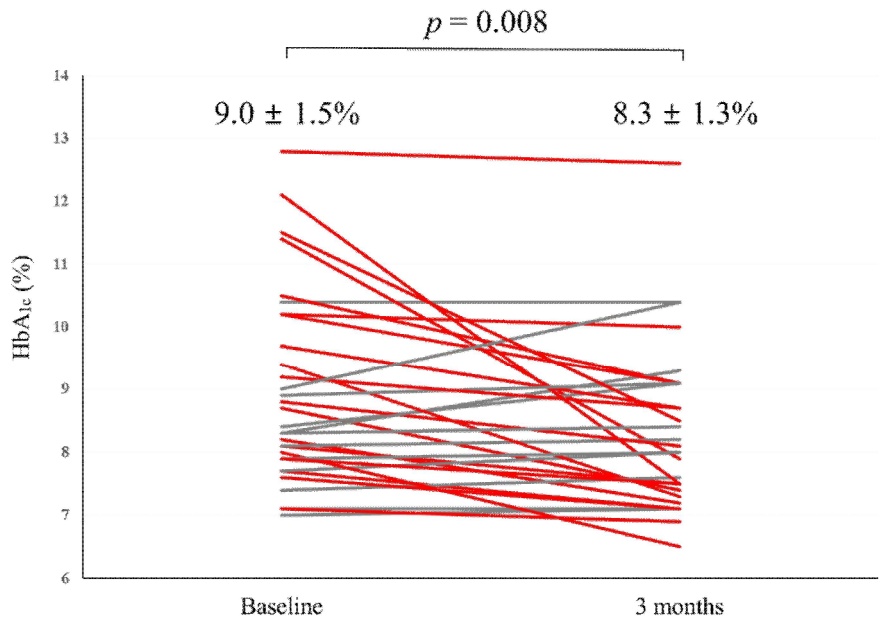

Fig. 1. Change in glycosylated hemoglobin (HbA_{1c}, %) at baseline and at 3 months

5. 논의

검사 결과상 당화혈색소가 유의하게 감소하는 결과를 확인하였으며, 약2/3 정도의 환자에서 개선효과를 보였으며 31명중 10명에서는 많은 개선효과를 보였으며, 추가 연구 후 논문작성