Increase in Mercury Exposure Tied to Diabetes Development

Health Daily Digest

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U.S., March 2 -- Researchers have cautioned that individuals exposed to high amounts of mercury are highly prone to become afflicted with diabetes later in life.

They examined information obtained from the ***Coronary Artery Risk Development in Young Adults*** (CARDIA) trial, which demonstrated that exposure to mercury was linked with diabetes likelihood in a dose-dependent manner.

The study also indicated that augmentation in mercury exposure might be linked with impairment of pancreatic islet beta-cells.

It discovered a positive but non-significant link between mercury levels in toenail and odds of diabetes, after taking into account demographic and important lifestyle aspects.

However, this link became large after making amendments for consumption of long-chain n-3 polyunsaturated fatty acids (LCn-3PUFAs), magnesium and for toenail selenium.

The researchers also found that individuals having higher mercury exposure were more prone to demonstrate augmentation in fasting glucose and insulin amounts, rise in Homeostasis Model of Assessment-Insulin Resistance (HOMA-IR) as well as a decline in index of HOMA Beta-cell working.

Diabetes is a group of metabolic diseases in which a person has high blood sugar, either because the pancreas does not produce enough insulin, or because cells do not respond to the insulin that is produced. This high blood sugar produces the classical symptoms of polyuria (frequent urination), polydipsia (increased thirst) and polyphagia (increased hunger).

Insulin is the principal hormone that regulates uptake of glucose from the blood into most cells (primarily muscle and fat cells, but not central nervous system cells). Therefore, deficiency of insulin or the insensitivity of its receptors plays a central role in all forms of diabetes mellitus.

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