

## **PIOGLITAZONE**

Pioglitazone (Trade name Actos) is a medication used for diabetes that helps to sensitize muscle and fat tissue to the action of insulin. Recent studies suggest it's mechanism of action is to intensify insulin signaling in fat cell lipid metabolism, markedly reducing free fatty acid production by fat cells, reducing fat accumulation in muscle cells and thereby ameliorating insulin resistance in these tissues. Pioglitazone not only sensitizes tissues to the effects of insulin, but also appears to retard atherosclerosis, preserves insulin production from the pancreatic beta cell, reduces pancreatic beta cell death rates, lowers HbA1c, appears to reverse multiple metabolic abnormalities seen in Type 2 diabetes, and improves nonalcoholic fatty liver disease. It can cause some fluid retention, and should not be used in people with a history of heart failure. There have been concerns in the past that this medication might increase the risk of bladder cancer, but subsequent studies have failed to show clear evidence for that association.