

Appendix 1. The rationale for choosing HbA1c of 8% as a cut-off value for the poorly controlled group was based upon the authors' previous experience (Hawkins et al, Reference 4) indicating a marked difference in glucose effectiveness between subjects with average HbA_{1C} values of 5.8% (Range: 4.5-7.5%) and 9.9% (Range: 7.8-14.0%). Those individuals who were in good control (mean HbA_{1C} 5.8%) demonstrated a normal ability of hyperglycemia to suppress endogenous glucose production and stimulate glucose uptake. By contrast, glucose effectiveness was markedly blunted in those individuals in poor glycaemic control (mean HbA_{1C} 9.9%).