We claim:

1. Use of a composition comprising an inhibitor of extracellular human metallothionein (MT) in the manufacture of a medicament for treatment of or to limit development of a disorder selected from the group consisting of diabetes, pre-diabetes, impaired glucose tolerance, hepatitis, and/or inflammatory liver disease in a subject with the disorder or at risk of the disorder.

2. The use of claim 1, wherein the subject has diabetes or is at risk of developing diabetes, and the use serves to treat or limit development of diabetes.

3. The use of claim 2, wherein the subject is at risk of type 1 diabetes, and the use serves to limit development of type 1 diabetes in the subject.

4. The use of claim 2, wherein the subject has type 1 diabetes, and the use serves to treat type 1 diabetes in the subject.

5. The use of claim 2, wherein the subject is at risk of type 2 diabetes, and the use serves to limit development of type 2 diabetes in the subject.

6. The use of claim 2, wherein the subject has type 2 diabetes, and the use serves to treat type 2 diabetes in the subject.

7. The use of claim 1, wherein the subject has pre-diabetes, and the use serves to treat pre-diabetes in the subject.

8. The use of claim 1, wherein the subject has impaired glucose tolerance, and the use serves to treat impaired glucose tolerance in the subject.

9. The use of claim 1, wherein the subject has hepatitis, and the use serves to treat hepatitis in the subject.

10. The use of claim 1, wherein the subject has an inflammatory liver disease, and the use serves to treat the inflammatory liver disease in the subject.

11. The use of claim 10, wherein the inflammatory liver disease is selected from the group consisting of nonalcoholic steatohepatitis (NASH) and/or non-alcoholic fatty liver disease (NAFLD).

12. The use of any one of claims 1-11, wherein the inhibitor of extracellular human MT comprises an anti-MT antibody or an antigen-binding fragment thereof and/or an aptamer which specifically binds to extracellular human MT.

13. The use of any one of claims 1-12, wherein the inhibitor of extracellular human MT is linked to a pancreatic or hepatic cell targeting moiety.

14. The use of claim 13, wherein the cell targeting moiety is a pancreatic cell targeting moiety, and wherein the pancreatic cell targeting moiety comprises one or more peptides or other moieties that preferentially bind pancreatic β cells, including but not limited to glucagon-like peptide-1 (GLP-1), glucagon-like peptide-2 (GLP-2), peptide YY (PYY), neuropeptide Y (NPY), pancreatic peptide (PPY), and exendin-4.

15. The use of claim 13, wherein the cell targeting moiety is a hepatic cell targeting moiety, and wherein the hepatic cell targeting moiety includes but is not limited to circumsporozoite protein (CSP), CSP region I, CSP I plus, lactosaminated human serum albumin, glycosylated lipoprotein, and arabinogalactan.

16. A composition, comprising:

(a) an inhibitor of extracellular human metallothionein (MT); and

(b) a pancreatic or hepatic cell targeting moiety linked to the inhibitor of extracellular human MT.

17. The composition of claim 16, wherein the inhibitor comprises an anti-metallothionein antibody or a fragment thereof which specifically binds to human metallothionein (MT).

18. The composition of claim 17, wherein the anti-MT antibody or an antigen-binding fragment thereof comprises a monoclonal antibody or an antigen binding fragment thereof.

19. The composition of any one of claims 17-18, wherein the anti-MT antibody comprises a humanized anti-MT antibody, or an antigen binding fragment thereof.

20. The composition of any one of claims 16-19, wherein the cell targeting moiety is a pancreatic cell targeting moiety selected from the group consisting of glucagon-like peptide-1 (GLP-1), glucagon-like peptide-2 (GLP-2), peptide YY (PYY), neuropeptide Y (NPY), pancreatic peptide (PPY), and exendin-4.

21. The composition of any one of claims 16-19, wherein the cell targeting moiety is a hepatic cell targeting moiety, and wherein the hepatic cell targeting moiety includes but is not limited to circumsporozoite protein (CSP), CSP region I, CSP I plus, lactosaminated human serum albumin, glycosylated lipoprotein, and arabinogalactan.

22. The composition of any one of claims 16-21, wherein the cell targeting moiety is peptidic, and wherein the composition comprises a recombinant polypeptide.

23. A recombinant nucleic acid encoding the recombinant polypeptide of claim 22.

24. A recombinant expression vector comprising the recombinant nucleic acid of claim 23.

25. A recombinant host cell comprising the recombinant expression vector of claim 24.

26. A composition, comprising

(a) an inhibitor of extracellular human metallothionein (MT); and

(b) one or more of insulin, metformin, pramlintide, a sulfonylurea (including but not limited to glyburide, glipizide, and glimepiride), a meglitinide (including but not limited to repaglinide and nateglinide), a thiazolidinedione (including but not limited to rosiglitazone and pioglitazone), a DPP-4 inhibitor (including but not limited to sitagliptin, saxagliptin, and linagliptin), a GLP-1 receptor agonist (including but not limited to exenatide, liraglutide, and semaglutide), a SGLT2 inhibitor (including but not limited to canagliflozin, dapagliflozin, and empagliflozin), entecavir, tenofovir, lamivudine, adefovir, telbivudine, simeprevir, sofosbuvir, interferon or ribavirin.

27. The composition of claim 26, wherein the inhibitor comprises an anti-metallothionein antibody or a fragment thereof which specifically binds to human metallothionein (MT).

28. The composition of claim 27, wherein the anti-MT antibody or an antigen-binding fragment thereof comprises a monoclonal antibody or an antigen binding fragment thereof.

29. The composition of any one of claims 26-28, wherein the anti-MT antibody comprises a humanized anti-MT antibody, or an antigen binding fragment thereof.

30. A pharmaceutical composition comprising:

(a) the composition of any one of claims 16-22 or 26-29, the recombinant nucleic acid of claim 23, the recombinant expression vector of claim 24, or the recombinant host cell of claim 25; and

(b) a pharmaceutically acceptable carrier.

31. Use of the composition of any one of claims 16-22 or 26-29, the recombinant nucleic acid of claim 23, the recombinant expression vector of claim 24, or the recombinant host cell of claim 25, or the pharmaceutical composition of claim 30, in the manufacture of a medicament for treatment of or to limit development of a disorder selected from the group consisting of diabetes, pre-diabetes, impaired glucose tolerance, hepatitis, and/or inflammatory liver disease.

32. The use of any one of claims 1-15, wherein the inhibitor of extracellular human MT comprises the composition of any one of claims 16-22 or 26-29, the recombinant nucleic acid of claim 23, the recombinant expression vector of claim 24, or the recombinant host cell of claim 25, or the pharmaceutical composition of claim 30.