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Kuwaiti subjects with type 2 diabetes are at high risk for cardiovascular disease

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Introduction:

Type 2 diabetes is associated with a marked increased risk of cardiovascular disease (CVD). The UKPD Study has shown several modifiable risk factors for CVD in patients with type 2 diabetes. These factors are increased concentrations of low density lipoprotein cholesterol (LDL-C), decreased concentrations of high density lipoprotein cholesterol (HDL-C), raised blood pressure, hyperglycaemia, and smoking. The aim of this study was to determine the prevalence of these factors in Kuwaiti subjects with type 2 diabetes.

Methods:

Kuwaiti subjects with type 2 diabetes (n=170) were screened for CVD risk factors at their initial visit to the diabetes unit at Al-Sabah Hospital.

Results:

There were 113 women and 57 men. Mean age was 49.6+10.5 years and mean disease duration 8.0+7.1 years. The mean LDL-C and HDL-C levels were 3.7+1.0, 1.2+0.3 mmol/l respectively. Mean systolic BP was 135.8+22.1 and diastolic 81.4+10.4 mmHg. Mean HbA1c was 9.4+2.4%, and 7.2% of the patients were current smoker. Mean BMI was 33.3+7.5 kg/m². The mean LDL -C levels for men and women were 3.73 and 3.66 mmol/l, respectively. According to the American Diabetes Association targets, the percentage of patients with HDL-C levels above the target was high (56.5%) and it was more prevalent for women (59.3%) compared to men (50.9%). The mean systolic and diastolic BP was significantly higher in women compared to men (140 vs. 126 and 83 vs. 77 mm Hg, p<0.0001) respectively. Although overweight and obesity were prevalent among the studied subjects, the mean BMI for men was 29.4, compared with 35.3 for women (p<0.0001). There was no difference in HbA1c levels between both gender, and None of the women were smoker.

Conclusions:

Kuwaiti subjects with type 2 diabetes are at high risk for cardiovascular disease which is the leading cause of death in Kuwait. This indicates a need for interventions to reduce these modifiable risk factors.

Key Words: Diabetes ; Cardiovascular disease; Risk factors

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