

## **Dyslipidemia and Type-2 Diabetics**

Daad H Akbar, FRCP(UK), FACP\*  
Aish A Al-Gamdi, Arab Board, Saudi Board

**Objective:** To determine the frequency of type-2 diabetics who have target lipoprotein blood levels and to study these levels in patients with ischemic heart disease and cardiovascular disease risk factors.

**Design:** Retrospective analytical study of hyperlipidemic type-2 diabetics between January 2000 and January 2001 was undertaken.

**Setting:** King AbdulAziz University Hospital.

**Method:** We studied hyperlipidemic type-2 diabetics who were on regular follow up to the medical outpatient clinic of King Abdulaziz University Hospital from January 2000 to January 2001. The mean lipoprotein levels, duration of hyperlipidemia and its treatment, duration of diabetes, its treatment and degree of blood glucose control, presence of hypertension, ischemic heart disease, and smoking.

**Results:** A total of 202 patients were studied with mean age of 60 years and equal male to female ratio. The mean duration of diabetes was 10 years and it was 7 years for hyperlipidemia. The mean level of LDL was 3.15 mmol/l and it was 1.0 mmol/l and 2.47 mmol/l for LDL and TG respectively. Only 31% of patients had LDL < 2.6 mmol/l, 28% had HDL > 1.1 mmol/l and 37% had TG < 1.7 mmol/l. No significant difference was found in the frequency of target level of LDL in patients with IHD and those without; 26% versus 34% (0.4). Similarly, no difference was found in those with hypertension, obesity, and patients with family history of IHD compared to those without these risk factors; 30%, 26%, 16% versus 34%, 36%, 33% (p 0.2, 0.1, 0.4 respectively). Males were found to have a higher frequency of target LDL level compared to females; 38% versus 25% (p 0.04).

**Conclusions:** A low frequency of type-2 diabetics has target levels of lipoproteins and this was also evident in diabetics with IHD and CVD risk factors.