

Correlation Between Type 2 Diabetes and Heart Failure in Asir Region of Saudi Arabia

Naseer G. Alqahtani, MD*

ABSTRACT

Background: Heart failure (HF) is a progressive and a complex clinical syndrome defined by dyspnea, orthopnea, or ankle swelling caused by a structural or functional cardiac defect, resulting in a reduced cardiac output and elevated intracardiac pressures at rest or during stress. Heart failure it is a global diseases that affects at least 26 million people and is becoming more common. Heart failure affects between 3 and 20 people out of every 1,000 people. In this study our aim is to find out the correlation between heart diseases and T2DM.

Methods: This observational study was carried out at Diabetes center The study was conducted in compliance with the ethical principles outlined in the Declaration of Helsinki. This study covered all eligible patients who met the inclusion and exclusion criteria of the study

Results: The medical records of 220 individuals from the two clinics were analyzed. Following the exclusion of 20 patients who did not match the inclusion criteria. the correlation coefficients of diastolic blood pressure, total cholesterol, and low-density lipoprotein cholesterol levels was computed SBP, DBP and LDL were comparatively higher risk factors. we have compared HbA1c levels among the patients and we have not observed any significance difference between the two genders. Glycated hemoglobin (HbA1c) and both genders are significantly associated with HFmrEF (LVEF ranges 40 to 49%, Heart failure with mild range ejection fraction) and HFrEF (Heart failure with reduced ejection fraction LVEF less than 40%)

Conclusion: There is a paucity of information on co-disease care techniques and clinical outcomes in HF patients with DM. To fill in these gaps, a prospective follow-up study required.

Keywords: Type 2 diabetes, Heart failure, Mortality, Chronic diseases

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* Teaching Assistant
Department of Medicine
College of Medicine
King Khalid University, Abha
Saudi Arabia. E-mail: alqahtan.n@gmail.com