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Blood lipid levels and its correlation with glucose status in diabetic patients Kirkuk province

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Background & Aim: Prevalence of type-2 DM has been increasing steadily everywhere the globe and quick turning into an outbreak in some countries of the globe, particularly in poorly developed countries. Untreated DM can cause serious long-term complications include peripheral vascular disease, stroke, chronic renal disease, foot ulcers and eye damages. From the available data on 20 Arab countries with more than twenty million were diabetic. Although data on diabetes in Iraq are scanty, but it is considered as having a medium prevalence 9.3% of the diabetes in the Middle East. Hyperlipidemia is common comorbidity in diabetes and is associated with diabetes. The aim of the present study is to investigate the blood lipid levels and their relationship with HbA1c in diabetic patients.

Method: 190, equal type-2 diabetic diagnosed patients (95 male and 95 female) attending Babagurgur Diabetes Center in K1 Hospital-Kirkuk from 10/11/2018 to 10/4/2019, were subjected to this study. Their ages ranged between 32-79 years with mean age of 61.8 ± 5.03 years. Biochemical tests for evaluation of diabetes; Fasting Blood Glucose (FBG) and Hemoglobin A1c (HbA1c %), cholesterol, triglyceride, high density lipoprotein and low density lipoprotein levels were measured.

Result & Conclusion: The results showed that there were increased in the tests of evaluation of blood sugar; FBG was 13.4 mmol/L and HbA1c of 9.4% as mean values among the patients. FBG levels were correlated with increasing levels of cholesterol, triglycerides and HDL while LDL decreased. Regarding the changes in parameters among age groups, age group 50-59 years constituted most the diabetic cases (43%). Hyperglycemia and hyperlipidemia levels in females significantly ($p < 0.05$) elevated than males. It is concluded that the older age and poor glycemic control are important risk factors related to hyperlipidemia in the current T2DM population and associated with adverse lipid profiles.

Biography

Aydin S Ahmed has completed his PhD in Physiology-Neurosciences from Tikrit University -College of Medicine. He is the Vice-Dean in the College of Technology –Head of Medical Laboratory Sciences Department. He has published more than 19 papers in reputed journals.