



# PREVENTION OF CARDIOVASCULAR LESIONS BY ACTIVE DETECTION OF DIABETES MELLITUS

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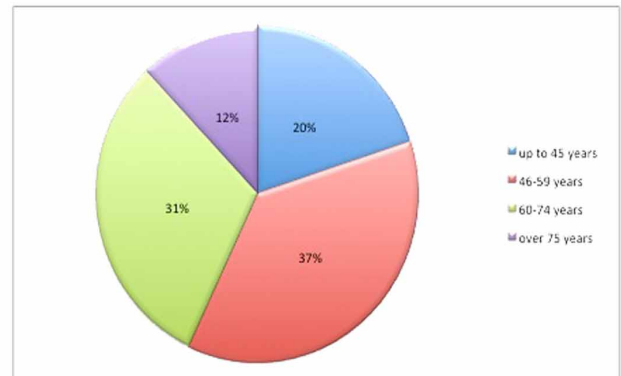
## BACKGROUND & AIM

AMONG DISEASES WITH IMPAIRED CARBOHYDRATE METABOLISM, DM TYPE 2 TAKES FIRST PLACE. AND ONE OF THE MAIN COMPLICATIONS OF THIS NON-COMMUNICABLE DISEASE IS CARDIOVASCULAR LESIONS.

OUR JOINT UKRAINE-POLAND RESEARCH TO ACTIVELY DETECT DM TYPE 2 TOOK PLACE DURING THE EURO-2012, WHERE WE EXAMINED Hb1Ac IN DIFFERENT AGES OF THE POPULATION IN BOTH COUNTRIES. IN UKRAINE THE STUDY INVOLVED 1564 INDIVIDUALS WHO WERE TESTED ALTHOUGH THEY CONSIDERED THEMSELVES FREE OF DM. THEIR AGES VARIED FROM 18 TO 90 YEARS WITH THE FOLLOWING PERCENTAGE SCHEME: 20% – UP TO 45 YEARS (MALE-44%); 37% – 46-59 YEARS (MALE-40%); 31% – 60-74 YEARS (MALE-18%) AND 12% – OVER 75 YEARS (MALE-36%).

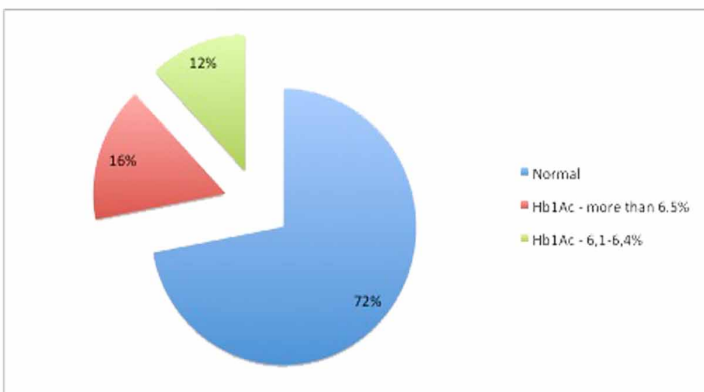
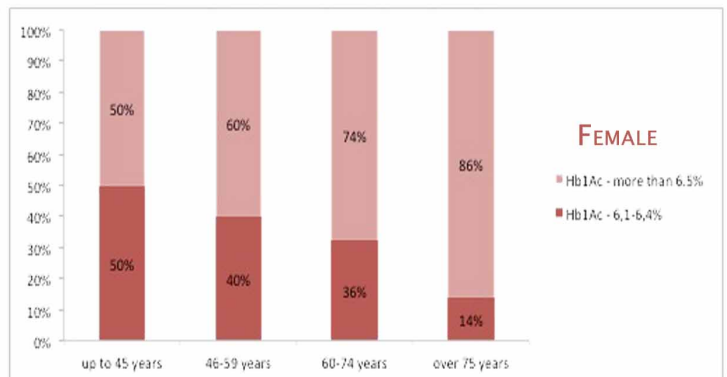
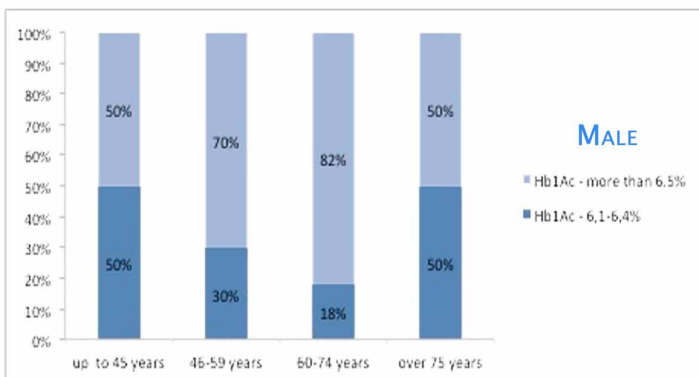
## MATERIAL'S RESEARCH

IN UKRAINE THE STUDY INVOLVED 1564 INDIVIDUALS WHO WERE TESTED ALTHOUGH THEY CONSIDERED THEMSELVES FREE OF DM



## RESULTS

### THE STUDY OF PEOPLE WITH EXCESSIVE Hb1Ac



WE WERE DIRECTED BY THE FOLLOWING CRITERIA:

Hb1Ac LEVEL UP TO 6% – NORMAL;

Hb1Ac LEVEL 6,1% TO 6,4% – BELONG TO THE PREDIABETIC GROUP,

Hb1Ac LEVEL MORE THAN 6.5% –

WERE CONSIDERED POTENTIAL PATIENTS WITH DM TYPE 2.

## CONCLUSIONS:

ACTIVE TREATMENT OF THESE PATIENTS WOULD HELP TO SERVE AS SECONDARY PREVENTION OF CARDIOVASCULAR LESIONS.

IN THIS STUDY THE Hb1Ac MORE THAN 6.5% WAS FOUND IN 16% OF TESTED PEOPLE. NUMBER OF PATIENTS WITH Hb1Ac MORE THAN 6.5% INCREASES WITH AGE AND IS HIGHEST IN MALES OF THE AGE GROUP 60-74 YEARS AND FEMALES OF THE AGE GROUP 75-90 YEARS. CONSIDERING THE FACT THAT NOT ALL INVITED PEOPLE AGREED TO BE TESTED, DRAWS ATTENTION THAT UKRAINIANS IS NOT VERY ENTHUSIASTIC TOWARDS NECESSARY RESEARCH TO ACTIVELY DETECT DM.

