

# Patients with type 2 diabetes mellitus have an elevated prevalence of cardiovascular disease

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## Objectives

To evaluate the prevalence of cardiovascular disease (CVD) and associated risk factors in patients with type 2 diabetes mellitus (T2DM) attended in a rural primary care setting.

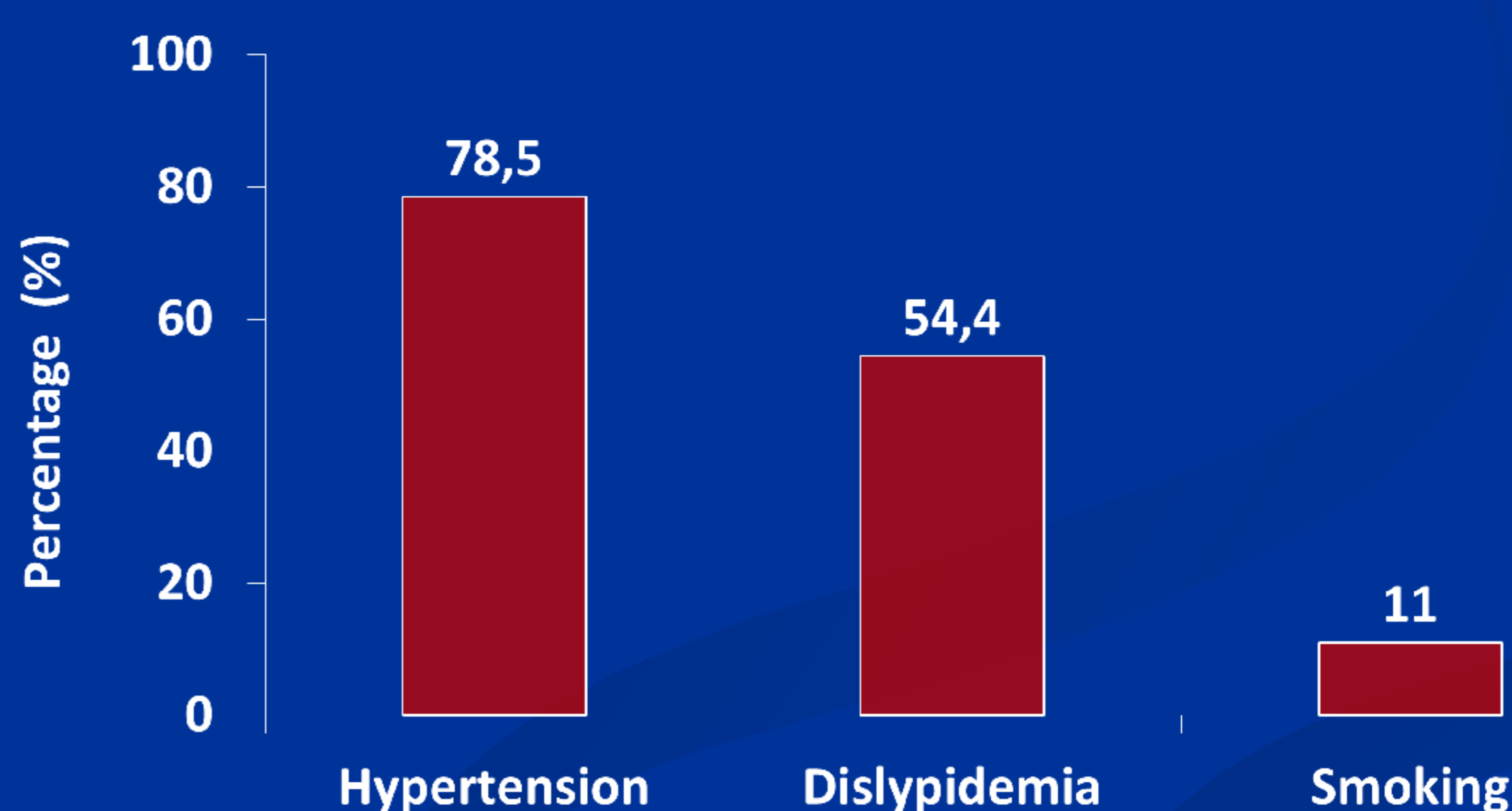
## Methods

- Cross-sectional study
- Inclusion criteria: T2DM patient followed in a primary care setting.
- Data about several cardiovascular risk factors was collected (age, sex, smoking, hypertension and dyslipidemia).
- Also, data about coronary heart disease (CHD) and cerebrovascular disease was gathered.

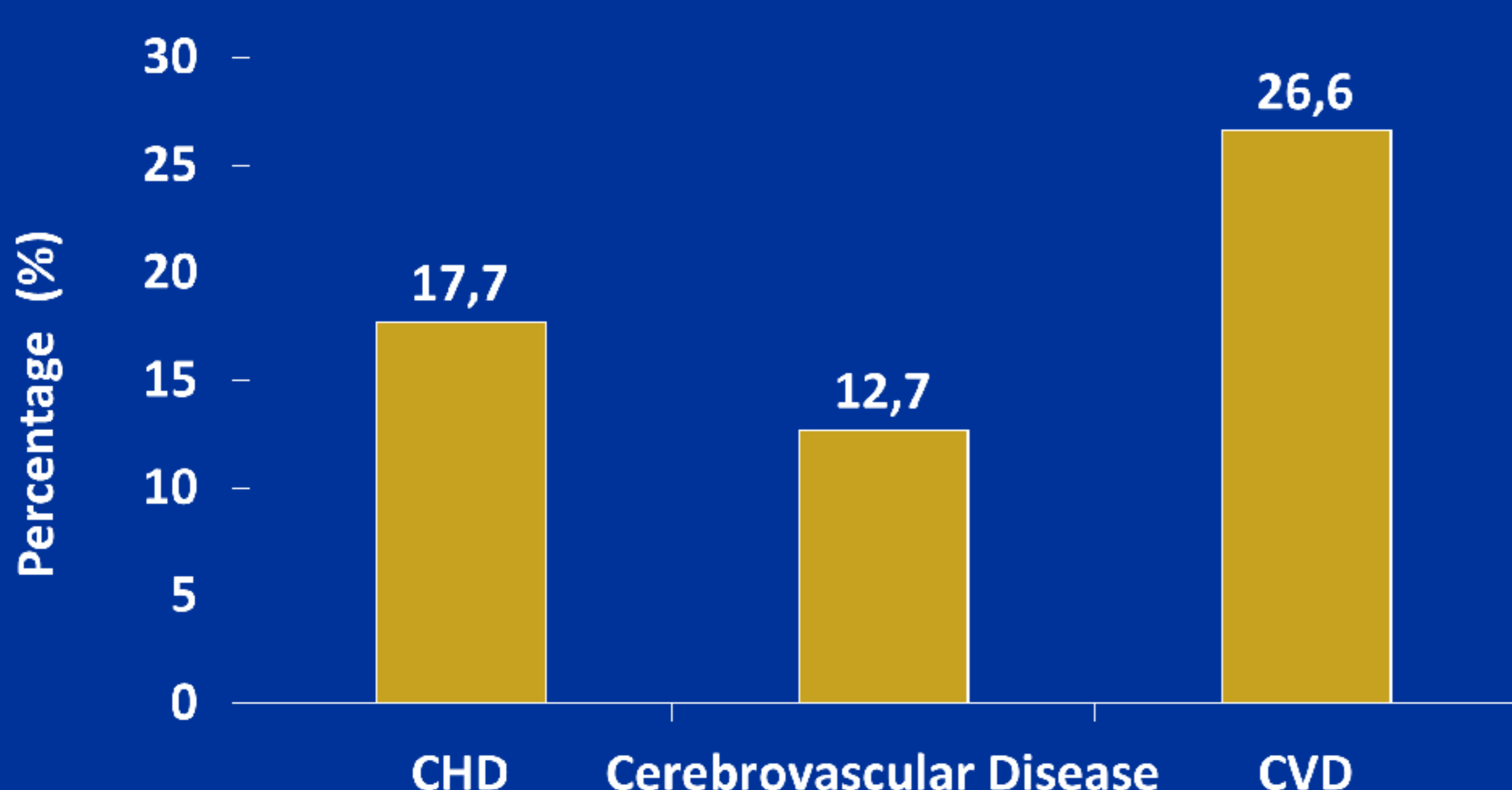
## Basal characteristics (n-79)

Age (years)	70.1 ± 11.8
Male (%)	63.3
BMI (kg/m <sup>2</sup> )	30.8 ± 11.8
T2DM duration (years)	5.9 ± 5
Hba1c (%)	6.8 ± 0.9
Triglycerides (mg/dl)	148.3 ± 81.1
Cholesterol (mg/dl)	180.5 ± 40.6
LDL-cholesterol (mg/dl)	101.3 ± 34.7
HDL-cholesterol (mg/dl)	49.8 ± 13.5

## Associated cardiovascular risk factors (%)



## Cardiovascular disease (%)



## Patients characteristics by cardiovascular disease (%)

	CVD - n-58	CVD + n-21	p
Age (years)	68.5 ± 12.4	74.2 ± 8.9	0.059
Male/Female (%)	72/75.9	28/24.1	ns
BMI (kg/m <sup>2</sup> )	30.9 ± 6.2	30.7 ± 4	ns
T2DM duration (years)	5.5 ± 4.9	7.1 ± 5.1	ns
Hba1c (%)	6.7 ± 0.9	7.1 ± 0.9	0.11
Triglycerides (mg/dl)	143.8 ± 69.2	161.0 ± 109.0	ns
Cholesterol (mg/dl)	184.1 ± 37.9	170.5 ± 46.7	ns
LDL-cholesterol (mg/dl)	100.4 ± 35	102.6 ± 34.7	ns
HDL-cholesterol (mg/dl)	51.5 ± 13.2	44.8 ± 13.4	0.064

## Conclusions

Most patients with T2DM attended in a rural setting have an elevated prevalence of cardiovascular risk factors and CVD is frequent, especially coronary heart disease.

