

## Features and outcome of stroke related to Type 2 Diabetes Mellitus(T2DM) in community hospital.

Juan Marti

Internal Medicine Department. Hospital Zumárraga. Zumárraga. Guipúzcoa. Spain.

### Introduction.

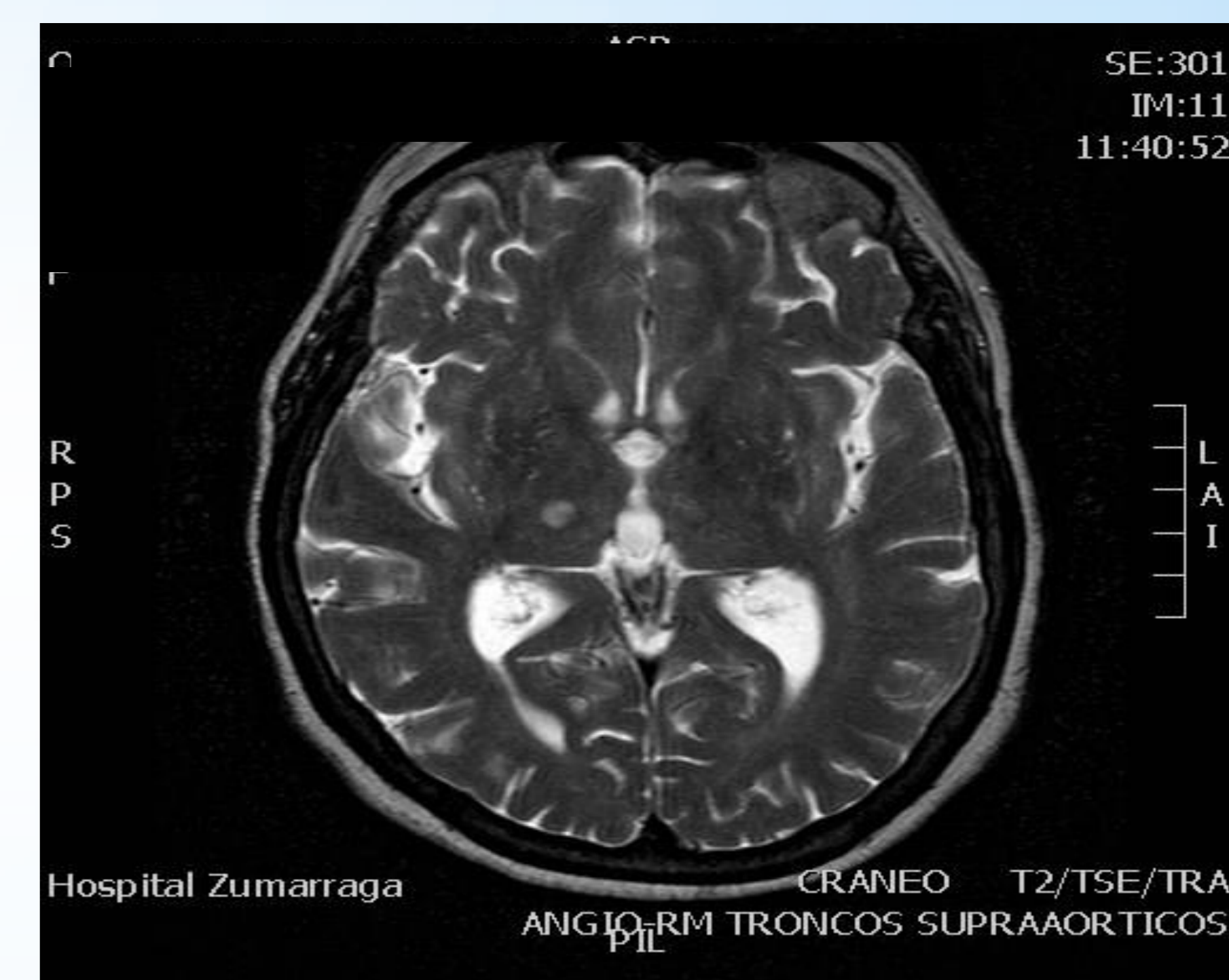
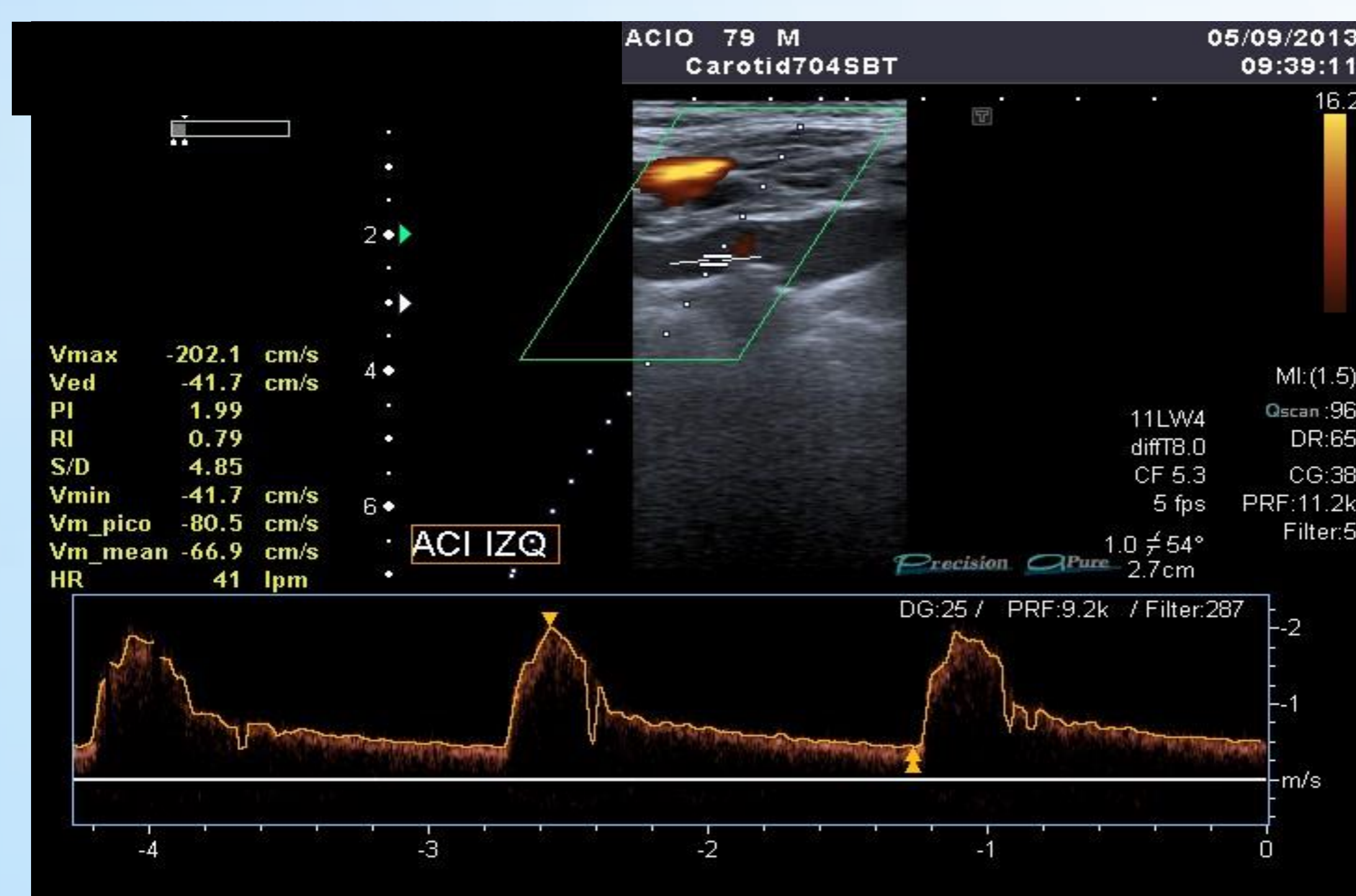
Population with DM are at substantially increased risk for stroke. Someone who's had diabetes less than five years has a 70 percent increased risk of ischemic stroke, for 5-10 years has an 80 percent increased risk compared to someone without diabetes. Duration longer than 10 years was linked to more than a threefold increase in the risk.

### Methods and patients.

We study all patients admitted at internal medicine department with diagnosis of stroke and T2 DM, during 3 years. We analyse, age, gender, comorbidities, laboratory test, radiology, treatment and outcome.

### Results.

Of 338 patients admitted for stroke 97 (28.69 %) had DM, 51 men and 46 women of  $78.17 \pm 9.5$  years-old. Duration of DM  $10.6 \pm 4.9$  years (range 2-40). The 47 % had a length of 10 years or more. Comorbidities, hypertension 82%, dislipemia 47 %, atrial fibrillation 26 %, previous strokes 23 %, IHD 19 %, chronic renal disease 19%, obesity 18 %, peripheral arteriopathy 16 %, cognitive impairment 14 %, smoker 13 %, retinopathy 12 %. Laboratory test. HbA1c  $7 \pm 1.2\%$  (5.3-10), cholesterol  $163.3 \pm 43.42$  mg/dl, HDL  $46 \pm 16.5$  mg/dl. LDL  $124 \pm 67$  mg/dl, TG  $124 \pm 67$  mg/dl. Radiology; CT/MRI disclose, ischemic lesion in 90 % (hemispheric, lacunar infarction and TIA), haemorrhage in 10% and in 82 % disclose chronic vascular lesions. Carotid US showed atheromatosis in 64 %. Treatment. Metformin 48%, insulin 28%, sulphonilureas 21%, other (DPP4, glinides, glitazones,) 17%, only diet 5 %. Monotherapy 67%, dual therapy 28%, triple therapy 5 %. Treatment for cardiovascular risk factors: IECAS/ARAB 41%, statins 39%, antiplatelet drugs 26%. Outcome. Discharge with sequels 29 %, a new stroke appeared in 7 patients during follow-up. In-hospital mortality 8 %.



### Conclusions.

Duration of DM up of 10 years in 47 %. Hypertension was main cardiovascular risk factor. Low mortality but high disability. Metformin was more used drug, monotherapy was main therapeutic regimen.