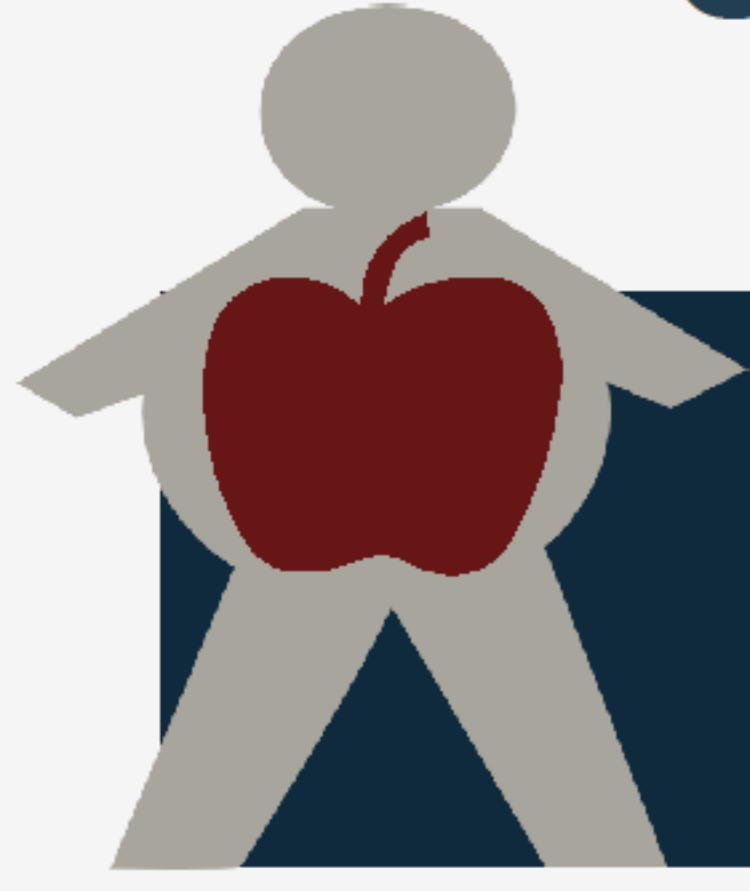


Metabolic Syndrome as independent risk factor of poor glycemic control in type 2 diabetic patients



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Type 2 diabetes mellitus is considered a disease of epidemic proportions. Sustained glycemic control and the control of its associated factors are important to prevent macro and microvascular complications.



OBJECTIVE

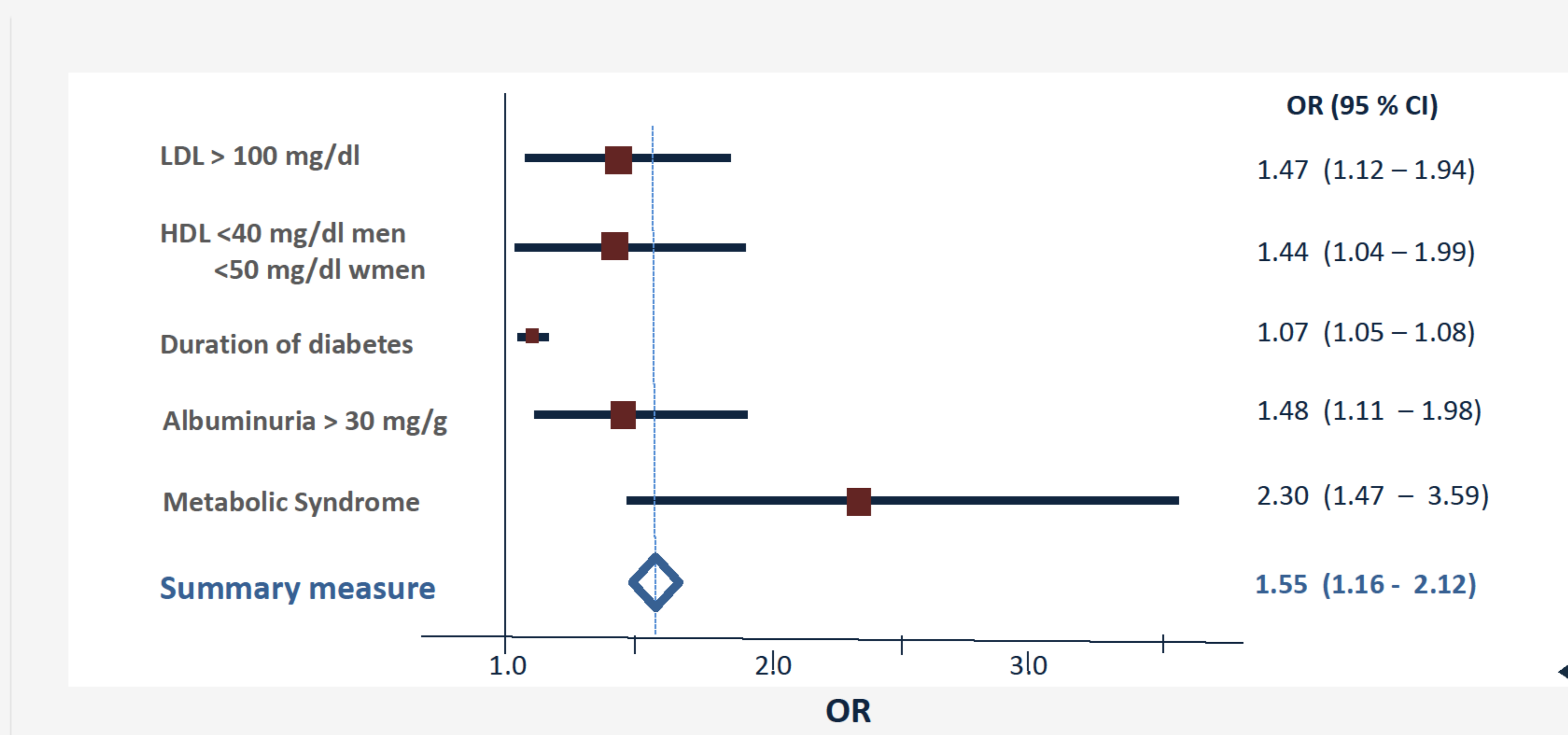
This study aims to determine the factors associated with poor glycemic control, defined as HbA1c greater than 7%, in type 2 diabetic patients, belonging to the cardiovascular risk program of the National Police Hospital in Colombia.

METHODS

This is a descriptive cross-sectional study. Univariate and multivariate analysis were performed on the factors associated with poor glycemic control in type 2 diabetes patients.

RESULTS

A sample of 3417 patients belonging to the cardiovascular risk program was selected, and 1058 patients with type 2 diabetes mellitus were included. Independent factors of poor glycemic control were found, including: an LDL cholesterol > 100mg/dl OR=1.47(95%CI 1.12 to 1.944,p = 0.006);HDL< 40 mg/dl in men and < 50 mg / dl in women OR=1.44(95%CI 1.043 to 1.99,p = 0.027); Duration of diabetes OR=1.066(95%CI 1.049 to 1.084,p = 0.001); Microalbuminuria > 30 mg/g creatinuria OR=1.484(95%CI 1.11 to 1.978,p = 0.007) and IDF criteria of metabolic syndrome OR=2.30 (95%CI 1.47 to 3.59, p = 0.001); adjusting for age, smoking, body mass index and triglycerides.



CONCLUSION

The Metabolic syndrome is an independent factor associated with poor glycemic control in type 2 diabetes mellitus. Intensification of therapeutic lifestyle changes has been applied to diabetic patients belonging to the Cardiovascular Risk Program, in order to control the associated risk factors and reduce the presence of Metabolic Syndrome.

References

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