



Importance of Determination of Albuminuria in Patients with Newly Diagnosed Type 2 Diabetes Mellitus

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Introduction.

Worldwide, patients with type 2 diabetes mellitus (T2DM) compose 90-95% of total number of diabetics. 10% of people aged under 60 years are affected with T2DM, also are 10-20% of people aged 60-69 years, and 15-20% over the age of 70 years. The risk of diabetes may reach 30-40% during lifetime due to other factors than age. T2DM is characterised by higher development of cardiovascular lesions, which even more worsens the condition of the patient and increases the burden on the health care system. And since albuminuria is considered as a risk factor for cardiovascular complications and mortality, its determination is very important in screening programs for diabetes even after adjustment of other risk factors.

The aim of the study.

To determine the level of albuminuria in patients with actively diagnosed T2DM.

Materials and methods.

The screening for albuminuria involved 200 people aged 45-65 years, 100 males and 100 females, who during the screening for T2DM, were found to have HbA1c level over 6.5%. Albuminuria was determined by quantitative and qualitative methods. Detection sensitivity test regarding protein is 10-15 mg/L. All patients also were measured, in sitting, state for blood pressure on the shoulder by a mercury manometer.

Results.

Albuminuria was found in 20% of males and 30% of females of the study. Subjects with BP up to 160/90 mmHg were found to have albuminuria in 32%, and with BP over 160/90 mmHg – 68%. Albuminuria was found in 13% of examined patients with HbA1c level 6.5-7.0%, and in 27% of patients with HbA1c level over 7.1%.

Albuminuria, in relation to gender, HbA1c and BP

Indicator	Albuminuria
Gender	
Males	20%
Females	30%
HbA1c, %	
6.5-7.0	13%
over 7.1	27%
BP, mm Hg	
up to 160/90	32%
over 160/90	68%

Conclusions.

1. Albuminuria was found in 20% of males and 30% of females with newly diagnosed T2DM.
2. The number of patients with albuminuria increased with HbA1c level over 7.1%.
3. Albuminuria was diagnosed among all patients with both T2DM and hypertension.

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