

## **Microvascular complications & association of CV risk factors at Diagnosis of T2DM**

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**Aim :** To evaluate newly diagnosed Type 2 Diabetic patients for Micro vascular & association of CV risk factors at Diagnosis.

**Methodology:** Retrospective analysis of patient's data taken from the outpatient registry of Diacon Hospital between June 2010 and March 2012. Subjects with or without a positive family history of Diabetes & who had never tested before were included in the analysis.

**Results :** Data of 407 subjects ( M Vs F : 64% Vs 36% ) diagnosed as Type 2 Diabetes based on the OGTT values using WHO criteria were analyzed. Over all, Neuropathy, Retinopathy & Nephropathy was present in 10.8%, 4.9% & 0.49% of the subjects respectively. Obesity, Dyslipidemia & Hypertension was present in 32.6%, 31.4% & 29.6% of the subjects respectively. All CV risk factors were higher in the Female subjects studied. IHD at diagnosis was present in 1.7% of the study population.

**Conclusion:** Our findings are similar to other studies from India (CURES & CINDI). Micro vascular complications are present at Diagnosis among Type 2 diabetics in India but are far less compared to the western data. However, the associations of CV risk factors like HTN, Dyslipidemia & Obesity are very high among our patients. This finding necessitates all pts to be screened for complications of Diabetes & C V risk factors at Diagnosis.