

Age and gender characteristics of the cerebrovascular diseases among patients with type 2 diabetes mellitus

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Background. Type 2 diabetes mellitus (2DM) is a major risk factor for cerebrovascular diseases (CVD). Aim. To study clinical and epidemiological features of CVD prevalence in patients with 2DM. Material and methods. 810 patients (31.2% men, 68.8% women) aged 30 to 69 (with the mean age 53.9 ± 0.4 year) were involved to the research. They answered the questions in the "ARIC" international questionnaire, which was prepared by experts of World Health Organization for using in clinical and epidemiological studies. All patients were examined by a neurologist. A carotid dopplerography was implemented and the level of glucated haemoglobin (HbA1c) was identified by express method for all the patients. Results. The questionnaires analysis showed that 12.8% parents of the patients with type 2DM had cerebral stroke under the age of 55 (females – 7.3%, males – 5.5%, $p < 0.05$). Carotid artery stenosis degree was about 40% in 30.1% of patients (males – 2.7%, females – 27.4%, $p < 0.01$), about 50-59% in 57.5% of patients (males – 16.4%, females – 41.1%, $p < 0.05$) and more than 60% in 12.3% of patients (males – 2.7%, females – 9.6%, $p < 0.05$). Carotid intima-media coefficient (IMC) was 1.2 ± 0.5 mm (95% CI 0.4-3.2) on the right side and 1.4 ± 0.6 mm (95% CI 0.6-3.5) ($p < 0.05$) on the left side. The average level of HbA1c was $8.5 \pm 0.3\%$ (men $8.2 \pm 0.3\%$, women $8.8 \pm 0.4\%$) ($p < 0.05$). Inadequate glycemic control was considered as the reason of IMC increase ($p < 0.05$). Conclusion: Frequency of CVD prevalence in 2DM was significantly higher among women than men and it can be explained with non adequate glycemic control.