

High prevalence of diabetes dyslipidaemia among young adult onset diabetes subjects in Sri Lanka.

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Abstract :

Objectives: South Asians are at increased risk of diabetes and cardiovascular disease (CVD). We aimed to identify the prevalence and patterns of dyslipidaemias among subjects with young adult diabetes in Sri Lanka.

Methodology: Data from 1007 consecutive Subjects (age of onset 16-40 years) attending government and private clinics in Sri Lanka were available. Blood for glucose, total cholesterol (TC), high density lipoprotein cholesterol (HDL), triglycerides (TG), HBA1C was obtained after a 12-14 hour fast. The cut offs for diabetes dyslipidaemias were based on ADA guidelines.

Results: Mean age of the population was 36.6 years (SD 5.8) and mean diabetes duration was 4.8 years (SD 4.1). Mean HBA1C was 8 %. High LDLC (>2.6 mmol/l), high TG (>1.7 mmol) and low HDL (M <1.03 /F <1.29 mmol/l) were seen among 74.8% (M 75.5 and F 74.2; $p=0.35$), 36.7% (M 42.6% vs F 32.5%; $p=0.001$) and 66.9% (M 49.4, F 79.7; $p<0.001$) respectively. Any form of dyslipidaemia was seen among 94.2% (M 91.8%, F 96%; $p=0.003$). HDL showed a negative correlation ($r=-0.162$; $p=0.01$) and TG a positive correlation ($r=0.144$; $p=0.01$) with BMI. The mean LDLC among the 208 (20.5%) subjects on statins were lower than others; 127.8 (SD 36.8) vs. 144.4 (SD 37.6); $p=0.001$. Mean HDL was and TG were highest in the most physically active group ($p=ns$) and least physically active groups ($p=0.04$) respectively. In the multiple logistic regression model Low HDL and high TG were independently associated with waist circumference ($p<0.001$) compared to BMI.

Conclusions: There was a high prevalence of diabetes dyslipidaemia among this cohort of young adult diabetic subjects.