

**CRITICAL ANALYSIS OF METABOLIC STATUS IN  
UNDER AND OVERWEIGHT DIBETIGS (NIDDM)**

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Biochemical profile of 37 underweight/lean (BMIZ-19) and 33 overweight obese (BMI >25) NIDDM patients are analysed prospectively before and after 3, 6 and 12 months of treatment. At entry the mean FBG, PGFBG and HbA1C were significantly higher ( $p < 0.01$ ) in the lean than obese patients. The mean total cholesterol (TC) and triglycerides (Tg) were higher in the obese whereas the HDLc was similar to the lean. Serum insulin (IRI) at fasting, 1, 2 & 3 hours postglucose timing were significantly lower in the lean diabetics. After appropriate treatment and achieving good glycemic control i.e. HbA1c  $7.38 \pm 2.13\%$  in lean and  $7.36 \pm 2.07\%$  in obese, the TC and HDLc improved but not Tg, more so in the obese. On computerising the data it was found that while there is positive correlation between FBG, PG/PPBG, HbA1C TC and HDLc showed a negative correlation at entry and after 3 months. This suggests that lean NIDDM, who comprise nearly 25% of diabetics here, have higher HDLc levels despite severe hyperglycemia and low serum IRI as compared to obese patients.