

MACROANGIOPATHIC COMPLICATIONS IN NIDDM

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During 12 months period sixty five NIDDM had large vessel disease out of total 1935 patients who attended diabetic clinic. Clinical examination, ECG, blood sugar both fasting and 2 hr. postmeal, blood urea and complete urine examination were done. In selected cases as per indication brain scan, echocardiography and peripheral arteriography were also done. Diagnosis of diabetes was made according to criteria laid by National Diabetic Data Group (1979). Control status of diabetes was noted as per Joslin's criteria. It was found that 30 cases (46.14%) were having CAD, 13 (20%) were having CVD and 12 (18.46%) had peripheral vascular disease and 10 cases (15.4%) had combined macroangiopathic complications of more in 50 years age group. Longer the duration (on average 10 years) had more complications specially CAD. Poorly controlled diabetes had greater risk factors smoking and hypertension were two principal factors involved mainly in CAD and less so in CVD and PVD, whereas hypercholesterolemia, obesity were not related to macroangiopathic complications in our study. Out of 65 cases macroangiopathic complications 38 cases (58.44%) had associated microangiopathic complications in the form of diabetic nephropathy.