

**PATTERN OF DYSLIPIDEMIA IN EGYPTIAN
TYPE 2 DM**

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Conclusion

This study was conducted on 500 individuals, 400 patients with type 2 diabetes mellitus and 100 healthy age and sex matched as a control group, the age ranged from 30-65 years, and it was conducted to assess the effect of diabetes on different lipid parameters (pattern of dyslipidemia) and its relation to different demographic and epidemiological factors.

This study concluded that serum levels of total cholesterol and LDL-C are elevated, HDL levels are lowered in Egyptian diabetics compared to non diabetics, and concluded that there was association between increased BMI and the prevalence of diabetes, also concluded that there was positive relation between HbA1C and lipid profile (TC, TG, LDL) among diabetics. Also the results revealed that there was no relation between disease duration, lipid profile in Egyptian type 2 DM.

By comparing diabetic patients on insulin and those on oral hypoglycemic drugs as regards the lipid parameters, we found that insulin treated type 2 diabetics had significantly better lipid profiles compared with those patients on oral hypoglycemic agents.

This study showed that serum HDL-C level was found to be significantly low in female diabetics otherwise there was no significant difference in lipid profile pattern was found in between male and female diabetic patients.

This study showed that there was independent association between diabetes and urbanization with atherogenic dyslipidemia.

This study showed that there was statistically significance difference with p-value <0.05 between newly diagnosed cases and controls as regards lipid profile (total cholesterol, LDL, and HDL) level with high mean of total cholesterol, LDL, low mean of HDL among newly diagnosed cases.

Recommendations

The study recommends that measurement of serum lipid profile should be included in the management plan of diabetics, and regular test of glycosylated hemoglobin (HbA1c) for each diabetic patient should be done every 3-6 months.

The study also recommends establishment of regional and national training courses for diabetic educators and creation of new evidence based management plan for diabetics in Egypt for better health care, establishment of screening programs for early diagnosis of diabetes and diabetic dyslipidemia, and conduction of further studies on larger scale to assess the pattern of dyslipidemia in Egyptian diabetics.

The study recommends that diabetic patients living in urban areas require more physical exercise, diet and lifestyle management in addition to therapeutic intervention to correct abnormal values of atherogenic lipid risk factors, obese people should be encouraged to lose weight with regular assessment of their lipid parameters.