ABSTRACT

RISK FACTORS OF CORONARY HEART DISEASE IN PATIENTS WITH TYPE 2 DIABETES MELLITUS

Fakultas Kedokteran Universitas Airlangga

Introduction: Diabetes mellitus is a metabolic syndrome that becomes a concern almost all countries in the world, particularly developing countries. Changes in lifestyle and genetic factors are causing the incidence of this disease continues to increase every year. Nowadays type 2 diabetes mellitus (T2DM) caused by insulin resistance is the most common kind. One of its complications known as a major cause of morbidity and mortality in patients with diabetes is coronary heart disease (CHD). Insulin resistance can lead to atherosclerosis process that is the basis of coronary heart disease. The purpose of this study is to describe the risk factors for coronary heart disease in patients with type 2 diabetes mellitus in Dr. Soetomo Hospital, Surabaya.

Methods: A cross sectional study of diabetes mellitus patients with coronary heart disease was conducted in Dr. Soetomo Hospital from 1 January 2014 to 31 December 2014. Data were taken from medical records in Department of Internal Medicine. Incomplete medical records were not included in this study. Risk factors analyzed were age, sex, history of hypertension and dyslipidemia. Results of this study were presented in a frequency distribution table.

Results: Based on the data of 70 samples, risk factors of CHD in T2DM patients are found as follows: 44 (62.9%) samples are male, 56 (80%) high risk group aged, 48 (68.6%) with dyslipidemia, and 50 (71.4%) with hypertension.

Conclusion: High-risk age, male sex, hypertension, and dyslipidemia are more commonly found in T2DM patients with CHD.

Key words: Type 2 diabetes mellitus, coronary heart disease, risk factors