

Correlation of glycemic control and arterial stiffness in patients with type 2 diabetes mellitus

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The PWV has been identified as an independent predictor for cardiovascular related mortality. The uncontrolled T2DM induced hyperglycemic condition and caused depletion of endothelial nitric oxide (NO) which further leading to endothelial dysfunction. In this study we showed that poor glycemic control in patients with T2DM is associated with abnormal arterial stiffness.

Methods: This is a cross sectional study. We recruited 50 patients with T2DM from out patient clinic. We excluded patient undergo Dialysis treatment, haemoglobin level <10 gr/dL, and all of the sample were performed baseline data including the blood pressure, HbA1c levels and all patient were measured the arterial stiffness using ba-PWV. We evaluate the relationship of HbA1c levels and the result of ba-PWV test.

Results: The mean of age was $58,98 \pm 12,28$ years, and the mean of HbA1c level: $7,69 \pm 0,98\%$. The mean of PWV: $16,41 \pm 2,43$ m/second. Test results showed the correlation between HbA1c level and PWV and shows strong and significant result ($r = 0,403$; $P < 0,05$).

Conclusion: There was a significant correlation between Glycaemic control and arterial stiffnes in T2DM.

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