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The Prevalence of Dyslipidemia in South Indian Type 2 Diabetes Mellitus Patients: A Cross-Sectional Study

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In South India, there's limited research on dyslipidemia in Type 2 diabetes mellitus (T2DM) patients, despite the global burden of T2DM. This study aims to investigate the prevalence of elevated lipid profiles in Type 2 diabetic patients from Coimbatore, South India. The scope of dyslipidemia in this population and its potential implications for cardiovascular health can be better understood by assessing the lipid profiles of these patients.

Methods

To address this knowledge gap, a comprehensive cross-sectional study was conducted, collecting essential patient information, including the following: age, sex, diagnosis, disease duration, fasting blood sugar levels (BSL), post-breakfast BSL, hemoglobin A1c (HbA1c) levels, LDL cholesterol (low density lipoprotein cholesterol), triglyceride levels, and any relevant notes or observations. Conducting a cross-sectional study in Tamil Nadu with 100 T2DM patients, we found a high prevalence of dyslipidemia.

Results

Elevated lipid levels indicate the prevalence of dyslipidemia among the T2DM patients in Coimbatore. This emphasizes the need for effective management to reduce cardiovascular risks in T2DM.

Conclusion

Our findings call for a comprehensive approach, including vigilant lipid profile monitoring alongside glycemic control, to improve patient outcomes. Addressing dyslipidemia alongside glycemic control can substantially reduce the burden of cardiovascular complications, ultimately leading to improved patient outcomes. This study contributes crucial data for region-specific guidelines and interventions in South India.