

Global Experts Meeting on INFECTIOUS DISEASES, DIABETES AND ENDOCRINOLOGY February 27-28, 2019 Tokyo, Japan

Metabolic risk profile of pre-diabetes in an urban medical center in Cambodia

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Introduction: Pre-diabetes is associated with insulin resistance and increased risk of cardiovascular disease. Pre-diabetes may precede Type 2 Diabetes Mellitus (T2DM) by many years, allowing for potential intervention. The prevalence of diabetes is increasing around the world, especially in developing countries. Characteristic of patients with pre-diabetes in Cambodia have not previously been reported.

Aim: To determine the clinical characteristics of patients with pre-diabetes who presented for health care at the Community Medical Center (CMC) in Phnom Penh, Cambodia and to determine if any sex differences exist.

Method: A retrospective study of 207 patients found to have pre-diabetes (HbA1C from 5.7% to 6.49%), who had a complete biophysical profile (age, gender, BMI, abdominal girth, blood pressure and lipid profile) between July 2015 and July 2018.

Result: Physical: Among 207 patients, women represented 72%. Men and women had similar mean of age around 60. Both genders had similar high rates of overweight and hypertension. Women had significantly greater rates of elevated gender corrected abdominal girth (p-value <0.001). Labs: Both women and men had high rates (approximately 80%) of elevated lipid values (total cholesterol, LDL and triglycerides). Women had significantly higher total cholesterol levels than men (p=.04). HDL levels were not measured. Men and women had similar A1C levels (mean around 6.2).

Conclusion: This is the first study to characterize pre-diabetes in Cambodia. Patients with pre-diabetes have high risk lipid profiles and hypertension. Women have more central adiposity than men, which may adversely impact progression to diabetes. Patient with pre-diabetes in Cambodia may benefit from aggressive management of metabolic risk factors.

Biography

Sovann Peng has pursued his Diploma of Doctor of Medicine from International University, Phnom Penh, Cambodia. He has been working as Diabetes Program Coordinator and Junior Physician at Community Medical Center, Phnom Penh, Cambodia.

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