



## **PATTERN OF DYSLIPIDEMIA IN PRE-DIABETES AND DIABETES-A PILOT STUDY**

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### **ABSTRACT**

*Lipids play a critical role in pathogenesis of macrovascular complications of diabetes. Pre-diabetes also been shown to be associated with increased risk of atherosclerosis. This study was planned to compare lipid profiles of pre-diabetes and diabetes. Total 60 cases were taken (30 Pre-diabetic and 30 Diabetic). Diabetics and pre-diabetics who met the criteria(for pre-diabetes FBS>100 to 125mg/dl and PPBS>140 to 199mg/dl,HbA1c 5.7 to 6.5%, for diabetes, FBS>125mg/dl and PPBS>200mg/dl,HbA1c>6.5%).*

*The fasting total cholesterol and triglyceride level of two groups were compared. The mean value of total cholesterol were –Prediabetics-170.57± 26.18mg/dl and diabetics 171.23± 33.79mg/dl , which was statistically not significant(p=0.746).The fasting value of triglyceride in pre-diabetics was 131.1± 29.36mg/dl and in diabetics 164.950± 73 mg/dl which is statistically significant(p<0.01).Thus we concluded that as pre-diabetes progress to diabetes ,the fasting triglyceride level rises significantly whereas total cholesterol is not much affected. This rise in triglyceride levels can be explained on the basis of increase in insulin resistance as the pre-diabetic progress to diabetic state. We suggest that the lifestyle modification, dietary restriction and treatment of dyslipidemia should be encouraged early in pre-diabetic state.*

**Keywords: Diabetes, Pre-diabetes, Diabetic dyslipidemia, Total cholesterol, Triglyceride.**