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Evaluation of lipids level and its relation to HbA1C in diabetic children

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Abstract:

Background: Type 1 diabetes is the most common endocrine disorder of childhood. This disease is followed by a variety of bio-psycho-social consequences of which cardiovascular diseases are considered to be the most significant cause of mortality among them. This is due to atherosclerosis, and dyslipidemia plays an important role as a risk factor. The aim of the present study was to evaluate the need for early screening of patients for dyslipidemia. Methods: In a descriptive and cross-sectional study we assessed a sample of 51 randomly selected patients, with a mean age of 13.47±(2.6) years, ranged from 5 to 19 years, referred to Khorasan Center of Diabetes Research. We determined lipoproteins with biochemical methods and Hemoglobin A1C (HbA1C) with chromatography as well. Finally, the data was analyzed by SPSS. Results: The mean levels ± ISD of triglycerides (TG), total cholesterol (TC), low density lipoproteins (LDL), high density lipoproteins (HDL), and HbA1C were 97±55.4, 180.8 ±44.1, 113.3±32.6, 48.4±10 mg /dl and 8.1%±1.8 respectively. In poorly controlled patients (HbA1C>9), the mean level of TG, TC, LDL, HDL was 123.6±5.80, 199.40±61.78, 129.20±44.66 and 50.93±9.61, and in the second group (HbA1C≤9) was 85.94±40.64, 173.03±32.66, 106.64±23.71 and 47.28±11.23 mg/dl respectively. Conclusion: Mean lipid value of our patients in comparison with those assumed as treatment goals confirmed that only TC and LDL were higher. Poorly controlled group compared with the rest of patients had significantly higher TG, TC and LDL levels, in the case of HDL, the difference was not significant.

Keywords:

IDDM , Hemoglobin A1C , Low density lipoprotein , High density lipoprotein , Tryglyceride , Cholestrol

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