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Subnormal levels of urine albumin-creatinine ratio and glomerular filtration rate as risk factors of cardiovascular disease in patients with type 2 diabetes

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Microalbuminuria is early symptom of diabetes nephropathy and endothelial dysfunction, that leads to angiopathy and cardiovascular disease (CVD). The aim of study - to determine the impact of subnormal levels of UACR and eGFR and other risk factors on the thickness of carotid intima-media (TCIM) and the cardiovascular system in patients with type 2 diabetes.

Materials and Methods: The 61 patients with type 2 diabetes and 40 patients without diabetes and diagnosed CVD participated in the study. The annual recommended monitoring of indicators, echocardiography, and carotid ultrasonography were conducted to the patients. Statistical analysis - Excel, SPSS.

The results showed correlation of subnormal levels UACR and eGFR with ejection fraction and TCIM in diabetes patients, which were significantly higher than indexes in patients without diabetes; it confirms their impact on the development of CVD regardless of the level of glycaemia. The both groups of patients had other risk factors such as high BMI, dislipidemia, high normal levels of CRP, uric acid, which also have a correlation with TCIM. The presence of atherosclerotic plaques with a slight TCIM confirmed the high importance of influence of estimated factors at the development and progression of CVD and angiopathy.

Conclusion: The importance of subnormal levels of UACR, eGFR in the development of CVD was proved, based on their correlation with ejection fraction, TCIM and the formation of atherosclerotic plaques. Subnormal levels of CRP, uric acid lead to cardio-vascular changes. The beginning active prevention measures at normal high levels of these indicators are needed in primary care.