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An epidemiologic study in diabetic patients with cardiovascular events

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Introduction: Knowing the prevalence of cardiovascular events in our diabetic population is essential for the multidisciplinary approach of diabetes.

Objective: To describe the prevalence of cardiovascular events in diabetics in our area.

Methods: A retrospective observational study in diabetic patients with cardiovascular events was performed in 2015 in Distrito Sanitario Costa del Sol (Málaga, Spain).

Results: The sample was composed of 275 patients, 27.3% were women and 72.7% were men, and the average age was 68.5 years. In our cohort 76% had a Hb1Ac value higher than 7% with a total average value of 6.9%. In this study we prove that 43.3% showed coronary lesions in coronary angiography. In relation to acute coronary syndrome we found 8.4% of patients with ST elevation and 26.9% with non-ST segment elevation event. It is observed that 5.5% had chest pain effortless and 2.2% had it in relation with physical effort. In our sample we found 8.7% of the patients with peripheral vascular disease and we see that 8.4% suffered a transitory ischemic accident or cerebrovascular accident.

Conclusions: Among patients in our cohort, we found a majority of men, so we conclude that it is required a closer follow-up and monitoring of our male diabetic patients to avoid those cardiovascular events that are more common in this group. The most common cardiovascular event in our cohort is the coronary lesion found in coronary angiography. We find a majority of non-ST segment elevation events in patients that suffered an acute coronary syndrome. A bad Hb1Ac control develops a high risk of important cardiovascular events that compromise the patient life and has a big impact on quality of life, so it's very important our proper management of diabetes in Primary Care.