

PS2.261

LDL levels and statin treatment in diabetic patients at one healthcare center

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Introduction and Objectives: in 2013, the estimated prevalence of Diabetes in Portugal was 13% (more than one million people affected by the disease). LDL level is a well known and important cardiovascular risk factor in patients with diabetes. The target LDL levels in patients with diabetes vary in literature from less than 100mg per dL to less than 70mg per dL. The aim of this study was to characterize the quality of treatment of dyslipidemia in patient with diabetes to reach the target LDL levels of less than 100 mg per dL.

Methods: Data collected from 424 patients with diabetes in a healthcare center. Descriptive analyze concerning age, sex, LDL levels and prescribed statin (grouped by intensity) was made. “Good prescription” was considered when the prescribed statin was powerful enough to reach the target LDL level.

Results: 52% of patients were male and mean age was 63 years old. Mean LDL level was 102,3 mg per dL however only 52% of the patients had LDL levels less than the target. “Good prescription” percentage was only 52%. A high percentage of patients without statin treatment was obtained (34% of patients).

Conclusion: We conclude that it's highly necessary to alert family doctors to pay more attention to LDL levels of their diabetic patients in order to reduce their cardiovascular risk