PREVALENCE OF NON-ALCOHOLIC FATTY LIVER DISEASE AND CARDIOVASCULAR DISEASES IN TYPE 2 DIABETICS

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Objective: To evaluate prevalence of non-alcoholic fatty liver disease (NAFLD) in type 2 diabetics, to determine share of cardiovascular diseases in patients with the mentioned pathology according to clinical evidence. Materials and methods: Retrospective analysis of clinical records of the patients with diagnosed type 2 diabetes mellitus (DM) who were treated in clinics in 2012 has been done. Case histories, anthropometric parameters, blood pressure levels, blood lipids spectrum, liver ultrasound research were analyzed and studied. Results: Total number of 1252 patients with type 2 DM were treated in 2012, among them there were 444 individuals with NAFLD. The share of females was 59.5 % and males 40.5 % among the type 2 diabetics suffered from NAFLD. Mean duration of DM was 7.8±0.5 year. Severe form of type 2 DM was revealed in 41.3 % patients, the rest of the patients developed mild DM. Cardiovascular diseases were revealed in the majority of the patients with type 2 DM combined with NAFLD, among them hypertension was observed in 81.3 % of patients, ischemic heart disease in 77.3 %. There were evidences of cardiovascular disasters in 67 histories: myocardial infarction in 43 patients and acute disorder of cerebral circulation in 25 (6.9 % and 4 %, correspondingly). Conclusion: The obtained results demonstrate necessity to research more thoroughly the patients with type 2 DM and NAFLD to reveal early and correct risk factors of cardiovascular diseases.