

ABSTRACT

LIPOPROTEIN PROFILES OF DIABETIC PATIENTS IN TRINIDAD AND TOBAGO - THE RELATIONSHIP TO THE DEVELOPMENT OF ISCHAEMIC HEART DISEASE.

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The purpose of this study was to investigate the association between the lipoprotein profiles of diabetic patients in Trinidad and Tobago and the development of ischaemic heart disease.

Approximately seven hundred (700) diabetic patients were seen at specially arranged research clinics, convened in close conjunction with the diabetic outpatient clinics, held at the Sangre-Grande and Port-of Spain General Hospitals. Fasting blood samples were taken, on which measurements of serum triglycerides and lipoprotein cholesterol were done. Determinations of fasting blood sugar were also performed. In addition, the age, race, sex, blood-pressure, electrocardiograph, diet and medication of the patients were examined.

From this survey, it is evident that diabetes is more common in women than in men, particularly in those who have borne children, and the incidence rises markedly after menopause. The impact of the diabetic state on lipoprotein homeostasis imposes a greater predilection to ischaemic heart disease, especially amongst members of the East Indian community. The elevation of low density lipoprotein cholesterol levels seems to be the most potent risk factor of the lipoprotein profile, predisposing patients to a coronary event.

The data obtained in this study on the relationship of serum lipids to diabetic control lend credence to the hypothesis that poor control of blood glucose is conducive to accelerated atherosclerosis.