

Pattern of ECG abnormality in Type 2 diabetic patients in Shendi locality- Sudan

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ABSTRACT

Background: In type 2 diabetes mellitus ECG abnormalities are almost the rule. This study was conducted to know the impact of ECG abnormality on lipid profile in type 2 diabetic patients.

Material & Methods: This cross-sectional study was conducted at Shendi locality. The patients underwent a clinical assessment, which included history (a questionnaire) and clinical examination. 100 Diabetic Patients were categorized in this group. The age limits between 40 to 60 years.

Results:

There was (23%) are abnormal (ECG), in diabetic patients; (17%) with ischaemic changes and (4%) with old myocardial infarction (2%) other changes. The total cholesterol level was higher among diabetic patients group compared to control group (5.5 \pm 1.2)

Conclusion: *Increasing lipid profile abnormality of diabetes is associated with higher incidence of ECG abnormality.*

Key words: Type 2 Diabetes Mellitus, ECG abnormality, Lipid profile.

ISSN: 2456-298X



INTRODUCTION

Diabetes mellitus (DM) is the most common endocrine disorder and a major cause of mortality and morbidity worldwide. It is estimated that about forty million people worldwide are suffering from this disease. DM has strong association with dyslipidemias in relation to glycemic control and duration of the disease (1,2). Dyslipidemias make diabetic patients 2-4 times more susceptible to coronary artery disease (CAD) which is the major cause of increased mortality and morbidity in these patients (3). Among dyslipidemias diabetics various in the most is common hypertriglyceridemia followed by decrease levels of serum HDLcholesterol, raised serum LDL-cholesterol and lastly increased serum cholesterol levels (4). Impaired action of insulin in diabetic patients increases the rate of intracellular hydrolysis of triglyceride (TG) with the release of non-esterified fatty acids (NEFA) which act as substrate for liver. Impaired insulin action and relative insulin deficiency causes complex alterations in plasma lipids resulting in raised plasma very low density lipoprotein (VLDL) levels and decreased serum HDL-cholesterol level both causing increased rate of atherosclerosis and hence contributing to CAD (5). Early diagnosis, good glycemic control and dietary modifications are primary prevention to avoid hypertriglyceridemia in diabetic patients. Exercise not only reduces the serum lipid levels but also potentiates the effects of diet and drug therapy of glucose metabolism in diabetic patients (6). Nowadays, in Sudan and elsewhere in Africa, diabetes is no longer a "rare" or "Western" disease and deserves some of the attention and resources that are nowdiverted to communicable diseases. The causal

ISSN: 2456-298X



association between atherosclerosis and dyslipidaemia is well established. In diabetes the associated hyperglycaemia, obesity and insulin changes highly accelerate the progression to atherosclerosis (7) Atherosclerosis accounts for up to 80% of deaths in diabetic patients due to coronary heart disease (CHD) and cerbrovascular or peripheral vascular disease (7,8), this study was undertaken to determine the ECG abnormality in diabetic patients so as to prime the treating clinicians of this important risk factor and to formulate treatment guidelines for the prevention of CAD in diabetic patients.

MATERIALS AND METHODS

This study was conducted at Shendi locality to measure the ECG abnormality among diabetic type 2 patients. The study included (100) patients. Their ages range from (40-60 years). Blood samples were obtained after an overnight fast. Five ml of venous blood were taken from antecubital vein by plastic disposable syringes. Blood samples were collected from all volunteers after (8) hours fasting (time specified). The blood was then transferred into a plane glass tubes. After one hour at room temperature (after clot retraction) centrifugation of the blood was done at a relative centrifugal force of 1000 g for 5 minutes. Afterward, sera were removed by disposable pasture pipettes and transferred into glass containers. Sera were stored at (-20°C) to be analyzed in patches. Serum total cholesterol (TC), high density lipoprotein-cholesterol (HDL-C), low density lipoprotein-cholesterol (LDL-C), triglyceride (TG) and plasma fasting glucose were measured. Height, weight, blood pressure and electrocardiogram (ECG) were done for all participants in this study.



ISSN: 2456-298X

Clinical data were collected through a questionnaire the (SPSS) version (11.5) program was used for data analysis. All the data were presented as the mean \pm SD.

Inclusion criteria:

Diabetic type 2, peoples of age between 40 -60 years of either sex.

Exclusion Criteria:

No smokers, non-hypertensive.

RESULTS

Our study included 100 patients the mean age (49.5 ± 10.3) years (range 39–60 years). The mean duration of diabetes among our patients was 6.3 years (range 1.6 - 11 years). There was (23%) are abnormal (ECG), in diabetic patients; (17%) with ischaemic changes and (4%) with old myocardial infarction (2%) other changes. The total cholesterol level was higher among diabetic patients group compared to control group.

Table (1): Age, duration of diabetes and anthropometric characteristic of study population

anthropometric	Diabetic patients		
Age (year)	49.5 ± 10.3		
Duration (year)	6.3 ± 4.7		
Weight (k)	71.1 ± 13.7		
Height (m)	1.61 ± 0.08		

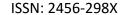




Table (2): Distribution of patients according to (ECG) normal and abnormal

Groups	Norma I	Ische mic chang es	Old myoca rdial infarcti on	Total	
	Freque	Freque	Freque	N (%)	
	ncy	ncy	ncy		
	(%)	(%)	(%)		
Diabetic patients	77	17	6	100	

Table (3): Correlation parameters of patients compared with control group

		Group1		
	Parameter	Mean ± SD	P value	
Pair 1	Total cholesterol	5.5 ± 1.2	.000*	
	Total cholesterol (Control)	4.7 ± 1	.000	
Pair 2	HDL	1.5 ± 1.4	004	
	HDL (Control)	1.3 ± 0.9	.824	
Pair 3	LDL	3.1 ± 1.6	.109	
	LDL (Control)	3.1 ± 1.2	.109	
Pair 4	TG	1.7 ± 0.9	.167	
	TG (Control)	1.5 ± 0.7		
Pair 5	Fasting glucose	10.2 ± 4.5	.000*	
raii 3	Fasting glucose (Control)	5.2 ± 1.2	.000	

^{*}t- test P < 0.05 is significant

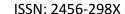




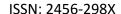
Table (4): Association between lipid profile and (ECG) result in study group

ECG	Total cholesterol		HDL-C		LDL-C		TG	
	Mean ±SD	P value	Mean ±SD	P valu e	Mean ±SD	P val ue	Mean ±SD	P val ue
Norm al N=77	5.3 ±1. 3	.03	1.5 ±1. 5	.63	3±1.5	.35	1.6±.8	.48
Abnor mal N=23	5.9 ±1. 2	8*	1.4 ±.4	5	3.4±1. 9	4	1.8±1	9
Total	5.5±1.2				3.1±1	1.6	1.7±	.8

*t- test P < 0.05 is significant

DISCUSSION

The present study was undertaken to measure ECG abnormality in Type 2 diabetic patients in Shendi locality- Sudan. Half of the diabetic patients had some disorder in their lipid profile. This figure is to some extent lower than that reported in international studies. For example, 70% of the Americans and up to 85% of Finnish diabetic patients were reported to have lipid abnormalities (9,10). The Canadian Heart Association reported that up to half the diabetic patients had low HDL-C (9). The difference in dietary habits and climate are claimed to justify the difference in lipid profile between our study and international studies. The findings of other regional studies are somewhat similar to our study. Nigerian and





Kuwaiti studies show an incidence of lipid disorders of around 50% among diabetic patients (11,12).

In accordance with other studies, the most common recognized abnormality was hypertriglyceridaemia (which was reported in nearly half the patients). Some studies on triglyceride levels showed a significant

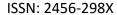
CONCLUSION

Increasing lipid profile abnormality of diabetes is associated with higher incidence of ECG abnormality.

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