

PLASMA LIPID LEVELS IN DIABETIC OBESE PATIENTS

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Diabetes Mellitus (DM) is characterized by high blood glucose levels, mainly due to absolute or relative deficiency of circulating insulin levels. It is recognized that, in association with obesity, the pathology, which increases triglycerides (TG) and LDL-cholesterol (LDL-C) levels and decreases HDL-cholesterol (HDL-C) levels, contributes to the development of coronary heart diseases, increasing cases of DM deaths. In this work, it was evaluated plasma total cholesterol (TC), LDL-C, TG and HDL-C levels in diabetic patients (glucose > 125mg/dl) with obesity (BMI = 30 kg/m²), 59 years old. Blood samples (10 mL) were taken after overnight fasting and anticoagulated with sodium fluoride for glucose and EDTA for lipid analysis. Plasma glucose, TC, TG and HDL-C levels were measured by enzymatic methods. LDL-C level was determined by Friedwald equation. Body-mass index (BMI) was calculated as the weight/height² ratio. The results showed that HDL-C and TG levels were similar to controls. Nevertheless, in comparison to controls, significant (p<0.05) increase was showed on TC (20.20%) and LDL-C (34.79%) levels in the diabetic group. The results reveled a positive relation between obesity and abnormalities on these patients' lipid profile. These finds suggests improving the control of this risk factor, which can elevate mortality in DM.

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