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Cross-prevalence of large and small vessels disease in T2DM: overview from a Belgian academic centre

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Abstract

Aims: To document the cross-prevalence of overall macro- and microangiopathy in T2DM and identify common and vessel-size-specific variables associated with comorbidities.

Methods: Cross-sectional study of 876 T2DM patients to assess frequency of macrovascular and microvascular target organ damage (TOD). Logistic regressions were performed to identify common and specific variables linked to TODs.

Results: Overall prevalence of Mic and Mac were 41% and 33%, respectively; 45.5% had no comorbidities (Mic[-]Mac[-]); 21% had microangiopathy only (Mic[+]Mac[-]), 13.5% had macroangiopathy only (Mic[-]Mac[+]); 20% both (Mic[+]Mac[+]). Compared to Mic[-]Mac[-], the 3 TOD groups had more (micro)albuminuria. Mic[-]Mac[+] and Mic[+]Mac[+] had more diabetic foot (DF) and heart failure (HF) than Mic[-]Mac[-]. Mic[+]Mac[+] suffered more often from atrial fibrillation than Mic[-]Mac[-]. Mic[+]Mac[+] suffered twice more from peripheral artery disease and thrice higher DF, and 1.5 times more HF vs. Mic[-]Mac[+]. Non-HDL-C, remnant cholesterol, sleep apnoea and non-O blood group were associated with Mic/Mac.

Conclusions: This transversal analysis provides quantitative data on cross-prevalence of micro- and macroangiopathies in a 3rd line hospital. Small and large-vessel diseases are highly intertwined with atherosclerotic, cardiometabolic and cardiorenal co-morbidities.

Keywords: Type 2 diabetes; comorbidity; macrovascular disease; microangiopathy; target organ damage.

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