

Dyslipidemia among People with Diabetes: Control and Pattern of Prescribing

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Objective: To evaluate lipid control and drugs used in the management of diabetic people with dyslipidemia.

Design: A retrospective clinical study.

Setting: NBB Dair Health Center.

Method: Copies of prescriptions for people with diabetes from 2 January 2011 to 30 April 2011 were retrieved. Prescriptions containing anti-lipid medications were screened. The charts of these patients were reviewed. Data collected include age, sex, lipid profile, drug used and its dose, compliance with liver enzymes monitoring and their levels and the use of combination drugs. In addition, the total number of visits made by the patients during 2010 was documented.

Result: Four hundred twenty-six patients were included in the study. Two hundred sixty (61%) were females. Two hundred fifty-five patients (59.8%) achieved LDL <2.6 (<100 mg/dL). Triglycerides target (<1.7; <150 mg/dL) was achieved in 247 (58%) patients. HDL target (>1; >40) was achieved in 297 (69.7%) patients; one hundred thirty-three patients (31.2%) achieved these three targets. Two hundred thirty-three patients (55%) were using either Pravastatin 20 mg or Simvastatin 20 mg. Four patients (0.94%) were on combination of statins and Bezafibrate. No significant gender difference in the level of control and statins doses was found.

Conclusion: The study revealed that the management of dyslipidemia among people with diabetes is suboptimal. Using moderate to high potency statins and/or combination is needed to increase the number of patients who meet guidelines recommendations.

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