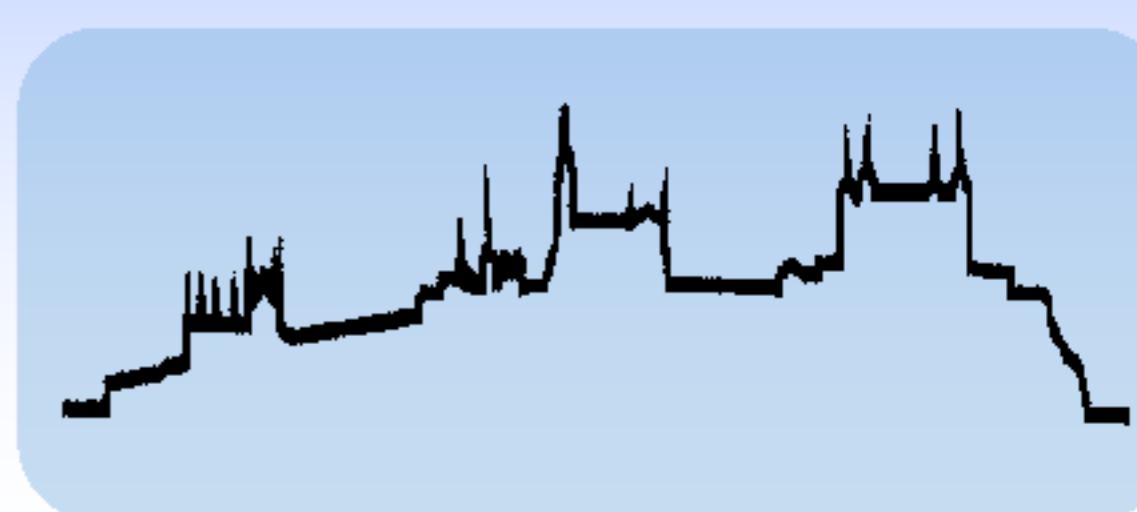




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## Background and Objective

Poorer control of risk factors for cardiovascular disease (CVD) has been reported in diabetic women compared with men.

**OBJECTIVE:** To investigate whether control of diabetes and risk factors for CVD differ between sexes in a cohort of diabetic patients monitored at an outpatient endocrinology clinic from 2004 till 2014.

## Design and Methods

**DESIGN:** Retrospective observational study.

A cohort of 424 randomly selected diabetic patients was monitored from 2004 to 2014. Final cohort size was 293 patients. Data about glycemic, lipid and blood pressure (BP) control, antiplatelet /anticoagulant therapy were collected from clinical records at baseline and 10 years afterwards.

Clinical data are expressed as mean (standard deviation) or as percentage.

Comparison of categorical variables was performed using the chi-square test.

## Results

• Table 1 shows characteristics of the cohort at baseline and at the end of follow-up

• Figure 1 shows differences and trends in control of diabetes and CVD risk factors in men at baseline and at the end of follow-up.

• Figure 2 shows differences and trends in control of diabetes and CVD risk factors in women at baseline and at the end of follow-up.

• In 2014, all patients with CVD were on antiplatelet /anticoagulant therapy. Smoking was more frequent in men (27.7% versus 4.7%) ( $p < 0.001$ ).

TABLE 1

	Baseline (2004)	End of follow-up (2014)
N	424	293
Diabetes Type 2 / Type 1 (%)	(84.6%) / (15.4%)	(80.2%) / (19.8%)
Mean Diabetes duration ( years)	15.7	25.1
Mean age (years)	63.4	69.3
Male/female (%)	(41.7%) / (58.3%)	(40.6%) / (59.4%)

Figure 1. Differences in control of Diabetes and CVD risk factors in men

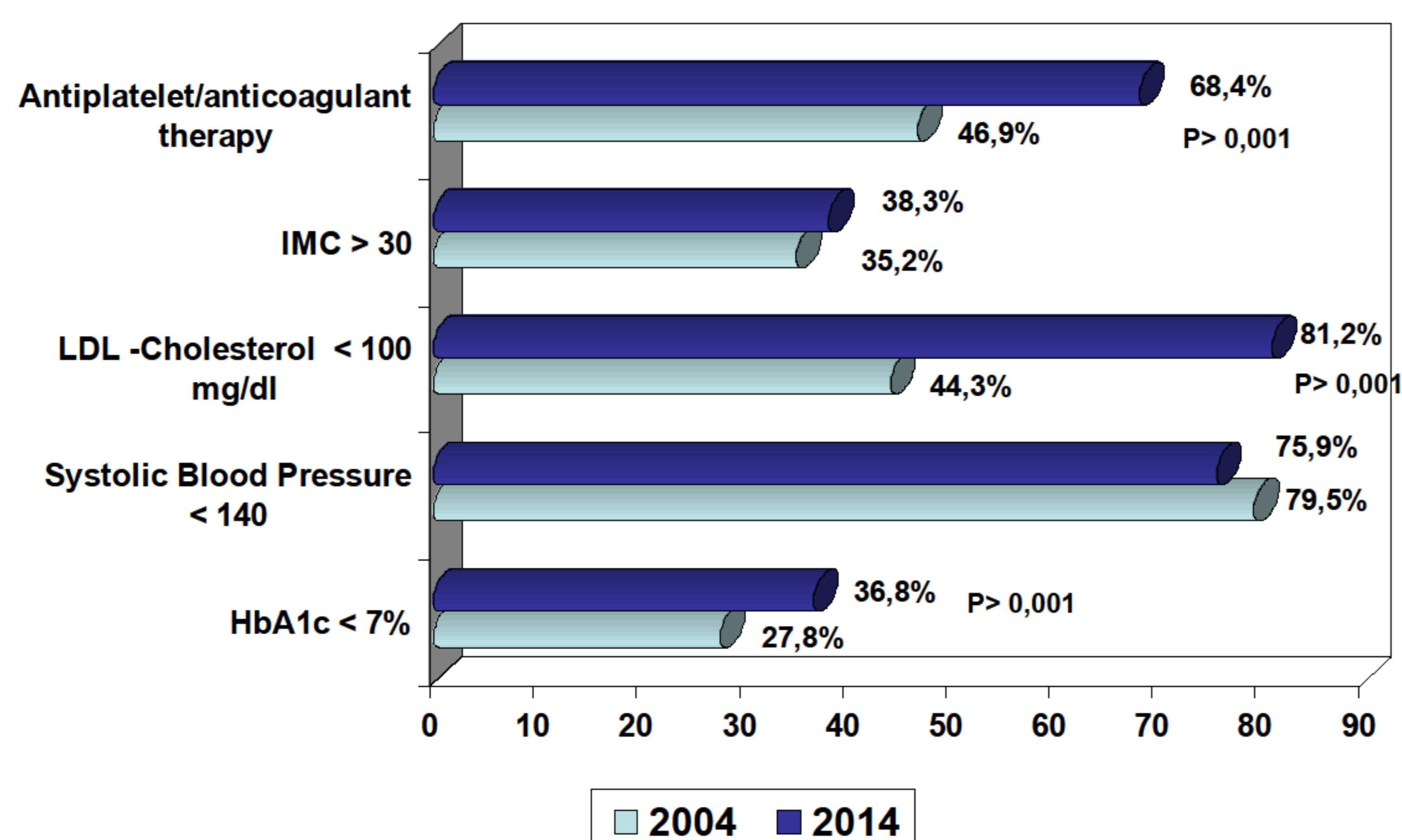
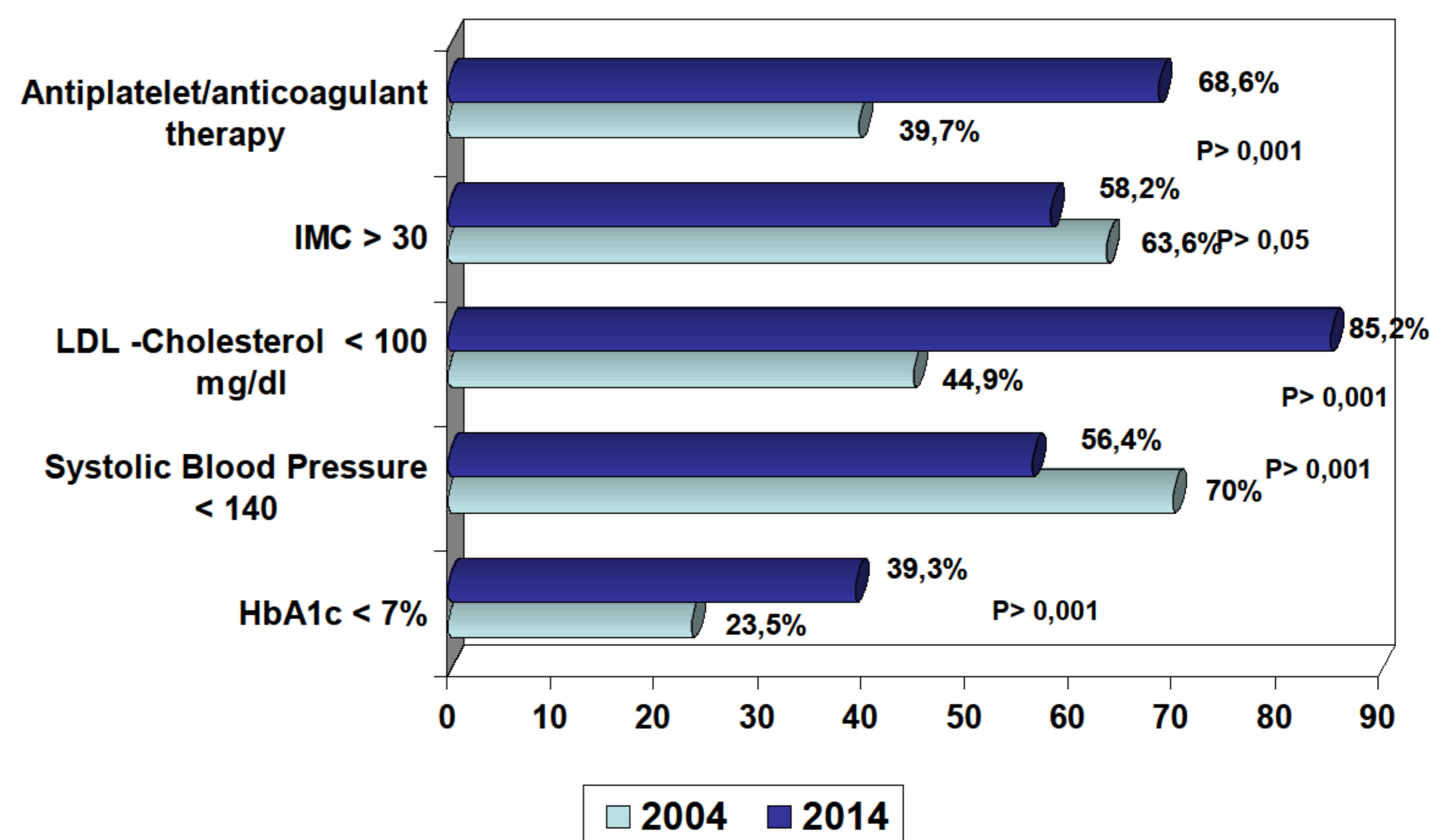


Figure 2. Differences in control of Diabetes and CVD risk factors in women



## Conclusions

• After 10 years of follow-up, glycemic and lipid control and use of antiplatelet agents has improved in both sexes.

• No significant difference was found in risk factors control between men and women, except for SBP and obesity.

