

Impact of the Anticoagulant Medication to the Lipid Levels and the Level of Glycosylated Hemoglobin in Diabetic Patients (Polycentric Study)

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Aim: To investigate the potential impact of anticoagulant medication to the levels of HbA1C and lipids in diabetic patients.

Material-Methods: 194 diabetic patients were included in the study, out of which 106 were men and 88 were women, with average age of 60,9±11,3 and 56,2 ± 11,8 years respectively, who were under antidiabetic (metformin) as well as antilipidemic (atorvastatin) medication. Of those, 85 received accessional antiplatelet medication (aspirin or clopidogrel), either as primary prevention (9 people), or, mainly, as secondary prevention (76 people), because of coronary disease, cerebrovascular accident, peripheral angiopathy etc. For all of them, the levels of total cholesterol, LDL cholesterol, triglycerides and HbA1C were measured.

Results: The mean values and their standard deviations were the following:

| Measurements (n=194) | Under antiplatelet medication (n=85) | Without antiplatelet medication (n=109) |
|---------------------------|--------------------------------------|---|
| HbA1C (%) | 7,3 (±1,9) | 7,9 (±2) |
| Total cholesterol (mg/dl) | 217 (±31,9) | 239 (±30,6) |
| LDL cholesterol (mg/dl) | 98,2 (±20,4) | 113,5 (±16,9) |
| Triglycerides (mg/dl) | 139,6 (±28,2) | 145,2 (±35,1) |

Conclusions: 1) The diabetic patients under antiplatelet medication present much better levels, according to the therapeutic goals, in comparison to the others. The levels of HbA1C, the total cholesterol and the LDL cholesterol, between the two groups, have a statistically significant difference ($p < 0,01$). 2) On the contrary, the levels of triglycerides do not seem to be significantly influenced by the simultaneous receive or not of antiplatelet medication ($p > 0,01$). 3) Therefore, the necessity of receiving antiplatelet medication by the diabetic patients becomes evident, not only as secondary prevention, but also, even more significantly, as primary prevention, since primary prevention itself is really neglected.