

# Laboratory Study of Therapeutic Goal Achievement Patients with Diabetes Mellitus Type II

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**Aim:** Tight control of diabetic patients, since DM is per se a risk factor for cardiovascular disease and it may be a causative of secondary hypercholesterolemia.

**Material-Methods:** The study involved 68 patients (38 men, 30 women) with median age 66,4 years, with DM type II (median duration=7,9 years and median age of diagnosis = 58,5years) who were monitored for one year. Values of TG, total-cholesterol, HDL-chol, LDL –chol, HbA1c, BMI were registered after an interval of 6 and 12 months .The clinical trial was performed with the SPSS program.

## Results:

	BMI	TG	CHOL	HDL	LDL	HbA1c
First visit	29,7Kg/m <sup>2</sup>	178 mg/dl	212 mg/dl	47,5mg/dl	124 mg/dl	8,7 %
After 6 months	29,3Kg/m <sup>2</sup>	143 mg/dl	186 mg/dl	47,8mg/dl	103 mg/dl	6,5 %
After 12 months	29,2Kg/m <sup>2</sup>	145 mg/dl	183 mg/dl	48,1mg/dl	101 mg/dl	6,4 %

**Conclusions:** To begin with, patients seen as a whole had a statically significant improvement of the glycemic profile (  $p < 0,001$  ) and almost all patients achieved the target of HbA1c. Furthermore, improvement of lipid panel was remarkable [values of: TG ( $p < 0,01$ ), cholesterol ( $p < 0,001$ ), LDL –chol ( $p = 0,01$ ) showed statically significant difference during the first semester, with the unique exception of HDL that remained stable]. This was almost exclusively attributable to the intensive pharmaceutical treatment and not to dietary therapy compliance alone. Finally, it appears that there was no further improvement beyond the semester.