CVD Risk Still Plentiful in Diabetes

By Bruce Jancin

SNOWMASS, Colo. — Optimal control of cardiovascular risk factors in diabetes patients in the community setting remains an elusive goal, according to the most recent data from the Framingham Heart Study.

Individuals with diabetes have a two- to threefold greater risk of cardiovascular disease than do those without the disease. Aggressive control of their cardiovascular risk factors is essential to overcome this, but the Framingham experience show that it is not happening, Dr. Patrick O’Gara observed at a conference sponsored by the American College of Cardiology.

The low prevalence of cigarette smoking, down to just under 17% during 2000-2005 in 60-year-olds with diabetes. That’s even lower than the 17.8% smoking rate among comparable-age individuals without diabetes, noted Dr. O’Gara of Brigham and Women’s Hospital, Boston.

Hypertension is another story altogether. The prevalence of hypertension among 60-year-olds with diabetes in 2000-2005 was 88%, much higher than the 72% of nonidiabetic individuals and essentially the same as the rate of 88% in circulation 2009:120:212-20.

Only 40% of diabetes patients with high LDL cholesterol had it controlled to guideline target levels in 2000-2005. That’s better than the 32% rate among those without diabetes, but a far cry from what is required to erase the high excess cardiovascular risk, Dr. O’Gara noted.

In addition, diabetes patients fund by the National Heart, Lung, and Blood Institute. Dr. O’Gara reported having no relevant financial interests.