

(7) Characteristics of the Risk of Cardiovascular Morbidity among Type 2 Diabetic Patients in the City of Haifa 1999 – 2003

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Type 2 diabetes (non insulin dependent) is perceived as linked with the risk of cardiovascular disease. Among doctors the question still lies whether type 2 diabetic patients without cardiovascular disease should be given the same aggressive treatment as diabetic patients suffering from cardiovascular disease especially when dealing with preventing blood lipids.

In order to examine the issue at hand, heart and cardiovascular disease incidents (by the usage of medicine) as well as mortality measures were compared among 45-64 age groups of insured patients at Clalit Health Services. The comparison was made between 2175 type 2 diabetic patients and the rest of the insured age group (38890 men and women). The surveillance lasted approximately 40 months.

The incidence of cardiovascular disease (measured by the use of medication) among non diabetics with and without prior history were 4.1% and 2.8% respectively ($p < 0.0001$). The incidence measure of cardiovascular disease among type 2 diabetic patients with and without prior history was 8.3% and 3.5% respectively ($p < 0.0001$). The mortality rate among type 2 diabetic patients without prior heart disease history was 5.2% as apposed to 3.3% ($p < 0.01$) for non-diabetic patients who have suffered prior heart incidents.

The results point out that type 2 diabetic patients without prior cardiovascular disease incidents are at a high risk of attaining such a disease as do non-diabetic patients who have a prior history of heart disease. This information strengthens the rationalization for treating diabetic patients for the risks of heart disease and cardiovascular disease the same as non diabetic patients who suffer from heart disease and especially the prevention of high blood lipids.