▼ POST GRADUATES ABSTRACTS

PG -16 : STUDY OF CLINICAL PROFILE OF LEAN TYPE2 DIABETES MELLITUS.

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Introduction: Type 2 diabetes mellitus (t2dm) is the most prevalent form of diabetes seen in India. Patients with BMI <18.5kg/m2 were termed as lean type 2 diabetes mellitus (t2dm). Lean t2dm differs from classical obese type 2 diabetes. They have moderate to severe basal hyperglycaemia with low levels of plasma insulin. They have normal c-peptide levels indicating good beta cell function. The present study attempts to analyze the clinical profile, complications and type of treatment needed in these patients.

Methodology: This was a prospective, descriptive study on 50 patients with T2DM and BMI<18.5 kg/m2. History taking, physical examination and Anthropometric measurements on all selected patients were done and investigations were done and recorded to find the etiology according to proforma. **Results:** T2DM with BMI<18.5kg/m2 were studied. There is a male preponderance in the study with a male to female ratio 5:2, majority of the patients were in the age group of 31-70 years. Majority are from middle socioeconomic class. Almost 76% patients responds to oral hypoglycaemic agents and 12% to insulin. They have a high prevalence of peripheral neuropathy and infection.

Conclusion: T2DM with BMI<18.5kg/m2 were as termed as lean T2DM. Males are more affected than females. Peripheral neuropathy and infection are common complication in lean T2DM. Prevalence of macro vascular complication like IHD and PVD are low. Majority of patients responds to oral hypoglycaemic agents with adequate calorie intake without emphasis on weight loss.

Key words: body mass index (BMI), lean t2diabetes mellitus, peripheral neuropathy, infection, oral hypoglycaemic agents, insulin