



▼ POST GRADUATES ABSTRACTS

PG -19 : CROSS SECTIONAL STUDY OF MICROALBUMINURIA, C-PEPTIDE & FUNDAL CHANGES IN PREDIABETICS

Prasanna R¹, Jayasingh K², Ramesh R³, Srikanth K⁴

(1-Junior Resident, 2-Professor & Head Department of General Medicine, 3- Professor & Head Department of Biochemistry, 4- Professor & Head Department of Ophthalmology),

Mahatma Gandhi Medical College & Research Institute, SBV, Pondicherry

Introduction: Pre-diabetes is a mounting health problem occurring worldwide. Microvascular complications are prone to occur during this stage. Early diagnosis & treatment delay progression to type 2 diabetes & microvascular complications. **Aims & Objectives:** To determine the prevalence of microalbuminuria, c-peptide & fundal changes in pre-diabetics

Methodology: 125 pre-diabetic patients those who visited MGMCRI General Medicine OPD & admitted in medical wards were taken into the study after fulfilling the inclusion & exclusion criteria. Those entire study participants's urine & blood sample were sent for analysis of microalbuminuria & C-peptide respectively.

Fundus was examined to look for retinopathic changes.

Results: Among 125 prediabetic participants, prevalence of microalbuminuria was 12.8%, c-peptide levels was elevated in 46.4 %, but none of the study participants had fundal diabetic retinopathy changes.

Conclusion: The microvascular complications like microalbuminuria starts in the pre-diabetic stage itself. Increased c-peptide levels are an important marker of prediabetes & a risk factor for diabetes. Prevalence of increased c-peptide levels & microalbuminuria was more in individuals who had both IFG & IGT

Keywords: Prediabetes, microalbuminuria, C-peptide, retinopathy.