

## **Burden of Hypertension in Recently Diagnosed Type 2 Diabetes Mellitus**

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Cardiovascular diseases are the major cause of death in diabetes patients. Many factors including hypertension contribute to the high prevalence of cardiovascular disease in diabetes.

A total of 111 persons with recently diagnosed Type 2 diabetes mellitus were analysed for the association of hypertension at the time of presentation to diabetes clinic of B P Koirala Institute of Health Sciences, Dharan, Nepal. Majority of the patients belonged to age group of 40 to 60 years. 56 (50%) of them were hypertensive by JNC VII criteria. Body Mass Index (BMI) of >25 were found in 71 persons, however association of Hypertension with various categories of BMI was statistically not significant. Hypertension was more common in overt proteinuric diabetes (59%) than person with microalbuminuria and nonalbuminuria. Half of the recently diagnosed Type 2 Diabetes were hypertensive. Majority of them also had proteinuria, a surrogate marker of cardiovascular events. Community education and surveillance is essential for early detection and prevention of cardiovascular risk factors in persons with diabetes.

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