

ANALYSIS OF RISK FACTORS THAT INFLUENCE MICROVASCULAR AND MACROVASCULAR COMPLICATIONS IN PATIENTS WITH DIABETES MELLITUS TYPE 2

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Type 2 diabetes mellitus is the most common form of the disease and represents a condition of chronic hyperglycemia caused by peripheral tissue abnormalities. The consequences of diabetes mellitus type 2 are numerous complications that increase disease mortality and morbidity. The aim of this study is to analyze the influence of certain risk factors on micro- and macrovascular complications appearing in hospitalized patients with type 2 diabetes mellitus.

The patients hospitalized at the Metabolic Unit of the Internal Clinic, Clinical Center of Kragujevac, with type 2 diabetes mellitus were enrolled in this cross-sectional study. Demographic and laboratory data of the patients were obtained from their patient histories. Statistical processing was made using the binary logistic regression test with statistical significance cut-off set at $p < 0.1$.

The study involved 193 patients with type 2 diabetes mellitus, 89 females and 104 males, with the average body mass index of 27.08, and aged 60 years on the average. Statistically significant risk factors that can contribute to the chronic complications of diabetes mellitus are patient age, disease duration, body mass index, level of cholesterol, triglycerides and smoking status.

According to numerous epidemiological studies, diabetes mellitus is going to be the most common disease of the modern world. It is therefore important to educate people as to the reduction of risk factors for the onset and progression of complications of the disease. *Acta Medica Medianae* 2017;56(1):64-70.

Key words: type 2 diabetes mellitus, micro and macrovascular complications, risk factors