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	영문	Risk Factors for Impaired Fasting Glucose or Impaired Glucose Tolerance and Type 2 Diabetes Mellitus in Korean			
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<p>1. 목적</p> <p>This study was conducted to assess the risk factors in Impaired Fasting Glucose and Impaired Glucose Tolerance, Type 2 Diabetes Mellitus. We performed to identify risk factors by sex in a group of korea patients with IFG or IGT and DM.</p> <p>2. 방법</p> <p>74 IGT cases(male 29, female 45) with confirmed incident IFG or IGT, 53 DM cases(male 17, female 36) with confirmed incident DM and 242 controls(male 74, female 168) were collected from a community based prevalence study of DM during Oct. 1999 - Dec. 1999. During Oral Glucose Tolerance Test, information on demographic/characteristics, life style habits and dietary intake were obtained by interviewed questionnaire. Adjusted odds ratios and p values were estimated by using polytomous logistic regression model</p> <p>3. 결과</p> <p>1.Family history of Diabetes Mellitus was found to be a risk factor in women with DM.</p> <p>2.BMI,WHR had no association with IGT and DM. In men, Adjusted Odds ratio of Systolic blood pressure(SBP≥131 mmHg compared with</p> <p>3. Total cholesterol and Triglyceride were markedly associated with IGT in men. Adjusted Odds ratios were 5.12(95% CI 1.32-19.8)(TC≥235mg/dL compared with</p> <p>4. Cigarette smoking, alcohol drinking and physical activity had no association with IGT and DM in both men and women.</p> <p>5. In men, IGT risk was significantly decreased with increasing consumption of following Food intake frequency ; Cereal (Odds Ratio:0.16, 95% CI 0.02-1.06), Vegetables (Odds Ratio:0.20, 95% CI 0.04-0.90). In women, mushrooms and fruits intake frequency showed protective effect on IGT and potatoes and eggs intake frequency showed protective effect on Type 2 Diabetes Mellitus. In contrast, meat and poultry intake frequency increased the risk of Type 2 Diabetes Mellitus.</p> <p>6. Macro nutrients(energy intake, protein, total fat, carbohydrate and dietary fiber) was no no association with IGT and DM in both men and women. Calcium and retinol might have protective effect, and phosphorous and riboflavin might have protective trend on IGT in men. In women, IGT risk was significantly</p>					

decreased with increasing consumption of following nutrients intake ; calcium(Odds Ratio:0.37, 95% CI 0.14-0.98), potassium(Odds Ratio:0.32, 95% CI 0.13-0.81), vit C(Odds Ratio:0.39, 95% CI 0.17-0.92 & Odds Ratio:0.43, 95% CI 0.19-1.00). In contrast, IGT risk was significantly increased with increasing consumption of sodium intake. Energy adjusted Odds ratio was 2.32(95% CI 0.88-6.15), 2.92(95% CI 1.13-7.58). Vitamin C and Vitamin B6 might have protective effect on Type 2 Diabetes Mellitus in women.

4. 고찰

Risk factors for IFG&IGT was SBP, TC, TG, Insulin levels at PP2 in men and was TG, Insulin levels at PP2, sodium intake in women. In contrast, protective factor for IFG&IGT was vegetable intake frequency, retinol consumption in men and was mushroom, fruits and vit c intake in women.

We have not observed any factor in relation to increased the risk of DM in men. The risk of DM was increased in the presence of a familial history of DM in women. The factor which have a protective effect for DM was Insulin levels at 30 minute after the glucose load in both sex and was potatoes, vit B6, Vit C intake in women.