

심혈관질환 I		번호: I - F - 6			
제 목	국문	공복혈당이 심혈관질환 발생에 미치는 영향			
	영문	Fasting plasma glucose and the risk of cardiovascular disease : The Korea Medical Insurance Corporation(KMIC) Study			
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<p>Purpose : To evaluate the association of fasting plasma glucose(FPG) concentration with cardiovascular disease(CVD) events in Korean men.</p> <p>Methods : We measured fasting plasma glucose(FPG) and other cardiovascular risk factors in 115673 adults aged 35 to 59 years in 1990-1992(at baseline). The subjects whose FPG showed big difference($\geq 2sd$) between two measures (in 1990 and 1992) were excluded, so 105317 were analyzed. FPG was classified into 7 groups (FPG<70mg/dl, 70\leqFPG<80mg/dl, 80\leqFPG<90mg/dl, 90\leqFPG<100mg/dl, 100\leqFPG<110mg/dl, 110\leqimpaired fasting glucose (IFG)<126mg/dl, diabetes\geq126mg/dl). Primary outcomes were hospital admissions and deaths from CVD including coronary heart disease(CHD) and stroke followed up for an average of 6.8 years during 1993-2000.</p> <p>Results : There were 4875 CVD, 1646 CHD, and 2164 stroke cases including 1171 of ischemic cases and 494 of ICH cases. The relative risk of diabetic individuals compared with nondiabetics(80\leqFPG<90mg/dl) of developing each diseases were 1.60-fold(95% CI 1.37-1.87) of CVD, 1.68(95% CI 1.29-2.20) of CHD, 2.18(95% CI 1.67-2.85) of ischemic stroke, and 0.75(95% CI 0.38-1.50) of ICH In Cox proportional hazard model.</p> <p>Discussions : Cardiovascular disease(CVD) is a major endpoint of morbidity and mortality in patients with type 2 diabetes. They have an increased risk of CVD in comparison with nondiabetic subjects. Furthermore it has been reported that impaired fasting glucose(IFG) and low fasting plasma glucose level were also associated with high morbidity and mortality. Some recent studies showed that glucose levels of nondiabetic subjects had a U-shaped</p>					

relationship with CVD. However, Asian epidemiological data on the relationship between plasma glucose level and CVD are limited. In this study diabetes was a independent risk factor for CVD except ICH adjusting for other cardiovascular risk factors(systolic blood pressure, total serum cholesterol, body mass index, smoking). Normal glucose levels didn't show any association with CVD as well as IFG in Korean men.