

31	
Authors	Sugumar Arun
Title	PREVALENCE OF OSTEOPENIA IN AYMPTOMATIC TYPE 2 DIABETES PATIENTS
Department	Final year PG, MD General Medicine,Sree Balaji Medical College & Hospital
Category	Diabetes (Pediatric Adult or Gestational)
Abstract	<p>Introduction:</p> <p>Albright and Reifenstein first described a reduction in bone mineral density (BMD) in diabetic patients with poor glycemic control, especially osteopenia which is one of the established chronic complications associated with type 1 diabetes mellitus, especially during the first years following diagnosis . Many studies have demonstrated low bone turn-over accompanied by reduced mineral content in experimental models of type 1 diabetes mellitus , as well as spontaneous diabetes . However, the issue is controversial in patients with type 2 diabetes mellitus, who present evidence of decreased, normal, or increased skeletal mass.</p> <p>Aim of study</p> <p>To determine the prevalence of osteopenia in asymptomatic chronic type 2 diabetes mellitus patients by bone mineral density, vitamin d3 levels, serum calcium and phosphorus.</p> <p>Materials and methods:</p> <p>This was a cross sectional study.The first 50 patients who presented at the diabetic and endocrinology offices in the age group between 35-45 years who fit into the inclusion criteria at Sree Balaji Medical College, Chennai were randomly selected as study and control subjects respectively. All subjects were subjected to vitamin d3, serum calcium, serum glucose, serum phosphorus, and bone mineral density by DEXA scan and categorized as normal, osteopenic and osteoporotic accordingly.</p> <p>RESULTS:</p> <p>Out of the 11 diabetic males 5 had mild to moderate osteopenia; out of the 14 diabetic females 7 had osteopenia. Out of the 12 non diabetic males 2 had mild osteopenia; 13 non diabetic females 4 had mild osteopenia. Hence there was a higher prevalence of osteopenia in diabetics as compared to non diabetics.</p> <p>CONCLUSION:</p> <p>Hence in our study we encountered an increased prevalence of osteopenia in type 2 diabetes mellitus compared to non-diabetics.</p>
Conflicts	
Email	s.arun2k2@gmail.com

31	
Decision of Scientific committee	
State if accepted for oral	