

中文題目：探討在第二型糖尿病病人三酸甘油脂和高密度膽固醇的比值與小血管和大血管病變的關聯性

英文題目：Association of Triglyceride to High-Density Lipoprotein Cholesterol Ratio with Micro- and Macroangiopathies in Type 2 Diabetic Mellitus

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Background. Triglycerides (TG) to high-density lipoprotein (HDL) cholesterol ratio is reported to be a marker of insulin resistance. However, there are few studies evaluating the association of TG/HDL-cholesterol ratio with Micro- and Macroangiopathies in Type 2 Diabetic Mellitus.

Aim. The aim of this study is to investigate the association between TG/HDL-cholesterol ratio and micro- and macroangiopathies in diabetic patients.

Methods. A total of 1981 (851 men and 1130 women) patients with type 2 DM in an outpatient clinic were enrolled. The study patients were stratified into 4 groups according to quartiles of TG/HDL-cholesterol ratio. The clinical data were analyzed and the risk factors for micro- and macroangiopathies were determined by multivariate logistic regression analysis.

Results. There was a significant trend for a stepwise increase in albuminuria ≥ 30 mg/g ($p < 0.001$ for trend), coronary artery disease ($p = 0.040$ for trend), cerebrovascular disease ($p = 0.002$ for trend) and ABI < 0.9 ($p = 0.001$ for trend) corresponding to quartiles of TG/HDL-cholesterol ratio, but not diabetic retinopathy ($p = 0.105$ for trend). Furthermore, quartile 4 of TG/HDL-cholesterol ratio (vs. quartile 1) was significantly associated with albuminuria, coronary artery disease, cerebrovascular disease and ABI < 0.9 after multivariate analysis.

Conclusions. Our study demonstrated that high TG/HDL-cholesterol ratio was significantly associated with albuminuria, coronary artery disease, cerebrovascular disease and peripheral artery occlusive disease in diabetic patients, which in turn translated into a great risk of cardiovascular disease. An education program for early detection and interventions should be established to lower cardiovascular risk.