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Statin and the risk of new onset Diabetes in cardiovascular patients: A pilot study

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Statins are recommended for the secondary prevention of cardiovascular disease in all patients who tolerate treatment. But Western studies have reported increased risk of new onset diabetes (NOD) with statin therapy. NOD associated with statin therapy is greater in individuals with one or more diabetogenic risk factors. Therefore it is important to determine risk of NOD associated with statin therapy in our population. Hence we carried out this work with the objective to study demography, clinical characteristic and incidence of NOD of cardiovascular patients with statin therapy. A hospital based retrospective cross-sectional study was conducted in patients admitted in Cardiology units of Kastuba hospital, Manipal during Jan2013 to Dec 2013. computerized hospital database is used to identify the patients started with statin therapy. Demographic details of the study population show that 79.8 % are males and mean age is 58.41%. Most of the patients are diagnosed with Ischemic heart disease (82.6%). Out of 203 patients with statin prescription, 75 patients (36.9%) developed NOD. Most commonly prescribed statin is atorvastatin (93.6%). The average daily dose of the atorvastatin is 10 mg. Study findings conclude that the incidence of diabetes in the cardiovascular patients with statin therapy is very high.

Biography

Jessie Saldanha has completed her BPharm from Manipal College of Pharmaceutical Sciences. Currently she is pursuing her master of pharmacy in pharmacy practice from Manipal University.

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