Abstract

Title: Prevalence of diabetes mellitus, obesity and metabolic syndrome in Indian patients with cryptogenic cirrhosis.

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Aim of the study: To study the prevalence of diabetes mellitus, obesity and metabolic syndrome in cryptogenic cirrhosis.

Methods and materials: During August 2013 to December 2014 all cases (cryptogenic cirrhosis) and controls (hepatitis B/C related cirrhosis) above 40 years of age were consecutively and prospectively recruited. After informed consent, cases and controls underwent a detailed clinical and laboratory evaluation to assess the cause and severity of liver disease and prevalence of DM, obesity and metabolic syndrome. Continuous variables were expressed as means ± standard deviation and categorical variables were expressed as numbers and percentages. Differences between the categorical parameters were tested by χ² tests. Independent t-tests were conducted for differences between groups for continuous variables.

Results: 118 cases (M-74%; age 55 ± 8.6 years mean±SD; Childs class A/B/C-46/38/16) and 59 controls (M-80%; age 54 ± 8 years mean±SD; Childs class A/B/C-56/30/14) were enrolled. 54% cases were obese compared to 39% controls (p-0.089). DM was more prevalent in cases as compared to controls (52% v/s 27% (p-0.002)). 30% cases and 13% controls had a family history of DM (p-0.016) and 21% cases and 3.5% controls had family history of obesity (p-0.002). Metabolic syndrome was noted in 65% of cases compared to 44% of controls (p-0.01).

Conclusion: Higher prevalence of risk factors for NAFLD underlies the important contribution of NAFLD in Indian patients with cryptogenic cirrhosis.

Key words: Cryptogenic cirrhosis, diabetes mellitus (DM), metabolic syndrome (MS), obesity