

Neck circumference, an ignored anthropometric indicator, was related to cardiovascular events in Chinese type 2 diabetes

Guang-Ran Yang, Ming-Xia Yuan, Gang Wan, Xue-Lian Zhang, Han-Jing Fu, Liang-Xiang Zhu and Shen-Yuan Yuan

Beijing Tongren Hospital, Capital Medical University, China

Objective: Neck circumference (NC) was litter reported to be associated with the risk factors of cardiovascular disease (CVD). However, there was lack of studies about whether NC could predict the CVD events in the Chinese type 2 diabetes people.

Methods: Beijing Community Diabetes Study was a prospective, multi-center study conducted at Beijing communities. In this study, CVD events included heart attack, unstable angina pectoris, coronary stent implantation, coronary artery bypass graft, hospitalization for heart failure, and stroke.

Results: At baseline, 3,009 diabetic patients were enrolled. After eight-year management, 211 CVD events (105 in men, 106 in women) occurred. All patients were divided into two groups according to the upper quartile of NC (43cm in men and 39cm in women). The incidence of CVD in the NC >43cm group in men was higher than that in the NC ≤43cm group (16.48% vs 8.16%, $p<0.05$). Similar result was found in women ($p<0.05$). The longitudinal incidence of CVD events increased with the increasing of follow-up ($p<0.05$). Cox regression analysis showed that higher NC was related to the incidence of CVD events (adjusted HR=2.325, $p<0.05$).

Conclusions: NC was associated with the incidence of CVD events in type 2 diabetes in Chinese communities.

Biography

Guang-Ran Yang is the Chief Physician & Associate Professor of Department of Endocrinology, Beijing Tongren Hospital, Capital Medical University in china. His research interest is in the area of Diabetes and its complications.

yanggr_55@126.com