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SURVEY OF DYSGLYCEMIA IN OUTPATIENTS WITH HYPERTENSION ACROSS CHINA—A NATIONAL MULTICENTER OBSERVATIONAL STUDY

Liu Jun, Zhao Dong, Li Hongjuan, Qi Yue, Liu Jing, Wang Wei *Department of Epidemiology, Beijing Anzhen Hospital Affiliated to the Capital University of Medical Science, Beijing, China*

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Objective To explore the prevalence of dysglycemia in treated patients with hypertension from China national survey.

Methods: All study subjects were obtained from “China National Survey for Determinants of Detection and Treatment Status of Hypertensive Patients with Multiple Cardiovascular Risk Factors, CONSIDER” study. Hypertensive patients were recruited from 46 hospitals (12 secondary hospitals and 34 tertiary hospitals) in 2009. A cluster sampling of 100 consecutively hypertensive patients who visited the outpatient departments and met our entry criteria was identified in each hospital. Anthropometric and clinical data were obtained by a questionnaire survey and the laboratory tests (including fasting blood glucose and 2h postprandial blood glucose) from each patient. Total 4719 patients with complete information were analysed in this study.

Results (1) Of the 4719 hypertensive patients aged 58.4 years (SD: 9.5), 2333 were males (49.4%). (2) There were 53.1% patients combined dysglycemia, 23.9% combined diabetes mellitus (DM), 29.2% combined impaired glucose regulation (IGR). The prevalence of hypertensive patients with concomitant dysglycemia and diabetes was increased with ageing ($p < 0.01$). (3) Among hypertensive patients with dysglycemia, 68.5% patients were newly diagnosed, wherein there were 77.6% patients with combined IGR, 22.4% with combined DM. Of patients with newly diagnosed DM, 45.0% patients combined isolated postprandial hyperglycaemia, 31.0% combined compound hyperglycaemia. Moreover, of patients with newly diagnosed IGR, 72.1% patients combined isolated impaired glucose tolerance. However, 72.1% IGR and 45.0% DM patients were erroneously diagnosed, if only dependent on examining fasting blood glucose. (4) Of those with established DM, 71.3% patients were receiving medical treatment; among them 33.6% patients controlled fasting blood glucose to normal level.

Conclusion The present study demonstrated that there were more than half of the treated hypertensive patients combined dysglycemia in China, however the detection rate was very low. Nevertheless, it is highly suggested that to avoid missed diagnosis, OGTT should be performed routinely in hypertensive patients, which is beneficial for early detection and treatment of dysglycemia.