**Original article:**

**Evaluation of common carotid artery intima media thickness as an ideal, non-invasive marker for Coronary artery diseases in type II Diabetes Mellitus**

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**Abstract:**

**Introduction:** The twin epidemics of diabetes mellitus and heart disease are a major threat to the well being as well as the economic development of India. With this view present work was planned to evaluate common carotid artery intimamedia thickness as an ideal, non-invasive marker for Coronary artery diseases in type II Diabetes Mellitus.

**Materials and Methods**: From the diabetics who underwent coronary angiography in our institution, 20 patients having CAD and 20 patients having normal coronaries were selected. Each patient was subjected for carotid dopper to measure CCA-IMT during the same hospital stay. The sample size was confirmed with the help of expert from PSM department.

**Observations & results:** This table also shows that the four above mentioned study groups do not have statistically significant difference in confounding factors like Age, Sex, and Smokers etc. Diabetics were found to have significantly higher mean IMT, BMI, WHR. Significant derangement of Lipid Profile in the form of high LDL & low HDL was also found in the diabetics than controls.

**Conclusion:** NIDDM Patients have highly significantly increased mean IMT as compared to the age and sex matched controls. Statistically signigicant influence on IMT of age is particularly found above the age of 55 yrs in NIDDM as well as non-diabetics i.e. aging has a definite adverse effect on CCA-IMT.

**Keywords:** diabetes mellitus , carotid intima thickness