**Original article**

**The Pattern of dyslipidemia among type 2 Diabetes Mellitus patients**

**of Mangalore**

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**Abstract:**

**Objective:** To analyse lipid profiles of a sample of patients with type 2 diabetes mellitus attending Yenepoya Medical

College Hospital, Mangalore

**Methods:** Fasting lipid profiles of 100 patients with type 2 diabetes mellitus were evaluated. American Diabetes Association

(ADA) criteria were applied to classify lipid levels into risk categories.

**Results:** 90% of the study population had dyslipidemia. 84% of them had low levels (less than 40 mg/dl) of high density

lipoprotein cholesterol (HDL), 65% had high (more than 150 mg/dl) triglyceride (TG) levels and 55% had high (more than

100 mg/dl) levels of low density lipoprotein cholesterol (LDL). Patients with uncontrolled diabetes (HBA1C >9%) had

lower HDL levels. 64% of the study group were not on lipid modifying therapy.

**Conclusion:** Most common pattern of dyslipidemia observed in the study was low HDL levels followed by high TG levels.

Poor use of lipid modifying therapy was observed in the study group. Further studies are required to observe similar patterns

of dyslipidemia in the population.