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Silent Diabetes, Atherosclerosis Surrogates, and Insulin Resistance in Patients With Coronary Artery Disease

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Backgrounds : Insulin resistance is associated with abnormal atherosclerosis surrogates, while silent diabetes (DM) or impaired glucose tolerance (IGT) is relatively common in patients with coronary artery disease (CAD). We sought to evaluate the prevalence of silent DM or IGT, and the association between insulin resistance and atherosclerosis surrogates in patients with CAD. **Methods :** Study population consisted of angiographically proven 187 consecutive patients with coronary arteriosclerosis (mean 61 years old, 94 males). We measured carotid intima media thickness (IMT), flow mediated brachial artery dilatation (FMD), oral glucose tolerance test (OGTT), quantitative insulin-sensitivity check index (QUICKI) and homeostasis model assessment (HOMA-R). **Results :** Normal OGTT was found in only 23 patients (12.3%) and known DM patients were 63 patients (33.7%), whereas newly diagnosed IGT and DM were 58 patients (31%) and 43 patients (23%), respectively. One hundred forty patients (74%) had insulin resistance (defined as measured HOMA-R 1.73 or more). HOMA-R was positively correlated with BMI(r=0.275, p<0.001), whereas IMT (r=0.104, p=0.232) and FMD (r=0.068, p=0.411) did not show significant correlation with HOMA-R. QUICKI was negatively correlated with BMI(r=-0.284, p<0.001), TG(r=-0.220, p=.0.003), and LDL (r=-0.167, p=0.022), while there were no significant correlations with IMT (r=-0.111, p=0.203) and FMD (r=-0.085, p= 0.309). **Conclusions :** This study suggests that there is high incidence of newly diagnosed DM and IGT in patients with CAD, and atherosclerosis surrogates are not associated with insulin resistance or sensitivity in those patients.

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