

TITLE

**Metabolic syndrome
in diabetic South
Asian immigrants:
Need for population
specific guidelines
for CAD control**

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Coronary artery disease (CAD) is the leading cause death worldwide and South Asian immigrants (SAIs), second largest Asian immigrant population in the US have a highest prevalence of type 2 diabetes as compare to other populations. Metabolic syndrome (MS) that appears to be the antecedent or “common soil” for both type 2 diabetes (T2D) and CAD, is also common in SAIs. Early screening of MS and CAD is very important in SAIs to prevent CAD related morbidity and mortality. We present here the findings of one of studies with main objective to assess the prevalence of MS and CAD in SAIs with T2D.

Methods: In this prospective study, 212 SAIs were screened from the community using site-based sampling method. The inclusion criteria were (a) being SAI Indian leaving in the US for the last 10 years; (b) age between 35-65 years; (c) no known CAD or cardiovascular disease (CVD) on history. Those who were known diabetic and had negative history of CAD underwent exercise tolerance test (ETT). Diagnosis of MS was made using International Diabetes Federation (IDF) definition. Beside high CAD risk factor prevalence, 15/25 SAIs with T2D were ETT positive (60%). Prevalence of MS was 29.7% according to IDF definition.

Conclusion: This high risk group calls for early intervention to reduce future CAD related morbidity and mortality.

Biography

Dr. Sunita Dodani MD, MSc, FCPS, PhD, FAHA is a physician and cardiovascular researcher with specialization in cardiology. She received her undergraduate degree from the Aga Khan University, one of the premier private universities in Pakistan. In addition, she also received Masters in Epidemiology from the Dalhousie University, Halifax, Canada, and PhD in epidemiology (majors in cardiovascular disease epidemiology) from the University of Pittsburg, Pittsburgh USA. Her research interests are focused on health disparities related to cardiovascular diseases and type 2 diabetes in African Americans, Hispanics and South Asians. Dr Dodani's future goal is to reduce health disparities and develop national level registries for cardiovascular diseases and type 2 diabetes for ethnic minorities.

Dr. Dodani is NIH funded and recipients of several extramural funding including NIH. Dr. Dodani has successfully completed several research projects in Pakistan as well as in the US that focused on the distribution and determinants of cardiovascular diseases in ethnic minorities. Her current focus involves profiling non-traditional and genetic cardiovascular and metabolic risk factors in South Asian immigrants. She has worked with many ethnic minorities helping to reduce health disparities. For example Fit Body and Soul, Diabetes prevention program for African American churches was funded by NIH. Similarly HEALS-Healthy eating and Living spiritually is hypertension control program for African American. In addition CHHIL study (Children's Healthy habits Integrated for Life) is a childhood obesity control program for African American kids. Dr Dodani received a National Gold Medal as Best Young Researcher of Pakistan in 2002, in addition to several awards for her achievements in this area. She also received the “Community Service Award” from the International Society on Hypertension in Blacks (ISHIB).” She has been recognized and honored as “Fellow” American Heart Association (FAHA). Dr. Dodani has published more than 40 multi-disciplinary articles in peer-reviewed journals.