

Prevalence of Type 2 Diabetes Mellitus among Patients with Hepatitis C Virus Infection in Aden

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Background: Hepatitis C virus (HCV) infection may contribute to the development of diabetes mellitus.

Aim: To examine the prevalence of type 2 diabetes mellitus among adult patients with HCV infection in Aden Yemen.

Materials and Methods: 71 consecutive patients with CHC were prospectively evaluated. CHC infection was defined by the presence of anti-HCV for at least 6 months. All patients underwent a complete clinical and anthropometric evaluation. The laboratory evaluation included fasting serum glucose, lipid profile, transaminases and anti-HCV. Categorical variables were analyzed by the chi-squared and Student's t-test for continuous variables. $P < 0.05$ was considered significant.

Results: Among total number of 71 patients of chronic HCV, those who developed type 2 DM were 15 (21%), while among control group (57 positive to the B markers) were only 5 (8.8%) which statistically significant with p value < 0.05 . 6 variables were found significantly related to the 2 DM associated with CHC: male gender, old age, obesity, serum triglycerides, hypertension and increasing of glucose in blood.

Conclusion: Chronic hepatitis C has many features which suggest that this disease must be viewed not only as a viral disease, but also as a metabolic liver disease and may contribute to the development of type 2 diabetes mellitus.

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