Micro and macro vascular complications of type I and II diabetes in bulgaria

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Aim: Diabetes enhances the chance of development of vascular diseases. The objective of the study is to present the relationships between the therapy of type I and II diabetes in Bulgaria and development of vascular diseases.

Method: The investigation included 433 patients with type I diabetes (n=178) and type II diabetes (n=255). People were separated in two groups depending on the type of diabetes, gender, age and therapy (analogues insulin, human insulin, insulin and oral antidiabetic drugs (OAD)).

Results: The therapy of diabetes type I is mainly with analogues insulin and we compared micro and macro vascular complications after this therapy. The results showed that micro vascular diseases are more than 30% after 31 years independently of the gender, while macrovascular diseases are average more than 37.5%. The group of patients with type II diabetes (D2) obtained human insulin and OAD. In this group has a high prevalence of microvascular than macrovascular complications after a therapy with human insulin after 70 yrs. for men and after OAD therapy for women. It was obtained that 48-53.8% of the male patients with D2 have microvascular complications after 51 years and that 42-53% of women after 61 yrs. have the same complications.

Conclusion: There is an age differences for the development of micro and macro vascular complications for patients with diabetes type II according to genders. In man cohort they are developed earlier (51-60 yrs.) than in women cohort (61-70 yrs.).