

## **Long-term cardiac risk: higher with diabetes, or a first MI?**

*Last Updated: 2010-06-25 19:16:30 -0400 (Reuters Health)*

By Victoria Stern

NEW YORK (Reuters Health) - If you compare diabetics without heart disease, and primary heart attack patients without diabetes, which group will have the higher 10-year rate of major coronary events? The one with the primary heart attacks, new research shows.

In a prospective study conducted in a Mediterranean population, patients with type 2 diabetes had a significantly lower long-term incidence of unstable angina and fatal or nonfatal myocardial infarction (MI) compared to nondiabetics who'd had a primary MI.

"To our knowledge, our study is the first to analyze subgroups of diabetes severity, duration and treatment type when comparing the prognosis of diabetic patients and myocardial infarction patients," lead investigator Dr. Jaume Marrugat from the Institut Municipal d'Investigacio Medica, Barcelona, told Reuters Health by e-mail.

Dr. Marrugat and colleagues recruited roughly 4,500 patients, ages 30 to 74, for their study: 2,260 type 2 diabetics, and 2,150 MI patients. Patients in each group were free of the disease that characterized the other group. The research team stratified the diabetics by treatment, disease duration, and glycated hemoglobin level.

As they reported online June 8 in *Diabetes Care*, the type 2 diabetes patients had a significantly lower 10-year incidence of coronary heart disease (adjusted hazard ratios, 0.54 for men and 0.28 for women) and cardiovascular mortality (aHR, 0.26 for men and 0.16 women) compared to MI patients without diabetes. Significantly lower risks were seen in all the diabetes subgroups, too.

The diabetics also had lower risks for all-cause mortality (aHR, 0.44 for men and 0.28 for women).

These results do not support an equivalence in coronary disease risk in diabetic and myocardial infarction patients, the authors said.

"Although these are some of the first findings from a Mediterranean population, the results are consistent with those from studies done in the UK and Denmark," Dr. Marrugat said.

<http://care.diabetesjournals.org/content/early/2010/06/03/dc10-0560.abstract>

[Diabetes Care](#) 2010.