

번호: OP-K-003					
제 목	공복 혈당 수준과 허혈성 심장질환 및 뇌졸중 발생의 관련성 Korea Medical Insurance Corporation (KMIC) 연구 Fasting Plasma Glucose Level and Risk of Ischemic Heart Disease and Stroke: Korea Medical Insurance Corporation Study				
저 자 및 소 속	안성복1), 김현창1), 남정모1), 지선하2), 서 일1) 1)연세대학교 의과대학 예방의학교실, 2)연세대학교 보건대학원 Song Vogue Ahn1), Hyeon Chang Kim1), Chung Mo Nam1), Sun Ha Jee2), Il Suh1) 1)Department of Preventive Medicine, Yonsei University College of Medicine, 2)Graduate School of Public Health, Yonsei University				
분 야	역 학 [고혈압/당뇨]	발 표 자	안성복 전공의	발 표 형 식	구 연
<p>Objective: Diabetes is a well-known risk factor for cardiovascular disease (CVD), but the normal range of fasting plasma glucose (FPG) is not fully studied in relation with the risk of ischemic heart disease (IHD) and stroke. The aim of this study was to examine the associations between FPG level and the risk of incident IHD and stroke.</p> <p>Methods: We measured FPG and other cardiovascular risk factors in 95,796 men and 48,226 women, aged 35-59 years in 1990 and 1992, in a prospective observational study. Baseline FPG levels were the means of two measurements in 1990 and 1992, and they were divided into 6 categories. Our primary outcomes were hospital admissions and deaths from total CVD, IHD, total stroke in 10 year follow-up between 1993 and 2002. Using the Cox proportional hazard model, we estimated the relative risks of CVD, IHD, and stroke according to the baseline FPG level, after adjustment for age, body mass index, blood pressure, total cholesterol and aminotransferase level, cigarette smoking, alcohol intake and family history of diabetes.</p> <p>Results: FPG level of diabetic range ($\geq 126\text{mg/dL}$) was positively associated with risk of CVD, IHD and total stroke. Compared with FPG level of $< 80\text{mg/dL}$, the relative risks of CVD were 1.60 and 2.89 for FPG level of diabetic range, respectively, in men and women. The relative risks of IHD were 1.38 and 4.22 for FPG level of diabetic range, respectively, in men and women. Moderately elevated FPG ($110 - < 126\text{mg/dL}$) and FPG level of diabetic range were associated with total stroke in men and women.</p> <p>Conclusions: In Korea, the risks of CVD and IHD were increased at FPG level of diabetic range ($\geq 126\text{mg/dL}$) in both men and women. The risk of stroke was increased from impaired fasting glucose level ($\geq 110\text{mg/dL}$) in both men and women.</p> <p>Acknowledgements: This study was supported by a grant of the Korea Health 21 R&D Project, Ministry of Health & Welfare, Republic of Korea (A040152)</p>					