

Case-Based Review of Common Cardiometabolic Practice

1st

DAILY CARDIOLOGY SYMPOSIUM

Spring 1400

Learning Objectives & Cases

Diabetes mellitus Panel



**DAILY
CARDIOLOGY
ACADEMY**

1st case learning objectives

- Prevalence of T2DM in ASCVD patient
- ASCVD definition
- Diagnosis of T2DM
- Glycemic target
- Screening for CVD in T2DM
- CV Risk stratification of T2DM patients
- Multifactorial approach for the treatment of T2DM



1st case

- 58-year-old gentleman with history of HTN and diabetes, presented to clinic for routine follow-up.
- **PMH:**
 - HTN (8 y)
 - DM (5 y)
 - Smoking (10 pack-year)
- **Drug Hx:**
 - Atorvastatin 20 mg OD
 - Amlodipine 5 mg OD
 - Triamterene-H $\frac{1}{2}$ Po OD
 - Metformin 1000 mg BID
 - Glibenclamide 5 mg TDS
- **ECG:** Unremarkable
- **Ph/Ex:** BMI: 31 kg/m², BP: 139/91 mmHg, otherwise Unremarkable
- **Echo:** Normal EF (60%), Mild MR



1st case

Lab Test:

- Hb=15 mg/dl
- TG=240 mg/dl
- TC= 190 mg/dl
- LDL=95 mg/dl
- HDL= 60 mg/dl
- HbA1c= 7.2 %
- FBS= 122 mg/dl
- 2hPP= 180 mg/dl
- UACR= 55 mg/g
- eGFR=72 ml/min

What is your next plan for better glycemic control in this patient?



2nd case learning objectives

- Paradigm shift in the management of T2DM
- Treatment algorithm for T2DM patients
- Comparative efficacy and safety of different antihyperglycemic agent in T2DM & ASCVD



2nd case

- 65-year-old gentleman with history of PCI on LAD 3 months ago, after anterior MI
- **PMH:**
 - HTN (10y)
 - DM (3 m)
- **Drug Hx:**
 - ASA 80 mg OD
 - Ticagrelor 90 mg BID
 - Atorvastatin 40 mg OD
 - Carvedilol 12.5 PO BID
 - Enalapril 5mg PO OD
 - Metformin 500 mg BID
 - Glibenclamide 5mg Daily
- **Ph/Ex:** BMI: 27 kg/m², BP: 127/75, otherwise Unremarkable
- **ECG:** Normal Sinus Rhythm, Q in v1-3, T inversion in V1-4, Poor R wave progression in V1-5
- **Echo:** Near Normal EF (50%), Anterior Wall Motion Abnormality



2nd case

Lab Test:

- Hb=14.7 mg/dl
- TG=150 mg/dl
- TC= 130 mg/dl
- LDL=65 mg/dl
- HDL= 35 mg/dl
- HbA1c= 7.4 %
- FBS= 136 mg/dl
- 2hPP= 230 mg/dl
- UACR= 5 mg/g
- eGFR=88 ml/min

What is your recommendation for better prognosis in this case??



