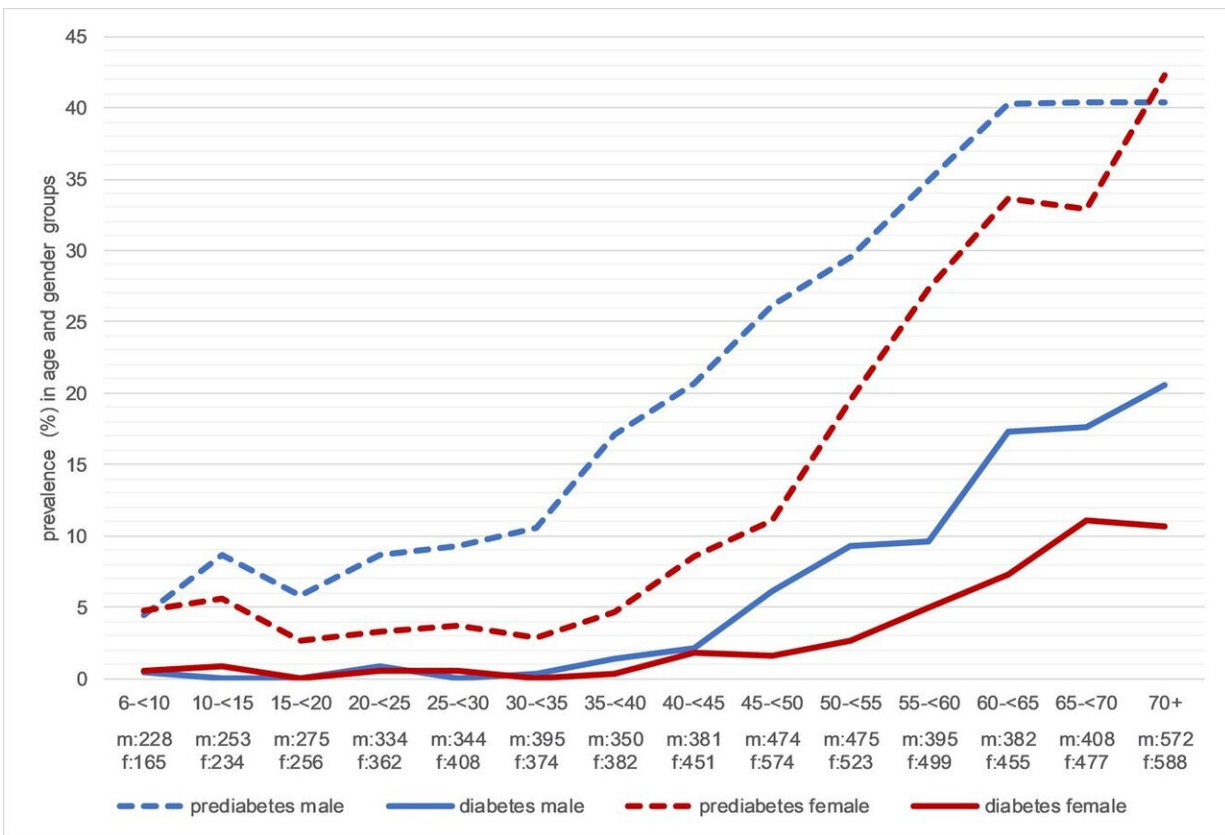


Types and rates of co-existing conditions in diabetes are different for men and women

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Prevalence of prediabetes and diabetes stratified by age and sex. Broken lines show prevalence of prediabetes, full lines of diabetes; blue lines represent males, red lines females. Age is grouped in 5 year brackets from 6 to 80 years (x-axis). Numbers below x-axis show samples sizes for male (m) and female (f). Credit: . Credit: Diabetologia

A new study presented at this year's Annual Meeting of the European Association for the Study of Diabetes (EASD) in Barcelona, Spain (16-20 Sept) shows that men and women experience different comorbidities (other diseases at the same time) as having diabetes or prediabetes, as well as an unexpectedly high rate of prediabetes among children aged 6-10 years.

The study, by Dr. Alina Ofenheimer, Sigmund Freud University, Medical School, Vienna, Austria and colleagues, analysed the sex and [gender differences](#) in the prevalence of co-morbidities in subjects with prediabetes and diabetes, as well as determining the prevalence of prediabetes and diabetes in the study population.

A number of additional disease processes (comorbidities) are known to occur alongside prediabetes and/or diabetes including [congestive heart failure](#), [high blood pressure](#), [cardiac arrhythmia](#) (abnormal heart rate), osteoporosis (weaker bones), kidney dysfunction, and even severe anxiety and depression. Gender may affect the incidence of these comorbidities through differences in biology as well as differences in lifestyle and behaviour.

The authors conducted an observational population-based cohort study of 11,014 subjects aged 6 to 80 years who underwent a detailed examination. This included taking [blood samples](#), measuring ankle-brachial index, performing an electrocardiogram (ECG), assessing body composition using a dual energy X-ray absorptiometry (DEXA) scan, and an interviewer-administered questionnaire. Prediabetes and diabetes were defined by one or all of fasting plasma glucose levels (prediabetes: 100-125mg/dl, diabetes: 126mg/dl or higher), glycated haemoglobin (HbA1c) levels (prediabetes: 5.7-

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