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Factors associated with carotid intima media thickness and carotid plaque score in community-dwelling and non-diabetic individuals

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Background: The carotid intima media thickness (cIMT) and carotid plaque score (cPS) are respective markers of early- and late-stage subclinical atherosclerosis. Relationships between some laboratory parameters and subclinical atherosclerosis are not yet clear in community-dwelling individuals and non-diabetic (NDM) subjects.

Methods: We examined relationships of the cIMT and cPS with different laboratory and demographic data of 331 subjects from a community-based prospective cohort study, using univariate and multivariate analyses.

Results: Although more variables were significantly correlated with the cIMT and cPS, after multiple adjustments, only systolic blood pressure (SBP), age, glycated hemoglobin (HBA1c) and waist circumference (WC) were determinants of the cIMT and only age, SBP, HBA1c, and blood urea nitrogen (BUN) were determinants of a cPS of >2 in all individuals. Only HBA1c lost its association with regard to predicting the cIMT in NDM subjects.

Conclusion: HBA1c at >5.9% can determine early- and late-stage subclinical atherosclerosis in community-dwelling individuals, but only late-stage subclinical atherosclerosis in NDM subjects.

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