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## Study of dyslipidemic profile in type 2 diabetes patients with insulin resistance

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**Aim:** The dyslipidemic profile in insulin resistance consists of increased total cholesterol, triglycerides, reduced HDL cholesterol and qualitative change to smaller, denser LDL particles.

**Materials & Methods:** 206 type 2 diabetic patients with BMI>28 and with insulin resistance are taken up for the study from the O.P of Diabetic Centre, 3rd cross, Sai Nagar, Anantapur, India from June 2015 to January 2016. Lipid Profile is done to all the patients, which includes total cholesterol, TG, HDL, LDL, VLDL and Ratio (Total Cholesterol/HDL).

**Results:** Total Cholesterol (normal value: 130-200) increased in 88%, TG (10-160) increased in 86% HDL (40-60) reduced in 66%, LDL (140-150) increased in 55%, VLDL (20-40) increased in 74% and Ratio (TC / HDL) (2.5-3.5) increased in 59%.

**Conclusions:** It is concluded that dyslipidemia is common in type 2 diabetes patients with insulin resistance.

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