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A RETROSPECTIVE STUDY TO DETERMINE THE PREVALENCE OF HYPERURICEMIA IN INDIAN SUBJECTS ATTENDING HYPERURICEMIA SCREENING CAMPS

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Statement of the Problem: The prevalence of type-2 diabetes mellitus (T2DM) and hypertension (HTN) has been rapidly rising in India, over the past few decades. Elevated levels of serum uric acid (SUA) have been shown to be associated with both T2DM and HTN. About two-thirds of hyperuricemics remain asymptomatic, without any signs and symptoms of urate crystal deposition/gout. Hence screening for hyperuricemia may play a significant role in early detection, prevention, and management of complications associated with T2DM and HTN. However, limited information is available regarding the burden of hyperuricemia in Indian population. The objective of this study was to determine the prevalence of hyperuricemia in subjects with HTN and T2DM, in Indian setting.

Methodology & Theoretical Orientation: A retrospective analysis of patients undergoing screening for hyperuricemia in health clinics across India between April to May 2017 was carried out. Data regarding demographics, history of T2DM and HTN and uric acid levels (easy touch uric acid monitoring system) were recorded during the camps.

Findings: Data from 3044 screening camps was analyzed. The mean age of the study population was 47.92 years; about two-thirds of the subjects were men. Of the 29,391 subjects screened, 25.79% were found to have hyperuricemia (uric acid >7mg/dl). The percentage of diabetics, hypertensives and Diabetic hypertensives who had hyperuricemia was 33.62%, 35.11%, and 34.39% respectively. A trend towards increased prevalence of hyperuricemia was seen with increasing age and increased duration of diseases like HTN and diabetes.

Conclusion and Significance: High prevalence of hyperuricemia was observed in T2DM and HTN and in patients with both co-morbidities. Age-wise analysis revealed an increasing trend of hyperuricemia with age. Further, the prevalence of hyperuricemia also increased with increasing duration of T2DM and HTN.

Biography

Gauri Billa is an experienced senior medical advisor with a demonstrated history of working in the hospital & health care industry. She is skilled in clinical research, pharmacology, clinical trials, healthcare, and clinical pharmacology. She has a strong healthcare services professional with a Doctor of Medicine (M.D.) focused in Pharmacology from King Edward Memorial Hospital.

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