

22nd International Conference on

PREVENTION OF DIABETES AND COMPLICATIONS

October 12-13, 2017 | London, UK

SOMATOTYPE CHARACTERISTICS OF PATIENTS WITH TYPE 2 DIABETES MELLITUS OF BULGARIAN ETHNICITY

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Patients with type 2 diabetes mellitus (T2DM) constitute about 6-8% of the Bulgarian population with a tendency to fast increase. The aim of the present study was to determine the somatotype of Bulgarian patients with T2DM. Two-hundred and twelve female and 169 male patients were enrolled in the study. The control group comprised 80 healthy Bulgarians, divided by sex and age. The somatotype components were measured by the Heath-Carter anthropometric method.

Results: The mean somatotype of 40-60 year-old diabetic female was mesomorph-endomorph. The mean somatotype of 40-60 year-old healthy females was mesomorphic endomorph. The mean somatotype of 61- 80 year-old diabetic female was endomorphic mesomorph. The mean somatotype of 61-80 year-old healthy females was mesomorph-endomorph. The endomorph component was dominant in the group of 40-60-year-old diabetic females (endo 6.59, meso 6.09, ecto 1.57), and the group of 61-80-year-old diabetic females presented with dominating mesomorph component (meso 9.41, endo 5.39, ecto 1.55). The mean somatotype of 40-60 year-old diabetic males (endo 5.03, meso 6.57, ecto 2.01) and healthy controls was endomorphic mesomorph. The mean somatotype of 61-80 year-old diabetic males (endo 4.14, meso 5.88, ecto 1.64) and healthy controls was endomorphic mesomorph. The mesomorph component was dominant, followed by the endomorph and the ectomorph far behind.

Conclusion: The somatotype of diabetic females suggests that they have a relatively robust skeleton with well-developed muscles and greater body weight relative to height. The Bulgarian diabetic males present with dominant mesomorphy. The results are original for the Bulgarian population.

Biography

Atanas Baltadjiev was born in 1967. In 2010 he received PhD degree. By 2015 is Associate Professor in the Department of Anatomy, Histology and Embryology, Faculty of Medicine, Medical University-Plovdiv, Bulgaria. Research area: clinical anthropology, craniofacial morphology. Twenty-three years experience in the field of medicine and over 40 original papers published.

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