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The Impact of Diabetes on Cardiovascular Health

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Diabetes is a leading risk factor for cardiovascular diseases (CVD), but the mechanisms linking these conditions remain unclear. A cohort study followed 5,000 diabetic and non-diabetic individuals for ten years, analyzing biomarkers such as HbA1c, lipid profiles, and inflammatory markers. Diabetic participants had a 2.5-fold higher risk of CVD events. Elevated inflammatory markers (CRP, IL-6) strongly correlated with adverse outcomes, independent of glycemic control. Inflammation plays a critical role in diabetes-related CVD. Anti-inflammatory interventions should be explored as adjunct therapies.

Biography

Dr. John Stevenson is a cardiologist and diabetes researcher at King's College London. His work focuses on the interplay between metabolic disorders and cardiovascular health. He has published extensively on inflammation's role in diabetic complications and is actively involved in designing innovative therapeutic trials.

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