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The metabolic drivers of neuropathy in India

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Abstract

Aims: To determine the association between the metabolic syndrome (MetS) and neuropathy in Chennai, India.

Methods: We recruited participants attending the M.V. Hospital for Diabetes. Neuropathy was defined using the Michigan Neuropathy Screening Instrument combined index and MetS was defined using the updated National Cholesterol Education Program criteria. Multivariable logistic regression models were used to assess the associations between individual metabolic components and neuropathy.

Results: Of the 652 participants (42% female and mean (SD) age of 45.5 (9.7)) included in the study, the prevalence of neuropathy was 9.8%. Neuropathy prevalence increased with worsening glycemic status (p < 0.01), but not as the number of MetS components increased (p = 0.12). Among normoglycemic participants, an increasing neuropathy trend was observed as the number of MetS components increased (p = 0.04). Multivariable logistic regression found that diabetes (OR:3.41,1.28-9.11) was associated with neuropathy, but waist circumference was not (OR:1.002,0.88-1.14).

Conclusions: Similar to previous studies, diabetes was the most important metabolic risk factor for neuropathy in a population from Chennai, India. In contrast to other population-based studies, waist circumference was not associated with neuropathy. Whether the distribution of obesity affects nerves differently in Indian populations requires future studies with more precise anthropometric measures.

Keywords: Diabetes mellitus; Metabolic syndrome; Neuropathy; Obesity.

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