Press Release

Blood sugar above 90 increases risk of new onset diabetes in hypertensive patients

New Delhi, 09th April, 2017: “Hypertension or high blood pressure is also a risk factor for development of type 2 diabetes. If the high blood pressure is not managed effectively, the patient is at risk of developing new onset diabetes, which may also adversely affect the function of the kidneys, leading to chronic kidney disease”, said Padma Shri Awardee Dr K K Aggarwal, National President Indian Medical Association (IMA) and President Heart Care Foundation of India (HCFI) and Dr RN Tandon – Honorary Secretary General IMA in a joint statement.

In an analysis of the findings from the blood pressure lowering-arm of the Anglo-Scandinavian Cardiac Outcomes Trial (ASCOT-BPLA) published in the journal Diabetes Care, it was observed that a fasting blood sugar level higher than 90 mg/dL was the major factor that predicted the development of new-onset diabetes in hypertensive patients. For every 18 mg/dL rise in blood sugar above the level of 90 mg/dL, the risk of developing diabetes increased nearly 6 times. Patients who were being treated with the combination of beta-blocker and diuretic had significantly greater chances of developing new-onset diabetes.

BMI, serum triglycerides and systolic BP were also identified as determinants of new-onset diabetes in these patients. In contrast, factors like high HDL cholesterol levels, moderate alcohol use and age older than 55 years were found to be protective against development of diabetes.

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About IMA: Indian Medical Association is the only representative, national voluntary organization of Doctors of Modern Scientific System of Medicine, which looks after the interest of doctors as well as the well being of the community at large. It has its Headquarter in Delhi and State / Terr. Branches in 30 States and Union Territories. It has over 2, 60,000 doctors as its members through more than 1765 active local branches spread across the country.

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