

Cardiovascular Disease in Elderly Diabetics

What is the Link Between Type 2 Diabetes and Cardiovascular Disease?

The rate of diabetes is increasing worldwide. This rise is due to two primary factors: an aging population and the increased life expectancy for people with diabetes.

The primary cause of death in elderly diabetics is not directly related to glycemia, but rather to atherosclerotic cardiovascular disease.

What is the Link Between Diabetes and Oxidative Stress?

A balance between oxidants and antioxidants in patients with Type 2 diabetes is influenced by the level of glycemic control.

There is likely a link between the hyperglycemic level and the degree of low-density lipoprotein (LDL) oxidation. Oxidized LDL particles are captured by circulating macrophages and are transported in the interstitial compartment of the vascular tree, where atheromatous plaque is created.

What Can I Do to Protect Against Oxidative Stress?

Studies show that vitamin C can slow down the oxidation of circulating lipids and can protect vitamin E from oxidation. Other clinical studies involving both diabetic and non-diabetics suggest that vitamin E may protect LDL particles from oxidation.

Should I Take Vitamin Supplements on an Ongoing Basis?

It is important to make sure your diet sticks with the current recommendations on daily vitamin intake. There is a small benefit of vitamin supplements for elderly diabetics.

In some cases, taking reasonable doses of vitamin C (250 mg to 1,000 mg per day) and/or vitamin E supplements (400 IU to 800 IU per day) over the long-term can prevent cardiovascular disease.

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