

P320**Effects of short-term rosuvastatin and fenofibrate on lipids and markers of inflammation in patients with type 2 diabetes.**NV Polenova¹, IS Yavelov¹, VP Masenko¹, NA Gratsiansky¹¹*Institute of Physico-Chemical Medicine, Moskva, Russian Federation***Topic: Diabetes**

Background: Statins are preferable lipid lowering agents in patients (pts) with diabetes however fenofibrate is also considered appropriate.

Purpose: To compare lipid lowering profile and effects on markers of inflammation of a potent statin rosuvastatin and fenofibrate in pts with type 2 diabetes.

Methods: Pts with type 2 diabetes (n=30, 20 women, age 62.5±1.3 [47-74] years, all with hypertension, 25 with coronary heart disease, 4 with peripheral arterial disease, all with baseline BMI>25, 70% with BMI>30 kg/m², with median baseline waist circumference 105.5 cm) were randomised to rosuvastatin 10 mg/day (n=17) or fenofibrate 200 mg/day (n=13). Serum lipids, high sensitivity C reactive protein (CRP), interleukin-6 (IL-6), fibrinogen (Fib) were measured at baseline and after 3 months.

Results: Median fasting glucose and HbA1 were 8.47 mmol/l and 6.6%, 8.0 mmol/l and 6.9% at baseline and study end, respectively, without significant differences between groups. Baseline and 3 months blood lipids, CRP, IL-6, Fib levels are shown in the table. Both rosuvastatin and fenofibrate decreased total cholesterol (CH), LDLCH, triglycerides (TG) and increased HDLCH. Tendencies to greater effect of rosuvastatin on total and LDLCH and fenofibrate on TG were insignificant. CRP, IL-6, Fib levels did not significantly change. There were no associations between changes of lipids and CRP, IL-6 or Fib in the whole group.

Conclusion: In this group of overweight diabetics rosuvastatin and fenofibrate exerted expected effects on lipids but both low dose rosuvastatin and standard dose fenofibrate were neutral relative to CRP and IL-6 levels. This reflects either true absence of marked effect or consequence of relatively low baseline values of these inflammation markers.

Lipids and markers of inflammation

	Baseline		3 months	3 months		p	
	Fenofibrate	p		Rosuvastatin	Fenofibrate		
LDLCH, mmol/l	3.68±1.21	4.26±0.98	0.19	2.18±0.69***	3.28±0.74**	<0.001	
HDLCH, mmol/l	0.95±0.15	0.89±0.11	0.32	1.08±0.29*	1.07±0.19**	0.84	
TG, mmol/l	2.21±1.00	2.63±1.34	0.34	1.69±0.92**	1.44±0.99**	0.48	
CRP, mg/l #	1.86 (1.38;3.86)	0.78 (0.47;2.33)	0.062	1.11 (0.9;2.22)	1.22 (0.50;4.39)	0.91	
IL-6, pg/ml #	1.89 (1.19;2.26)	1.89 (1.45;2.34)	0.61	1.53 (0.80;2.00)	1.53 (1.21;2.36)	0.59	
Fibrinogen, g/l	3.15±0.73	3.48±0.39	0.19	3.4±0.59	3.45±0.49	0.81	

*p<0.05, **p<0.01, ***p<0.001 to baseline; # median (interquartile range)