



AC047

Adult Cardiology & Clinical Cardiovascular Medicine • Poster Presentation

DIFFERENCES BETWEEN HYPERTENSIVE AND NON-HYPERTENSIVE PATIENTS WITH DIABETES MELLITUS IN THREE HOSPITALS IN CAMEROON: A COMPARATIVE CROSS-SECTIONAL STUDY

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Background: Diabetes and hypertension commonly coexist and may worsen cardiovascular risk and clinical outcomes.

Objective: To compare hypertensive diabetics and non-hypertensive diabetics attending outpatient clinics and identify factors associated with hypertension among diabetic patients.

Methods: We conducted a cross-sectional study among 339 ambulatory adults with DM attending three referral hospitals in Cameroon between November 2023 and April 2024.

Results: Hypertensive participants were older than non-hypertensive participants (64.36 vs 56.48 years; $p < 0.001$). Females accounted for a larger proportion of the hypertensive group than the non-hypertensive group (74.7% vs 57.8%; $p = 0.001$). Hypertensive diabetics had a longer median duration of diabetes (6 [IQR 2-11] vs 5 [IQR 2-8] years; $p = 0.002$) and larger waist circumference (96.49 cm vs 93.83 cm; $p = 0.003$), dyslipidemia (28.3% vs 7.5%, $p < 0.001$), diabetic peripheral neuropathy (8.4% vs 1.7%; $p = 0.005$) compared to non-hypertensives. On multivariable regression analysis, older age (aOR=1.07, CI: 1.04-1.10, $p < 0.001$), female sex (aOR=2.37, CI: 1.36-4.13, $p = 0.002$), waist circumference (aOR=1.05, CI: 1.01-1.09, $p = 0.023$), dyslipidemia (aOR=4.74, CI: 2.27-9.91, $p < 0.001$), and peripheral neuropathy and/or diabetic retinopathy (aOR=5.69, CI: 1.52-21.31, $p = 0.010$) were independent predictors of hypertension.

Conclusion: These findings highlight the need for routine blood pressure screening and aggressive cardiometabolic risk reduction, particularly in older women with central obesity and evidence of diabetic complications.

Keywords: Hypertension, diabetes, cardiovascular risk, cardiometabolic