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## Glycemic and lipid profile of patients with COVID-19: Impact on morbidity and mortality

**Charis Armonis**

*General Hospital of Athens, Greece*

### Objective:

Recent studies have shown that patients with COVID-19, who have underlying diabetes mellitus, develop a severe clinical course and have increased mortality. Similarly, dyslipidemia is a common complication in patients with COVID-19, indicating that there may be a pathophysiological interaction between lipid metabolism and SARS-CoV-2. The main manifestation is hypolipidemia, which is associated with severe illness and unfavorable outcome. The aim of the present study was to assess the impact of glucose and lipid levels on the progression and outcome of patients with COVID-19 infection. The study sample consisted of 301 patients who became ill with SARS-CoV-2 and hospitalized during the calendar year 2021. Data were collected from the patients themselves and from their clinical and laboratory follow-up. A total of 301 patients were included in the study, 56.8% were male and 82.4% of patients were not vaccinated for SARS-CoV-2 at baseline. The mean age was 66.7 years and the body mass index was 28.8. More specifically 27.6% had diabetes mellitus and 34.2% reported known dyslipidemia. Comparison of the outcome of the disease with the laboratory data of patients on the day of admission found that death was more frequently observed in those with older age ( $83.0 \pm 11.0$ ), ( $p < 0.001$ ), with abnormal glucose values, ( $159.8 \pm 51.4$ ), ( $p = 0.039$ ), lower total cholesterol values, ( $p = 0.044$ ), higher triglycerides values ( $124 \pm 64.8$ ), ( $p = 0.003$ ), abnormal CRP values, ( $p < 0.001$ ), cTnT ( $p = 0.001$ ), D-dimers ( $p < 0.001$ ), and SatO<sub>2</sub> ( $p < 0.001$ ). The present study showed that death was more frequently observed in subjects with hyperglycemia and hypolipidemia, and other pathological findings. It is therefore evident that these patients should be a priority in the development of studies and guidelines.

### Biography

Charis Armonis has completed at the age of 24 the School of Medicine of National and Kapodistrian University of Athens. At the age of 28 years, he completed the Msc 'Invasive Cardiology' of General Hospital of Athens 'Ippokrateio'. He is medical resident of Internal Medicine at the GNA 'ELPIS'. He has publications in international and Greek conferences and has been serving as an editorial board member of repute.

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