

Type 2 Diabetes Increases the Risk for Cardiovascular Disease

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Type 2 diabetes is a disorder that impacts 90-95% of individuals diagnosed with diabetes in the US. Type 2 diabetes impacts the production of insulin resulting in higher levels of glucose in the blood. A 21% increased risk of developing cardiovascular disease (CVD) is observed in individuals with type 2 diabetes. This review compares the mechanisms behind type 2 diabetes and CVD and argues that the similarities between the mechanisms explain increased risk of CVD with type 2 diabetes. This review finds that complications that are commonly associated with type 2 diabetes such as hypertension have been identified as one of the possible explanations for the increased risk for CVD. In addition, insulin resistance and its impact on different risk factors for type 2 diabetes, such as inflammation, may also play a role in how type 2 diabetes increases the risk of CVD. Current research done on the risk factors and complications of type 2 diabetes show that there is a link between CVD and type 2 diabetes, but the research available is limited to a few risk factors emphasizing the need for further research on the complications and risk factors of type 2 diabetes. In addition, future research efforts should focus on the development of new drugs and therapies that address the increase of CVD and treat type 2 diabetes, to reduce the risk of CVD in patients with type 2 diabetes.