

## Prescription of Statins in Patients with Type 2 Diabetes Mellitus: Are We Following the Guidelines?

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Cardiovascular disease (CVD) is a major cause of morbidity and mortality among patients with type 2 diabetes. Statin reduces CVD risk. We aimed to determine the amount of statin eligible diabetes patients who were prescribed with statin therapy and to determine the factors associated with not prescribing statins to type 2 diabetes patients. A cross sectional study was conducted from February-April, 2021. Type 2 diabetes patients aged between 40-75 years were recruited from the university medical clinic and the endocrine clinic at Colombo South Teaching Hospital, Sri Lanka. 471 patients were enrolled with a mean age of 59.05(±9.139) years. The mean duration of diabetes was 10.97(±9.57) years. 441(93.6%) patients were on statin and 30(6.4%) patients were not on statin therapy. There were 163(34.61%) patients who required high strength statin. Even though only 3(1.73%) were on high strength statin, the rest were on moderate (152, 93.25%), low (4, 2.45%) and none (4, 2.45%). Among patients with prior history of atherosclerotic cardiovascular disease (ASCVD) and the high risk category according to the 10 year ASCVD risk estimation (155, 32.91%), only 17(10.97%) have achieved optimal LDL therapeutic targets(55mg/dL). In conclusion, a large proportion of the study population received statin therapy for primary and secondary prophylaxis. However, the majority were on suboptimal doses of statin and have not achieved therapeutic targets with regard to LDL-C levels. These findings highlight the importance of improvement of diabetes quality of care by implementing evidence based guideline recommendations.

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