

A Study of Correlation between Lipid Profile and Waist to Hip Ratios in Patients with Diabetes Mellitus

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ABSTRACT The present study deals with the correlation of waist to hip ratios and four lipid profiles, viz. serum cholesterol, triglycerides, high density lipoprotein – cholesterol (HDL-C) and low density lipoprotein – cholesterol (LDL-C) in 251 confirmed cases of diabetes mellitus (113 males and 138 females) aged 31-95 years collected from Sandhu Diabetic Care Centre, Gurdaspur, Punjab, India. The results indicate that in females, statistically negatively significant correlation ($r = -0.26$) was found in LDL – C in age group 41 – 50 years and in males of the same age group, positively significant correlations were noted in serum cholesterol ($r = 0.48$), LDL – C ($r = 0.35$) and in triglyceride ($r = 0.35$) and also in age group 61+ years positively significant correlations were found in males between waist to hip ratio and triglyceride ($r = 0.60$).