

**STUDY OF PULMONARY FUNCTION TEST IN PATIENTS OF TYPE 2 DIABETES MELLITUS AND ITS CORRELATION WITH DURATION OF DIABETES****Dr Khwaja M Mohsin***

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Aim-Pulmonary complications of diabetes mellitus (DM) have been poorly characterized. The study was undertaken to analyze the pulmonary function parameters in type 2 diabetic patients. We correlated forced vital capacity (FVC) and FEV1/FVC in diabetic patients with duration of the disease and Glycosylated hemoglobin (HbA1c) and fundoscopic changes.

Subjects and methods-Pulmonary function tests (PFTs) were recorded in 70 type 2 diabetic patients, who were divided into two groups, depending upon duration of diabetes. Group I 5 to 10 years and group II 11 to 15 years. Using easy one flow spirometer, PFT parameters were recorded. The PFTs recorded were – FVC, FEV1, FEV1/FVC, and peak expiratory flow rate (PEFR). In addition HbA1c, FBS and PPBS and fundoscopic changes of all the patients was estimated.

Results -In our study Restrictive lung function defect was more commonly found among patients of type 2 diabetes mellitus. Poor lung functions are in correlation with longer duration of T2DM.

Conclusion -DM being a systemic disease, which also affects lungs causing restrictive type of ventilator changes probably because of glycosylation of connective tissues, reduced pulmonary elastic recoil and inflammatory changes in lungs. Lung function parameters are negatively correlated to glycemic status and duration of diabetes. Hence strict glycemic control may improve pulmonary functions