



La prediabetes y su impacto sobre la salud cardiovascular: Artículo de revisión

Prediabetes and its impact on cardiovascular health: A review article

Nathalia Buitrago-Gómez^{1*} orcid.org/0000-0001-7466-9645

Lunevar Figueroa¹ orcid.org/0000-0001-6155-4961

María Eugenia Casanova¹ orcid.org/0000-0002-5724-2938

1. Especialización de Medicina Interna, Universidad Libre Cali. Cali, Colombia.

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Resumen

Introducción: La prediabetes es un estado intermedio de hiperglicemia, con una alta prevalencia en la población colombiana. Su relación con enfermedad cardiovascular y complicaciones macro y microvasculares se ha establecido, incrementando la evidencia científica en la literatura reciente. **Objetivo:** Describir las enfermedades cardiovasculares (complicaciones macrovasculares) relacionadas con prediabetes, su diagnóstico, fisiopatología, el enfoque de manejo y el tratamiento avalado para prevenir estas complicaciones. **Materiales y métodos:** Se realizó una revisión narrativa de la literatura, mediante búsqueda de artículos científicos en *Medline* entre 2015 y 2021. **Resultados:** Se seleccionaron 83 artículos. Se describe la relación de prediabetes con enfermedad cardiovascular, mortalidad, diagnóstico y tratamiento conforme a la literatura actualizada. **Conclusiones:** La importancia de la prediabetes radica en su asociación con complicaciones macrovasculares y su mortalidad, lo que pone en evidencia la importancia de estudiarla, seguirla y tratarla para evitar la progresión a diabetes mellitus, el desarrollo de desenlaces que finalizan en aumento de la morbimortalidad, alteración de la calidad de vida e incremento de los costos en salud.

Palabras clave: Estado prediabético, enfermedades cardiovasculares, prevención primaria. (Fuente: DeCS, Bireme).

Abstract

Introduction: Prediabetes is an intermediate state of hyperglycemia with a high prevalence in the Colombian population. The relationship between prediabetes and cardiovascular disease as well as its association with macro and microvascular complications has been established, with scientific evidence increasing in recent literature. **Objective:** To describe cardiovascular diseases (macrovascular complications) related to prediabetes, their diagnosis, physiopathology, management approach, and treatment to prevent those complications. **Materials and methods:** A narrative review of the literature was conducted, searching for scientific articles in *Medline* during the 2015-2021 period. **Results:** 83 articles were selected, which described the relationship between prediabetes with cardiovascular disease, mortality, diagnosis, and treatment based on recent reports. **Conclusions:** The importance of prediabetes lies in its association with macrovascular complications and its mortality. This association highlights the importance of studying, monitoring, and treating this disease to avoid its progression to diabetes mellitus, the development of outcomes that end in increased morbidity and mortality, diminished quality of life, and increased health care costs.

Keywords: Prediabetic state; cardiovascular diseases; primary prevention. (Source: DeCS, Bireme).

*Autor de correspondencia

Nathalia Buitrago Gómez

e-mail: natalia-buitrago@unilibre.edu.co

Cabe destacar, que el beneficio se observó en pacientes no obesos y la intervención sobre el estilo de vida muestra mayor impacto, pero la adherencia de los pacientes al ejercicio y la reducción de peso constituye un reto, por lo que este tipo de estrategias pudiese ser considerada⁽⁶⁸⁾.

Es importante mencionar, que el efecto protector descrito de la vitamina D sobre las fibras nerviosas periféricas al reducir el proceso de desmielinización e inducir regeneración axonal, puede mejorar la función autonómica cardiovascular y reducir así, la mortalidad cardiovascular entre los pacientes con prediabetes⁽⁸⁵⁾.

Conclusiones

La prediabetes es una entidad que cobra cada vez mayor importancia dada su alta prevalencia, la subestimación por parte de los pacientes, e incluso algunos médicos, como una alteración que conlleva a un riesgo sustancial de enfermedades cardiovasculares y complicaciones que traen consigo un aumento en la morbilidad y mortalidad.

Los programas enfocados en prevención, optimización del estilo de vida, la tamización temprana y el seguimiento continuo, coadyuvan con la reducción de la inercia terapéutica y resaltan lo imprescindible de la educación a las nuevas generaciones ante la consideración de la prediabetes como un factor altamente relacionado con eventos adversos como las complicaciones micro o macrovasculares.

Es indispensable la realización de estudios prospectivos que propongan escalas de riesgo objetivas para la valoración individualizada de los pacientes con prediabetes, favorecerá el enfoque y manejo integral de este grupo de pacientes.

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