
Adults Born with Heart Disease at Risk of Type 2 Diabetes



According to a new study, children born with heart disease have a higher risk of developing Type 2 diabetes after the age of 30. The study is published in the *Journal of the American Heart Association*. Study findings show that the risk is even higher for those born with a cyanotic congenital heart disease (CHD) condition.

The study was conducted with 5149 CHD patients in Denmark who were born between 1963 and 1980 and were alive at the age of 30. Majority of the study patients were diagnosed with atrial or ventricular septal defects.

Findings showed that the incidence of diabetes by the age of 45 was approximately 3.9 percent for those without cyanotic conditions and 8 percent for those with cyanotic conditions. This increase in risk may be due to traditional risk factors including obesity and sedentary lifestyle but these findings are consistent with previous findings that suggest that a lack of oxygen could have a negative effect on glucose metabolism.

"Given the cardiovascular health burden of type 2 diabetes, attention to its development in CHD survivors is warranted," says Nicolas Madsen, MD, a cardiologist at Cincinnati Children's Hospital Medical Center and lead author of the study. "Unfortunately, promoting cardiovascular health isn't always prioritised with the aging CHD population."

Source: [Cincinnati Children's Hospital Medical Center](#)

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