

## List of Contents

| Title                         | Page |
|-------------------------------|------|
| ▪ List of Abbreviations ..... | II   |
| ▪ List of Tables.....         | X    |
| ▪ List of Figures .....       | XV   |
| ▪ Introduction.....           | 1    |
| ▪ Aim of the Work .....       | 6    |
| ▪ Review of Literature.....   | 7    |
| ▪ Subjects and Methods.....   | 91   |
| ▪ Results.....                | 116  |
| ▪ Discussion .....            | 161  |
| ▪ Summary .....               | 181  |
| ▪ Conclusion .....            | 187  |
| ▪ Recommendations .....       | 189  |
| ▪ References.....             | 191  |
| ▪ Appendices.....             | 290  |
| ▪ Arabic Summary .....        | --   |

## List of Abbreviations

|                                   |                                                                                  |
|-----------------------------------|----------------------------------------------------------------------------------|
| <b>AAA</b>                        | Abdominal Aortic Aneurysm                                                        |
| <b>AACE</b>                       | the American Association of Clinical Endocrinologists                            |
| <b>ABI</b>                        | Ankle-Brachial Index                                                             |
| <b>ABP</b>                        | Ankle-Brachial Pressure                                                          |
| <b>ABPI</b>                       | Ankle Brachial Pressure Index                                                    |
| <b>ACC/AHA</b>                    | the American College of Cardiology and the American Heart Association            |
| <b>ACCORD</b>                     | Action to Control Cardiovascular Disease Risk in Diabetes                        |
| <b>ACE</b>                        | Angiotensin-1 converting enzyme                                                  |
| <b>ACS</b>                        | Acute Coronary Syndromes                                                         |
| <b>AD</b>                         | Alzheimer Dementia                                                               |
| <b>ADA</b>                        | The American Diabetes Association                                                |
| <b>ADAG</b>                       | The A1C-Derived Average Glucose study                                            |
| <b>ADL</b>                        | Activities of Daily Living                                                       |
| <b>AGEs</b>                       | Advanced Glycation End Products                                                  |
| <b>AHA/NHLBI</b>                  | The American Heart Association and the National Heart, Lung, and Blood Institute |
| <b>AN</b>                         | Autonomic Neuropathy                                                             |
| <b>ANS</b>                        | Autonomic Nervous System                                                         |
| <b>APOB</b>                       | Apolipoprotein B                                                                 |
| <b>apoE</b>                       | Apolipoprotein E Protein                                                         |
| <b>APOE, ApoE</b>                 | Apolipoprotein E Gene                                                            |
| <b>APO E, E or ε/ε</b>            | Apolipoprotein E genotype                                                        |
| <b>APOEε, Apoε, Apo e, e or ε</b> | Epsilon allele of the Apolipoprotein Gene                                        |

## List of Abbreviations (Cont.)

|                     |                                                    |
|---------------------|----------------------------------------------------|
| <b>ASCVD</b>        | .....Atherosclerotic Cardiovascular Disease        |
| <b>ATP-III</b>      | .....Adult Treatment Panel III                     |
| <b>BA</b>           | .....Bronchial asthma                              |
| <b>BMI</b>          | .....Body Mass Index                               |
| <b>BNP</b>          | .....B-type Natriuretic Peptide                    |
| <b>BP</b>           | .....Blood Pressure                                |
| <b>CAA</b>          | .....Cerebral Amyloid Angiopathy                   |
| <b>CAC</b>          | .....Coronary Artery Calcium                       |
| <b>CAD</b>          | .....Coronary Artery Disease                       |
| <b>CAN</b>          | .....Cardiovascular Autonomic Neuropathy           |
| <b>CETP</b>         | .....Cholesteryl ester transfer protein            |
| <b>CGA</b>          | .....Comprehensive Geriatric Assessment            |
| <b>CHD</b>          | .....Coronary Heart Disease                        |
| <b>CHF</b>          | .....Congestive Heart Failure                      |
| <b>CI</b>           | .....Cerebral Infarct                              |
| <b>CIMT</b>         | .....Carotid Intima-Media Thickness                |
| <b>CIRS-G</b>       | .....Cumulative Illness Rating Scale-<br>Geriatric |
| <b>CKD</b>          | .....Chronic Kidney Disease                        |
| <b>CLD</b>          | .....Chronic Liver Disease                         |
| <b>COPD</b>         | .....Chronic Obstructive Pulmonary Disease         |
| <b>C. pneumonia</b> | .....Chlamydia Pneumonia                           |
| <b>CRF</b>          | .....Cardio Respiratory Fitness                    |
| <b>CRP</b>          | .....C-Reactive Protein                            |
| <b>CVD</b>          | .....Cardiovascular Diseases                       |
| <b>CTA</b>          | .....Computed Tomography Angiography               |
| <b>CV</b>           | .....Cardiovascular                                |

## List of Abbreviations (Cont.)

|                      |                                                          |
|----------------------|----------------------------------------------------------|
| <b>CVA</b> .....     | Cerebrovascular Accident                                 |
| <b>DALYs</b> .....   | Disability-Adjusted Life Years                           |
| <b>DBP</b> .....     | Diastolic Blood Pressure                                 |
| <b>DCCT</b> .....    | the Diabetes Control and Complications Trial             |
| <b>DIAD</b> .....    | the Detection of Ischemia in Asymptomatic Diabetes study |
| <b>DN</b> .....      | Diabetic Nephropathy                                     |
| <b>Dop-ABI</b> ..... | Doppler Measured Ankle Brachial Index                    |
| <b>DR</b> .....      | Diabetic retinopathy                                     |
| <b>DSA</b> .....     | Digital Subtraction Angiography                          |
| <b>DUS</b> .....     | Duplex Ultrasonography                                   |
| <b>ECs</b> .....     | Endothelial cells                                        |
| <b>ECG</b> .....     | Electrocardiography                                      |
| <b>ECHO</b> .....    | Echocardiography                                         |
| <b>EDTA</b> .....    | Ethylene Diamine Tetraacetic Acid                        |
| <b>ENHP</b> .....    | the Egyptian National Hypertension Project               |
| <b>ESRD</b> .....    | End Stage Renal Disease                                  |
| <b>eGDR</b> .....    | Estimated Glucose Disposal Rate                          |
| <b>FBS</b> .....     | Fasting Blood Sugar                                      |
| <b>FFA</b> .....     | Free Fatty Acids                                         |
| <b>FH</b> .....      | Family History                                           |
| <b>FMD</b> .....     | Flow-Mediated Dilation                                   |
| <b>FMV</b> .....     | Flow-Mediated Vasodilation                               |
| <b>FPG</b> .....     | Fasting Plasma Glucose                                   |
| <b>FRS</b> .....     | the Framingham Risk Score                                |

## List of Abbreviations (Cont.)

|                                     |                                         |
|-------------------------------------|-----------------------------------------|
| <b>FS</b> .....                     | the Framingham Study                    |
| <b>GBD</b> .....                    | Global Burden of Disease study          |
| <b>GDS</b> .....                    | Geriatric Depression Scale              |
| <b>GL</b> .....                     | Glucose                                 |
| <b>GWA</b> .....                    | Genetic wide association                |
| <b>HbA1C</b> .....                  | Hemoglobin A1C                          |
| <b>HDL</b> .....                    | High-Density Lipoprotein                |
| <b>HDL-C</b> .....                  | High Density lipoprotein Cholesterol    |
| <b>Health ABC</b> .....             | the Health Aging and Body Composition   |
| <b>HIV</b> .....                    | Human Immunodeficiency Virus Infection  |
| <b>HMG-CoA</b> .....                | 3-hydroxy-3-methylglutaryl coenzyme A   |
| <b>2HPP</b> .....                   | 2 Hours Postprandial                    |
| <b>hs-CRP</b> .....                 | High Sensitivity CRP                    |
| <b>HSPG</b> .....                   | Heparin Sulphate Proteoglycan           |
| <b>HTN</b> .....                    | Hypertension                            |
| <b>IADL</b> .....                   | Instrumental Activities of Daily Living |
| <b>IC</b> .....                     | Intermittent Claudication               |
| <b>ICU</b> .....                    | Intensive Care Unit                     |
| <b>IDF</b> .....                    | the International Diabetes Federation   |
| <b>IDL</b> .....                    | Intermediate Density Lipoproteins       |
| <b>IFG</b> .....                    | Impaired Fasting Glucose                |
| <b>IGT</b> .....                    | Impaired Glucose Tolerance              |
| <b>IHD</b> .....                    | Ischaemic Heart Disease                 |
| <b>IL-1</b> .....                   | Interleukin-1                           |
| <b>IL-1<math>\beta</math></b> ..... | Interleukin-1 $\beta$                   |

## List of Abbreviations (Cont.)

|                                      |                                                     |
|--------------------------------------|-----------------------------------------------------|
| <b>IL-6</b> .....                    | Interleukin-6                                       |
| <b>IMT</b> .....                     | Intima-Media Thickness                              |
| <b>INF-<math>\gamma</math></b> ..... | Interferon- $\gamma$                                |
| <b>INOS</b> .....                    | Inducible Nitric Oxide Synthase                     |
| <b>IR</b> .....                      | Insulin Resistance                                  |
| <b>IS</b> .....                      | Ischemic Stroke                                     |
| <b>J-EDIT</b> .....                  | the Japanese Elderly Diabetes<br>Intervention Trial |
| <b>JIS</b> .....                     | Joint Interim Statement                             |
| <b>JSIM</b> .....                    | the Japanese Society of Internal<br>Medicine        |
| <b>LDL-C</b> .....                   | Low Density Lipoprotein Cholesterol                 |
| <b>LDLR</b> .....                    | Low Density Lipoprotein Receptor                    |
| <b>LMICs</b> .....                   | Low-Income and Middle-Income<br>Countries           |
| <b>LOD</b> .....                     | Late Onset Depression                               |
| <b>LVH</b> .....                     | Left Ventricular Hypertrophy                        |
| <b>MC</b> .....                      | Medial Calcinosi                                    |
| <b>MCP-1</b> .....                   | Monocyte Chemoattractant Protein-1                  |
| <b>MESA</b> .....                    | the Multi-Ethnic Study of<br>Atherosclerosis        |
| <b>MetS</b> .....                    | Metabolic Syndrome                                  |
| <b>MMP</b> .....                     | Matrix Metalloproteinase                            |
| <b>MI</b> .....                      | Myocardial Infarction                               |
| <b>MMSE</b> .....                    | Mini-Mental State Examination                       |
| <b>MNA</b> .....                     | Mini-nutritional assessment                         |
| <b>MPs</b> .....                     | Microparticles                                      |
| <b>MRA</b> .....                     | Magnetic Resonance Angiography                      |

## List of Abbreviations (Cont.)

|                                      |                                                                    |
|--------------------------------------|--------------------------------------------------------------------|
| <b>MTTP</b> .....                    | Microsomal Triglyceride Transport Protein                          |
| <b>MUFA</b> .....                    | Monounsaturated Fatty Acids                                        |
| <b>NCEP</b> .....                    | the National Cholesterol Education Program                         |
| <b>ND</b> .....                      | Non-Diabetic                                                       |
| <b>NF-<math>\kappa</math>B</b> ..... | Nuclear Factor Kappa- $\beta$                                      |
| <b>NGSP</b> .....                    | National Glycohemoglobin Standardization Program                   |
| <b>NO</b> .....                      | Nitric Oxide                                                       |
| <b>OA</b> .....                      | Osteoarthritis                                                     |
| <b>OHG</b> .....                     | Oral hypoglycemics                                                 |
| <b>Osc-ABI</b> .....                 | Automated Oscillometric Measured ankle Brachial Index              |
| <b>Ox-LDL</b> .....                  | Oxydized Low Density Lipoprotein                                   |
| <b>PAD</b> .....                     | Peripheral Arterial Disease                                        |
| <b>PAI-1</b> .....                   | Plasminogen Activator Inhibitor-1                                  |
| <b>PARTNERS or PART-NERS</b> .....   | the PAD Awareness Risk and Treatment: New Resources for Survival   |
| <b>PCA</b> .....                     | Poorly Compressible Arteries                                       |
| <b>PCR</b> .....                     | Polymerase Chain Reaction                                          |
| <b>PCR-RFLP</b> .....                | Polymerase Chain Reaction-Restriction Fragment Length Polymorphism |
| <b>PKC</b> .....                     | Protein Kinase C                                                   |
| <b>PN</b> .....                      | Peripheral Neuropathy                                              |
| <b>PP</b> .....                      | Postprandial                                                       |
| <b>PPARG</b> .....                   | Peroxisome Proliferator-Activated Receptor Gamma                   |

## List of Abbreviations (Cont.)

|                                      |                                                             |
|--------------------------------------|-------------------------------------------------------------|
| <b>PSV</b> .....                     | Peak Systolic Velocity                                      |
| <b>PVD</b> .....                     | Peripheral Vascular Disease                                 |
| <b>PVOD</b> .....                    | Peripheral Vascular Occlusive Disease                       |
| <b>PWV</b> .....                     | Pulse Wave Velocity                                         |
| <b>RAAS</b> .....                    | Renin-Angiotensin-Aldosterone System                        |
| <b>RCT</b> .....                     | Reverse Cholesterol Transport System                        |
| <b>REACH</b> .....                   | REduction of Atherothrombosis for Continued Health Registry |
| <b>ROS</b> .....                     | Reactive Oxygen Species                                     |
| <b>SBP</b> .....                     | Systolic Blood Pressure                                     |
| <b>sdLDL</b> .....                   | small, Dense LDL                                            |
| <b>SNA</b> .....                     | Sympathetic Nervous Activity                                |
| <b>SNPs</b> .....                    | Single Nucleotide Polymorphisms                             |
| <b>SNS</b> .....                     | Sympathetic Nervous System                                  |
| <b>SPECT</b> .....                   | Single Positron Emission Computed Tomography                |
| <b>SRH</b> .....                     | Self Reported Health                                        |
| <b>SSS</b> .....                     | Summed Stress Score                                         |
| <b>T.CHO</b> .....                   | Total Cholesterol                                           |
| <b>TcPO2</b> .....                   | Transcutaneous Oxymetry                                     |
| <b>T1DM</b> .....                    | Type 1 Diabetes Mellitus                                    |
| <b>T2DM</b> .....                    | Type 2 Diabetes Mellitus                                    |
| <b>TF</b> .....                      | Tissue Factor                                               |
| <b>TG</b> .....                      | Triglycerides                                               |
| <b>TNF-<math>\alpha</math></b> ..... | Tumor Necrosis Factor- $\alpha$                             |
| <b>UKPDS</b> .....                   | United Kingdom Prospective Diabetes Study                   |

## **List of Abbreviations (Cont.)**

|               |       |                                                |
|---------------|-------|------------------------------------------------|
| <b>USPSTF</b> | ..... | United States Preventive Services Task Force   |
| <b>VCAM-1</b> | ..... | Vascular Cell Adhesion Molecule-1              |
| <b>VEGF</b>   | ..... | Vascular Endothelial Growth Factor             |
| <b>VF</b>     | ..... | Visceral Fat                                   |
| <b>VLDL</b>   | ..... | Very Low Density Lipoprotein                   |
| <b>VOTI</b>   | ..... | Vascular optical tomographic imaging           |
| <b>VSMC</b>   | ..... | Vascular Smooth Muscle Cell                    |
| <b>vWF</b>    | ..... | Von Willebrand Factor                          |
| <b>WC</b>     | ..... | Waist Circumference                            |
| <b>WHAS</b>   | ..... | Women's Health and Aging Study                 |
| <b>WHO</b>    | ..... | World Health Organization                      |
| <b>WHR</b>    | ..... | Waist-Hip Ratio                                |
| <b>WISE</b>   | ..... | The Women's Ischemia Syndrome Evaluation study |

## List of Tables

| Table No.                                        | Title                                                                                                             | Page |
|--------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|------|
| <b>Review of Literature/Subjects and Methods</b> |                                                                                                                   |      |
| <b>Table (1):</b>                                | Causes of mortality in T1DM and T2DM.....                                                                         | 12   |
| <b>Table (2):</b>                                | CAD risk factors associated with T2DM.....                                                                        | 15   |
| <b>Table (3):</b>                                | CHD risk classification according to the ATP-III guidelines .....                                                 | 30   |
| <b>Table (4):</b>                                | Association of ApoE to pre-symptomatic risk, prognosis, and response to treatment in CVD and related disorders... | 61   |
| <b>Table (5):</b>                                | The role of ABI for the diagnosis of PAD in patients with DM.....                                                 | 85   |
| <b>Table (6):</b>                                | Diagnostic criteria for the resting ABI ..                                                                        | 101  |
| <b>Table (7):</b>                                | Diagnostic criteria for peripheral arterial diameter reduction.....                                               | 109  |
| <b>Table (8):</b>                                | The diagnosis of DM based on the ADA criteria .....                                                               | 110  |

## List of Tables

| Table No.         | Title                                                                                                  | Page |
|-------------------|--------------------------------------------------------------------------------------------------------|------|
| <b>Results</b>    |                                                                                                        |      |
| <b>Table (1):</b> | Comparison between the study groups as regards demographic and anthropometric data.....                | 117  |
| <b>Table (2):</b> | Comparison between the study groups as regards ADL and IADL, MMSE and GDS .....                        | 118  |
| <b>Table (3):</b> | Comparison between the study groups as regards MNA .....                                               | 119  |
| <b>Table (4):</b> | Comparison between the study groups as regards clinical data .....                                     | 120  |
| <b>Table (5):</b> | Comparison between the study groups as regards laboratory data .....                                   | 121  |
| <b>Table (6):</b> | Comparison between the study groups as regards dyslipidemia .....                                      | 122  |
| <b>Table (7):</b> | Comparison between the diabetic groups A and B as regards metabolic syndrome .....                     | 124  |
| <b>Table (8):</b> | Comparison between the study groups A and B as regards DM duration, complications, and treatment ..... | 125  |
| <b>Table (9):</b> | Comparison between the study groups as regards ABI and statins .....                                   | 126  |

## List of Tables

| Table No.          | Title                                                                                                                                 | Page |
|--------------------|---------------------------------------------------------------------------------------------------------------------------------------|------|
| <b>Table (10):</b> | Comparison between cases with ABI risk for CVD and referent subjects as regards clinical parameters among the study population .....  | 127  |
| <b>Table (11):</b> | Comparison between cases with ABI risk for CVD and referent subjects as regards laboratory parameters among the study population..... | 128  |
| <b>Table (12):</b> | Relation of ABI risk for CVD to Smoking among the study population.....                                                               | 129  |
| <b>Table (13):</b> | Relation of ABI risk for CVD to DM Duration among the study groups A and B.....                                                       | 130  |
| <b>Table (14):</b> | Comparison between PAD and non-PAD cases as regards clinical parameters among the study population.....                               | 132  |
| <b>Table (15):</b> | Comparison between PAD and non-PAD cases as regards laboratory parameters among the study population.....                             | 133  |
| <b>Table (16):</b> | Comparison between the study groups as regards vascular findings ....                                                                 | 134  |
| <b>Table (17):</b> | Characteristics of the study population as regards APOE genotyping .....                                                              | 135  |

## List of Tables

| Table No.          | Title                                                                                                                                    | Page |
|--------------------|------------------------------------------------------------------------------------------------------------------------------------------|------|
| <b>Table (18):</b> | Comparison between the study groups as regards APOE4 genotypes [(E3/E4) and (E4/E4)] .....                                               | 137  |
| <b>Table (19):</b> | Distribution of the genotypes with $\epsilon$ 4 allele among different elderly age categories within the study population.....           | 138  |
| <b>Table (20):</b> | Distribution of MetS among different APOE isoforms within the study population.....                                                      | 140  |
| <b>Table (21):</b> | Distribution of MetS among ApoE4 genotypes [(E3/ E4) and (E4/ E4)] carriers and non-carriers within the study population .....           | 142  |
| <b>Table (22):</b> | Distribution of the diabetic and non-diabetic population as regards ApoE- $\epsilon$ 4 allele carrier state .....                        | 143  |
| <b>Table (23):</b> | Comparison between ApoE- $\epsilon$ 4 carriers and non-carriers as regards clinical parameters among the study population.....           | 144  |
| <b>Table (24):</b> | Comparison between ApoE- $\epsilon$ 4 allele carriers and non-carriers as regards laboratory parameters among the study population ..... | 145  |

## List of Tables

| Table No.          | Title                                                                                                                                | Page |
|--------------------|--------------------------------------------------------------------------------------------------------------------------------------|------|
| <b>Table (25):</b> | Comparison between ApoE-ε4 allele carriers and non-carriers as regards dyslipidemia among the study population.....                  | 146  |
| <b>Table (26):</b> | Comparison between ApoE-ε4 allele carriers and non-carriers as regards diabetic complications among the study groups A and B.....    | 148  |
| <b>Table (27):</b> | Comparison between ApoE-ε4 allele carriers and non-carriers among group A as regards comorbidities.....                              | 151  |
| <b>Table (28):</b> | Comparison between ApoE-ε4 allele carriers and non-carriers as regards ABI risk for CVD among the study population .....             | 153  |
| <b>Table (29):</b> | Comparison between ApoE-ε4 allele carriers and non-carriers as regards L.L arterial duplex findings among the study population ..... | 155  |
| <b>Table (30):</b> | Relation of the arterial duplex wave forms to the ApoE-ε4 allele carrier state among the study groups .....                          | 158  |
| <b>Table (31):</b> | Relation of abnormal ABI values, CAD and ApoE-ε4 allele carrier state....                                                            | 160  |

## List of Figures

| Figure No.                                       | Title                                                                                          | Page |
|--------------------------------------------------|------------------------------------------------------------------------------------------------|------|
| <b>Review of Literature/Subjects and methods</b> |                                                                                                |      |
| <b>Fig. (1):</b>                                 | The twin cycle hypothesis of the etiology of T2DM .....                                        | 8    |
| <b>Fig. (2):</b>                                 | Atherosclerosis is a multifactorial disease.....                                               | 13   |
| <b>Fig. (3):</b>                                 | Traditional versus nontraditional risk factors for CAD.....                                    | 14   |
| <b>Fig. (4):</b>                                 | Risks of hypoglycemia on the vasculature .....                                                 | 17   |
| <b>Fig. (5):</b>                                 | Pathogenesis of CVD in diabetes.....                                                           | 23   |
| <b>Fig. (6):</b>                                 | Suggested chronological events in T2DM.....                                                    | 24   |
| <b>Fig. (7):</b>                                 | Coagulation and platelet reactivity in diabetes .....                                          | 26   |
| <b>Fig. (8):</b>                                 | Summary of putative pathophysiologic mechanisms in the development of hypertension in DM ..... | 42   |
| <b>Fig. (9):</b>                                 | Obesity and CV risk burden .....                                                               | 44   |
| <b>Fig. (10):</b>                                | Genomic approaches to CAD .....                                                                | 50   |
| <b>Fig. (11):</b>                                | APOE gene and associated diseases.....                                                         | 52   |
| <b>Fig. (12):</b>                                | Structure of human apoE proteins .....                                                         | 55   |
| <b>Fig. (13):</b>                                | Roles of apoE .....                                                                            | 55   |
| <b>Fig. (14):</b>                                | Association of risk factors with the level of atherosclerotic target lesion .....              | 80   |
| <b>Fig. (15):</b>                                | Reasons for ABI measurement.....                                                               | 84   |
| <b>Fig. (16):</b>                                | The Diaped Flux-200 with 8-MHz Doppler probe device .....                                      | 98   |