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In this issue 24th Meeting of Balkan Clinical Laboratory Federation  
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05<sup>th</sup>-07<sup>th</sup>October, 2016, Tirana, Albania

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# BJCL

## BALKAN JOURNAL OF CLINICAL LABORATORY

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**THE 24<sup>TH</sup> BCLF MEETING IS ORGANIZED UNDER THE AUSPICES OF THE:**



International Federation of Clinical Chemistry and Laboratory Medicine



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## CONGRESS ORGANIZING AGENCY



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## **EXHIBITION**

During the 24th BCLF Meeting exhibition is arranged  
at the Tirana International Hotel Halls.

### **Companies participated in exhibition:**

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# **BCLF**

24<sup>th</sup> Meeting of Balkan Clinical Laboratory Federation

## **Scientific Program**

Tirana International Hotel  
Skanderbeg Square  
Tirana, Albania

05<sup>th</sup>-07<sup>th</sup> October, 2016  
Tirana, Albania

**SCIENTIFIC PROGRAMME****WEDNESDAY, OCTOBER 05, 2016****12:00 - 17:00**     **REGISTRATION****17:00**             **OPENING CEREMONY****WELCOME ADDRESSES**

Prof. Anyla Bulo Kasneci, Meeting President, Albania

Prof. Najdana Gligorovic-Barhanovic, BCLF President, Montenegro

Prof. Maurizio Ferrari, IFCC President, Italy

Welcome address on behalf of local authorities

**Chairs:**            N. Gligorovic-Barhanovic     (Montenegro)  
                         A. Bulo Kasneci                     (Albania)**17:30**             **OPENING LECTURE****P4 MEDICINE: PREDICTIVE, PREVENTIVE, PERSONALIZED AND PARTICIPATORY  
A NEW TREND IN LABORATORY MEDICINE**

Maurizio Ferrari                     (Italy)

**19:00**             **WELCOME RECEPTION****THURSDAY, OCTOBER 06, 2016****8:00**             **REGISTRATIONS****9:00-11:00**     **SCIENTIFIC SYMPOSIUM 1****Chairs:**            M. Boncheva                     (Bulgaria)  
                         E. Refatllari                        (Albania)**9:00**             **MANAGEMENT OF HEART FAILURE: MORE PERSPECTIVES FROM THE  
VITAMIN D / PTH AXIS?**  
D. Gruson (Belgium)**9:30**             **ASSOCIATION OF CIRCULATING RESISTIN AND ITS RECEPTOR CYCLASE-  
ASSOCIATED PROTEIN 1 MRNA LEVELS WITH CORONARY ARTERY  
DISEASE**  
M. Sopić, J. Joksić, V. Spasojević-Kalimanovksa, D. Kalimanovska-Oštrić,  
K. Anđelković, Z. Jelić-Ivanović (Serbia)





**FRIDAY, OCTOBER 07, 2016****9:00-11:00          SCIENTIFIC SYMPOSIUM 5**

**Chairs:** N. Majkic Singh (Serbia)  
U. Görmüş (Turkey)

**9:00                  ALCOHOL – METABOLISM AND RELATED HEALTH PROBLEMS, POSSIBLE BIOLOGICAL MARKERS FOR ALCOHOL ABUSE**

T. Zima (Czech Republic)

**9:30                  POTENTIAL RISK PREDICTORS FOR CARDIOVASCULAR DISEASES IN PATIENTS WITH OBSTRUCTIVE SLEEP APNEA SYNDROME**

S. Ozben, N. Huseyinoglu, F. Hanikoglu, T. S. Guvenc, B. Zeynep Yildirim, A. Cort, S. Ozdem, T. Ozben (Turkey)

**10:00                INFLAMMATION MARKERS IN PATIENTS WITH ALCOHOLIC LIVER DISEASE**

I.Korita, S. Degandt, M. Langlois, J. Basho, E. Refatllari, N. Heta Alliu, N. Marku, A. Bulo Kasneci, V. Blaton (Albania)

**10:15                THE IMPORTANCE OF IMMUNOGLOBULIN G N-GLYCANS IN COLORECTAL CANCER**

K. Thaçi, F. Vučković, E. Theodoratou, S.M. Farrington, M. Perola, Y. Aulchenko, M.G. Dunlop, H. Campbell, G. Lauc (Kosova)

**10:30                OLD AND NEW BONE TURNOVER MARKERS: WHY LOOKING FOR NEW MARKERS**

A. Sepici Dinçel (Turkey)

**10:45                SERUM TUMOR MARKERS CA 15-3 AND CEA IN BREAST CANCER**

N. Serdarevic (Bosnia and Herzegovina)

**11:00–11:30        COFFEE & EXHIBITION & PRACTICE**

**11:30–13:30        SCIENTIFIC SYMPOSIUM 6**

**Chairs:** T. Ozben (Turkey)  
J. Coric (Bosnia and Herzegovina)

**11:30                PRENATAL SCREENING AND FETAL DNA**

U. Görmüş (Turkey)

**12:00                PHARMACOGENOMICS AND PHARMACOMICROBIOMICS IN PRECISION MEDICINE**

B. Süssleyici (Turkey)

**12:30                OXIDATIVE STRESS STATUS AND LIPID PROFILE DURING PHYSIOLOGICAL NON-COMPLICATED PREGNANCY**

D. Ardalic, A.Stefanovic, S. Spasic, A. Zeljkovic, J. Vekic, V. Kalimanovska Spasojevic, Z. Jelic Ivanovic, V. Mandic Markovic, Z. Milkovic (Serbia)



- 
- 18:00**                    **PROSPECTIVE AND COMPARATIVE CLINICAL STUDY OF BLOOD RISK FACTORS IN PATIENTS WITH ALLERGIC ASTHMA ON IMMUNOTHERAPY**  
L. Neziri-Ahmetaj, B. Mehic, R. Gojak (Kosova)
- 18:15**                    **THE PREVALENCE OF DNA-VIRAL INFECTION IN KIDNEY TRANSPLANT RECIPIENT**  
M. Dibra, K. Hoti, D. Lacej, A. Mema, A. Daka, B. Arapi, M. Barbullushi, A. Koroshi, A. Koraqi, A. Idrizi (Albania)
- 18:30**                    **CLOSING CEREMONY**
- 21:00**                    **GALA DINNER**



## POSTER SESSIONS

### Poster Board Number

The poster board number correspond to the abstract code shown on the board

### Poster display

Poster set up                      09:00 - 10:00  
Poster display                      10:00 - 18:00

The authors must remove poster before 18:30. The organizers are not responsible for poster left on the display.

### *Poster Display: Thursday, October 06, 2016*

• Cardiovascular Disease	PP-TH-001	PP-TH-011
• Diabetes, Obesity/Metabolic Syndrome	PP-TH-012	PP-TH-021
• Gastrointestinal and Liver Disease	PP-TH-022	PP-TH-024
• Hematology and Coagulation	PP-TH-025	PP-TH-029
• Inflammation and Chronic Disease	PP-TH-030	PP-TH-037
• Oncology, Tumor Markers	PP-TH-038	PP-TH-042
• Oxidative stress and Antioxidants	PP-TH-043	PP-TH-045
• Renal disease	PP-TH-046	PP-TH-057

### *Poster Display: Friday, October 07, 2016*

• Bone Metabolism and Vitamin D	PP - F - 058	PP - F - 063
• Endocrinology, Pregnancy	PP - F - 064	PP - F - 071
• Immunology	PP - F - 072	PP - F - 073
• Infectious disease	PP - F - 074	PP - F - 082
• Microbiology	PP - F - 083	PP - F - 091
• Quality assessment	PP - F - 092	PP - F - 099
• Technology, instrumentation and methods	PP - F - 100	PP - F - 106
• Molecular Biology in Diagnosis	PP - F - 107	PP - F - 108
• Varia	PP - F - 109	PP - F - 114

Authors will be present at their posters from 13:00 until 14:00

**• CARDIOVASCULAR DISEASE****PP – TH – 001**

THE ROLE OF NT-PROBNP IN THE DIAGNOSIS OF PRECLINICAL DIASTOLIC DYSFUNCTION IN TYPE 2 DIABETIC MELLITUS PATIENTS

A. Banushi, S. Qirko, V. Papparisto, N. Kuka, A. Mitre, Z. Ylli, I. Refatllari, A. Bulo, A. Goda (Albania)

**PP – TH – 002**

PROBNP TESTING IN HEART FAILURE PATIENTS USING SACUBITRIL/VALSARTAN

E. Hasani, A. Mema, M. Dibra, A. Doko (Albania)

**PP – TH – 003**

B-TYPE NATRIURETIC PEPTIDE INDEPENDENTLY PREDICTS IN-HOSPITAL MORTALITY IN PATIENTS WITH ST-SEGMENT ELEVATION MYOCARDIAL INFARCTION TREATED BY PRIMARY PERCUTANEOUS CORONARY INTERVENTION

O. Gabric, N. Zlatic (Serbia)

**PP – TH – 004**

LEFT VENTRICULAR FAILURE EVALUATED BY NT PROBNP AND SERUM HEPcidIN IN THALASSEMIA PATIENTS

V. Manolov, G. Dimitrov, T. Yaneva-Sirakova, R. Tarnovska-Kadreva, V. Vasilev, K. Tzatchev (Bulgaria)

**PP – TH – 005**

ANTICARDIOLIPIN AND ANTINUCLEAR ANTIBODIES AS POSSIBLE MARKERS FOR CORONARY ARTERY DISEASE IN YOUNG ALBANIAN PATIENTS TREATED WITH MYOCARDIAL REVASCULARIZATION PROCEDURES

J. Seiti, M. Cafka, M. Rroji, I. Balla, E. LLanaj, M. Jordhani, A. Goda (Albania)

**PP – TH – 006**

HYPERHOMOCYSTEINEMIA IN PATIENTS WITH DEEP VEIN THROMBOSIS

J. Brezovska-Kavrakova, M. Krstevska, K. Tosheska-Trajkovska, S. Cekovska, D. Spasovski (Macedonia)

**PP – TH – 007**

HIPERHOMOCYSTEINEMIA AND THE STAGE OF CORONARY ARTERY DISEASE

M. Krstevska, J. Kavrakova-Brezovska (Macedonia)

**PP – TH – 008**

EVALUATION OF MEAN PLATELET VOLUME (MPV) IN PATIENTS WITH ACUTE CORONARY SYNDROME

A. Rama, I. Berberi, S. Shehu, E. Harja, B. Resulaj, T. Dedej (Albania)

**PP – TH – 009**

PLATELET/LYMPHOCYTE RATIO IN PATIENTS WITH MYOCARDIAL INFARCTUS

A. Sivrikaya, S. Abusoglu, A. Unlu (Turkey)

**PP – TH – 010**

NON-INFECTIVE ENDOCARDITIS IN A PATIENT WITH FEVER

D. Teferici, A. Lloji, A. Idrizi, Y. Themeli (Albania)

**PP – TH – 011**

PREVALENCE OF MICROALBUMINURIA IN HYPERTENSIVE PATIENTS WITH OR WITHOUT DIABETES MELLITUS TYPE 2

I. Kostovska, M. Gjerakaroska, S. Cekovska, K. Tosheska-Trajkovska, J. Brezovska, D. Labudovic (Macedonia)

**• DIABETES, OBESITY, METABOLIC SYNDROME****PP – TH – 012**

THE RELATIONSHIP BETWEEN GLYCAEMIC CONTROL AND PRECLINICAL DIASTOLIC DYSFUNCTION IN PATIENTS WITH TYPE 2 DIABETES MELLITUS OR PREDIABETES

A. Banushi, S. Qirko, V. Paparisto, N. Kuka, Z. Ylli, I. Refatllari, N. Heta, A. Goda (Albania)

**PP – TH – 013**

SERUM ASYMMETRIC DIMETHYLARGININE LEVELS IN PATIENTS WITH DIABETES MELLITUS

M.N. Atalar, A. Unlu, S. Baldane, S.H. İpekci, S. Abusoglu, L. Kebapcilar (Turkey)

**PP – TH – 014**

A RETROSPECTIVE STUDY: LIPID PROFILES IN GESTATIONAL DIABETIC INDIVIDUALS WITH E23K POLYMORPHISM IN KCNJ11 GENE

E. Menevse, A. Sivrikaya, H. Arikoglu, D. Erkok Kaya (Turkey)

**PP – TH – 015**

CORRELATION OF Hb A1c AND BLOOD SUGAR DURING NINE WEEKS CHILDREN WITH DIABETES TYPE 1

M. Kutllovci-Përvetica, L. Begolli, Sh. Veseli, V. Haxhibeqiri, E. Myrtaj, A. Lepaja, N. Bislimi, S. Hadergjonaj, N. Budima, B. Bislimi, D. Sopa, M. Shala (Kosova)

**PP – TH – 016**

CORRELATION BETWEEN THE DIABETES MELLITUS TYPE 1 WITH THYROID DYSFUNCTION

S. Biljali, N. Nuhii, D. Selmani, A. Beadini (Macedonia)

**PP – TH – 017**

DIABETIC NEPHROPATHY: MOST AFFECTED AGE-GROUP AND GENDER IN KOSOVO

E. Myrtaj, Z. Baruti-Gafurri, M. Kutllovci, V. Haxhibeqiri, Sh. Veseli (Kosova)

**PP – TH – 018**

URINARY BIOMARKERS IN THE EARLY DIAGNOSIS OF RENAL DAMAGE IN DIABETES MELLITUS PATIENTS

N. Trajkovska, B. Chadinovska, S. Todorova, T. Gruev, N. Gruev (Macedonia)

**PP – TH – 019**

MICROALBUMINURIA AS THE EARLY IDENTIFICATION OF IMPAIRMENT IN PATIENTS WITH DM

A. Goxharaj, H. Celo, R. Sinani, E. Hasani, B. Celo (Albania)

**PP – TH – 020**

VISCERAL ADIPOSITY INDEX CORRELATES WITH RETINOL-BINDING PROTEIN 4 AND INSULIN RESISTANCE, BETTER THAN ANTHROPOMETRIC PARAMETERS IN OVERWEIGHT/OBESE ADOLESCENT GIRLS

A. Klisic, N. Gligorovic-Barhanovic, V. Skerovic, M. Jovanovic, N. Kavaric, J. Kotur-Stevuljevic (Montenegro)

**PP – TH – 021**

METABOLIC DISTURBANCES IN OBESITY

T. Ruskovska, Z. Popovska-Dimova, V. Nikolovski (Macedonia)

**• GASTROINTESTINAL AND LIVER DISEASE****PP – TH – 022**

IRON LOAD, FERRITIN AND SATURATED TRANSFERRIN PARAMETERS IN PATIENTS AFFECTED BY CIRRHOSIS IN ORDER TO FIND PATIENTS AFFECTED BY HEMOCHROMATOSIS GENETIC DISEASE (HFE GENE)

S. Leli, A. Bulo Kasneci, A. Babameto, A. Mitre, G. Zoraqi (Albania)

**PP – TH – 023**

A ROUTINE BLOOD TEST AT BASELINE MAY PREDICT NON-SVR IN CHRONIC HEPATITIS C (CHC) TREATMENT WITH PEGINF /RBV

A. Kristo, J. Basho, N. Leka, E. Petrela, A. Rucaj-Barbullushi, J. Cela, F. Prifti, J. Lavdari (Albania)

**PP – TH – 024**

THE DECLINE RATE OF ALT AT WEEK 4 MAY PREDICT SVR IN CHRONIC HEPATITIS C (CHC) PATIENTS TREATED WITH PEGINF AND RIBAVIRIN

A. Kristo, J. Basho, E. Petrela, A. Rucaj-Barbullushi, F. Prifti, J. Lavdari, E. Simaku (Albania)

**• HEMATOLOGY AND COAGULATION****PP – TH – 025**

ANEMIA IN PATIENTS WITH HIV/AIDS

E. Lamaj, M. Kokici, T. Dedej, P. Daja, N. Marku (Albania)

**PP – TH – 026**

THROMBOCYTOPENIA IN PATIENTS WITH HIV/AIDS

E. Lamaj, M. Kokici, T. Dedej, P. Daja, N. Marku (Albania)

**PP – TH – 027**

THE ROLE OF MCHC (HYPER DENSE ERYTHROCYTE) AS A NEW TOOL IN THE DIAGNOSIS OF HEREDITARY SPHEROCYTOSIS (HS)

A. Barbullushi, A. Godo, P. Daja, E. Refatllari, A. Beqja, D. Bali, M. Xhafa, A. Bulo (Albania)

**PP – TH – 028**

DEEP2 –CLINICAL TRIAL IN UHCT ” MOTHER TERESA”

M. Kreka, E. Nastas, E. Refatllari, A. Godo, A. Bulo, A. Krymi, J. Millo (Albania)

**PP – TH – 029**

THALASSEMIA TRAIT AND OTHER HAEMOGLOBINOPATHIES IN OUTPATIENT CLINICS OF UHCT “MOTHER TERESA” – A SIX MONTHS STUDY

E. Refatllari, N. Heta, I. Korita, M. Janko, A. Beqja, A. Barbullushi, Dh. Tarifa, A. Bulo (Albania)

**• INFLAMMATION AND CHRONIC DISEASE****PP – TH – 030**

PLASMA LEVELS OF MARKERS OF INFLAMMATION, AS EXPRESSION OF THE INTERCONNECTION OF PERIODONTITIS WITH ATHEROSCLEROSIS

S. Heta, I. Robo, D. Thereska, N. Alliu (Albania)

**PP – TH – 031**

SIGNIFICANCE OF F-CALPROTECTIN AND CRP DETERMINATION IN PATIENTS WITH

**INFLAMMATORY DISEASE OF THE COLON AND IRRITABLE BOWEL SYNDROME**

M. Gajović, J. Djordjević, S. Dragašević (Serbia)

**PP – TH – 032****MARKERS OF INFLAMMATION IN EARLY DIAGNOSIS OF SYSTEMIC LUPUS ERYTHEMATOSUS**

N. Terzić Stanić, B. Stanić, N. Barhanović Gligorović, V. Nikolić, T. Antunović, I. Šestović-Milašević, I. Barać, J. Boljević (Montenegro)

**PP – TH – 033****ERYTHROCYTE SEDIMENTATION RATE IN THE EVALUATION OF DISEASE ACTIVITY AND SEVERITY OF RHEUMATOID ARTHRITIS**

V. Duraj, A. Kollçaku, D. Ruci, A. Zoto, E. Memlika, M. Jordhani (Albania)

**PP – TH – 034****IS THERE ASSOCIATION BETWEEN RHEUMATOID ARTHRITIS, CARDIOVASCULAR EVENTS AND DIABETES MELLITUS?**

D. Bartolovic, P. Ostojic, S. Stankovic (Serbia)

**PP – TH – 035****THE ROLE OF SEROLOGY IN THE DIAGNOSTIC ALGORITHM OF CELIAC DISEASE**

Xh. Ceka, P. Paparisto, I. Ceka, M. Mulla, R. Palluci (Albania)

**PP – TH – 036****NON-INVASIVE VENTILATION DECREASES THE BLOOD LEVEL OF PaCO<sub>2</sub>, BUT INCREASES THE LEVELS OF PaO<sub>2</sub> AND SaO<sub>2</sub> IN PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE AND ACUTE RESPIRATORY FAILURE**

E. Fype, O. Nuredini, M. Goga, A. Cuko, R. Kertoci, I. Skenduli, I. Ohri (Albania)

**PP – TH – 037****BIOCHEMICAL AND CLINICAL BENEFITS OF NON-INVASIVE VENTILATION IN PATIENTS WITH CHRONIC OBSTRUCTIVE PULMONARY DISEASE AND ACUTE RESPIRATORY FAILURE**

E. Fype, M. Goga, O. Nuredini, A. Cuko, R. Kertoci, I. Skenduli, I. Ohri (Albania)

**• ONCOLOGY, TUMOR MARKERS****PP – TH – 038****PROMISING THERAPEUTIC TARGET OF PP2A AND THE EFFECT OF APOPTOSIS ON CML**

B. Ozel, S. Kipçak, Ç. Aktan, Ç. Biray avci, C. Gunduz, G. Saydam, N. Selvi Gunel (Turkey)

**PP – TH – 039****SERUM KCNJ3 AND KCNK9 LEVELS IN BENIGN AND MALIGN BRAIN TUMORS**

N. Kılıç, S. Sarı, Z. Yıldırım, F. Dođulu, G. Kurt, N. Çeviker (Turkey)

**PP – TH – 040****THE EFFECT ON ANGIOGENIC AND ANTIANGIOGENIC FACTORS OF TREATMENT IN NON-MUSCLE INVASIVE BLADDER CANCER**

G. Temeltaş, F. Kosova, O. Üçer, T. Müezzinođlu, Z. Arı (Turkey)

**PP – TH – 041****PROGNOSTIC VALUE OF HAEMATOLOGICAL COUNTS AND TUMOR MARKERS IN PATIENTS WITH NON-SMALL CELL LUNG CANCER (NSCLC)**

N. Trajkovska, L. Angelovska, S. Todorova, T. Gruev, N. Gruev (Macedonia)

**PP – TH– 042**

CEA AND Ca 19-9 AS PROGNOSTIC INDEX IN COLORECTAL CANCER

N.Trajkovska, L. Angelovska, B. Chadinovska, S. Todorova, T. Gruev, N. Gruev (Macedonia)**• OXIDATIVE STRESS AND ANTIOXIDANTS****PP – TH – 043**

CELLULAR AND PLASMA LEVELS OF OXIDIZED PROTEINS AS A RISK FACTOR IN THE PROGRESSION OF ATHEROSCLEROSIS

D. Lazarova (Stevanoska), J. Dimitrova-Shumkovska (Macedonia)**PP – TH – 044**NUCLEIC ACIDS OXIDATIVE STRESS STATUS IN SJOGREN SYNDROME D.Tecer, R.Tural, A.Sepici Dincel, F. Gogus (Turkey)**PP – TH – 045**

GREEK MOUNTAIN TEA EXTRACT DECREASES OXIDATIVE STRESS AND DEMONSTRATE SIGNIFICANT HEALTH BENEFIT

C. Menexi, V. Psicha, F. Kondyli Sarika, E.Lymperaki (Greece)**• RENAL DISEASE****PP – TH – 046**

IMPACT OF DYSLIPIDEMIA ON CARDIOVASCULAR MORBIDITY AND MORTALITY IN DIALYSIS PATIENTS

A. Fico, M. Rroji, N. Spahia, S. Seferi, M. Barbullushi, N. Sinani (Albania)**PP – TH – 047**

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resistance (IR) and adipokines in adolescent population. In addition, to our knowledge, there are no studies examining the relationship between VAI and retinol-binding protein 4 (RBP4), a novel adipokine, closely related to IR. Therefore, we aimed to estimate this potential relationship between VAI and cardiometabolic markers in overweight/obese adolescent girls.

**Methods:** Seventy overweight/obese adolescent girls, mean age  $17.6 \pm 1.20$  years, were included. Anthropometric and biochemical parameters, as well as blood pressure (BP) were measured. VAI was calculated.

**Results:** VAI correlated positively with fasting glucose ( $r=0.369$ ,  $p=0.002$ ), insulin ( $r=0.458$ ,  $p<0.001$ ), HOMA-IR ( $r=0.476$ ,  $p<0.001$ ), RBP4

( $r=0.550$ ,  $p<0.001$ ), systolic BP ( $r=0.354$ ,  $p=0.003$ ) and diastolic BP ( $r=0.240$ ,  $p=0.045$ ). These correlations were weaker between WC, BMI and BMI z-score, respectively, and IR markers: insulin ( $r=0.354$ ,  $p=0.003$ ,  $r=0.176$ ,  $p=0.146$ , and  $r=0.182$ ,  $p=0.132$ ), HOMA-IR ( $r=0.392$ ,  $p<0.001$ ,  $r=0.210$ ,  $p<0.001$ , and  $r=0.221$ ,  $p=0.066$ ), and RBP4 ( $r=0.387$ ,  $p<0.001$ ,  $r=0.266$ ,  $p=0.026$ , and  $r=0.270$ ,  $p=0.024$ ). On the other hand, anthropometric markers correlated with systolic BP and diastolic BP, better than VAI.

**Conclusion:** VAI correlated with insulin resistance and RBP4, better than WC and BMI, in overweight/obese adolescent girls. VAI can be useful marker for metabolic disturbances in adolescent population.

## PP – TH – 021

### METABOLIC DISTURBANCES IN OBESITY

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**Background:** Sedentary lifestyle and readily availability of calorie dense foods lead to overweight and obesity, which are considered major health concerns of the modern world. Overweight and obese subjects are at high risk of cardiovascular diseases and type 2 diabetes.

**Aim of the study:** The aim of this study was to assess several parameters of metabolic health in overweight and obese subjects, with focus on early diagnostics of type 2 diabetes.

**Patients and methods:** 102 overweight or obese subjects (28 men and 74 women) were included in the study. Oral glucose tolerance test (oGTT), lipid status, body mass index (BMI), waist circumference (WC) and blood pressure were measured by standard methods. Glycated hemoglobin (HbA1c) was measured by immunoturbidimetric method.

**Results:** 13 men and 26 women were diagnosed with type 2 diabetes. Notably, HbA1c was proven as more sensitive than oGTT for early diagnostics of Diabetes mellitus (DM) in this population. Both men and women with DM tended to have higher WC and BMI than nondiabetics, but the difference was not statistically significant. The percentage of hypertensive subjects was higher among diabetics, both men and women, but the difference was also not statistically significant. In addition, overweight/obesity abolished the sex difference of HDL-cholesterol in both diabetics and nondiabetics. Finally, diabetic persons, both men and women, were slightly, but significantly older than nondiabetics, which highlights the importance of maintaining a healthy lifestyle in aging population.

**Conclusions:** Effective strategies for preserving metabolic health of overweight/obese persons are needed, especially in aging population.



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