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Author: Cuma Mertoğlu Murat Günay

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Neutrophil-Lymphocyte Ratio and Platelet-Lymphocyte Ratio as Useful Predictive Markers of Prediabetes and Diabetes Mellitus

Cuma Mertoğlu¹, Murat Günay¹

1. Department of Clinical Biochemistry, Faculty of Medicine, Erzincan University, Erzincan Turkey

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Address correspondence to: Dr. Cuma Mertoğlu, Department of Medical Biochemistry, Mengücek Gazi Training and Research Hospital, Erzincan University, Erzincan, Turkey. Tel: + 90 5066377725; Fax: + 90 4462122200; E-mail: drcumamert@hotmail.com

Abstract

Aims Chronic inflammation plays a central role in the development and progression of diabetes, and in the pathogenesis of its complications. The neutrophil–lymphocyte ratio (NLR) and platelet–lymphocyte ratio (PLR) are indicators of subclinical inflammation. Mean platelet volume (MPV) is one of the platelet function indices. We investigated the association of NLR, PLR and MPV with prediabetes and type 2 diabetes mellitus and determine whether or not these are reliable markers for diagnosis.

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