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The relation between diabetes and dementia for patients undergoing dialysis

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Introduction: Patients suffering from kidney deficiency of the final stage and undergo an inveterate dialysis often suffer from depression and dementia. However, the relation between diabetes and depression and/or dementia to those patients who are subjected to dialysis has not yet been efficiently investigated.

Objective: The purpose of the study was to investigate the effect of diabetes on depression and on dementia for the patients undergoing continuous dialysis.

Methodology: 53 patients of an average age 69.57 ± 13.02 years (male/female=38/15) out of which 27 were diabetic and 26 were not, who were undergoing chronic dialysis for 28.34 ± 56.36 months. All the patients provided replies to standardized questionnaires Mini Mental State Examination (MMSE) and Hospital Anxiety and Depression Scale (HADS) in the form of an interview during dialysis so that to ascertain the level of depression and dementia. Moreover, blood samples were taken in order to determine hemoglobin, the efficiency of the dialysis (kt/V) the levels of natrium, potassium, calcium and phosphorus in their blood, as well as the levels of C-reactive protein (CRP).

Results: The level of depression and dementia of the whole of the patients examined was correspondent to a moderate level of illness (13.91 ± 10.56 and 15.00 ± 5.49 respectively). In a comparison between the diabetics and the non-diabetics the results indicated a statistically notable difference for the patients suffering from diabetes who displayed a high-level depression (17.63 ± 10.63 vs. 10.04 ± 9.15 , $p < 0.05$). The level of dementia was that of an average degree both for the diabetics and the non-diabetic, however there was a significant gap in numbers between the two teams (13.19 ± 5.19 vs. 16.88 ± 5.23 , $p < 0.05$). In the results of the non-diabetic patients a noteworthy difference regarding the depression level between men and women was established (8.79 ± 7.70 vs. 13.43 ± 12.35 , $p < 0.05$). Nevertheless, the same distinguishable difference concerning the level of dementia was not statistically determined. Regarding the group of the diabetic patients a substantial difference between the two genders was not determined. There has also been discovered a connection between the levels of CRP non-diabetic patients ($r = 0.487$, $p < 0.05$) but not of the diabetic patients. As far as the rest of the parameters are concerned there was no noteworthy correlation.

Conclusions: Depression is closely related with the presence of diabetes for the patients undergoing dialysis and is of a higher degree for the diabetics. The degree of dementia is higher in those suffering from diabetes but not alarmingly high.

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