International Conference on

Metabolic Syndromes

October 17-18, 2016   Rome, Italy

Demographic and clinical features of diabetes mellitus in 9500 Turkish patients

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Background: Gradual increment in the incidence of Diabetes Mellitus (DM) became one of the leading public health concerns of the societies. The incidence of DM may vary in terms of patients demographic and clinical features.

Aim: Aim of this study is to investigate the demographic and clinical features of DM in a large Turkish patient's pool and to compare these findings with other countries.

Material & Methods: All patients referred to outpatient service of the internal medicine clinic from January 2014 to January 2015 were detected from the hospital database and patients' data were screened in terms of study protocol. The gathered data were recorded to a special form and statistical analyses were conducted with a software statistical package for analysis.

Results: After a detailed retrospective investigation in database, 11340 patients were diagnosed with DM and 9500 of them had complete data fulfilling the study protocol. Of the total patients, 62.7% of them were females (females/males: 5961-3539). Median age of the total patients was 55.25 ± 0.6 and it was 54.9 ± 1.57 among females. 85 female patients out of 5961 were diagnosed with DM during pregnancy. Hypertension was most common comorbidity both in males and females. Hyperlipidemia was the second common comorbidity. There was a positive relationship between the age and comorbidities. 61.7% of the total patients (n: 5869) had no comorbid situation and the median age of these patients were 51.7 ± 2.4. 176 (1.8%) patients diagnosed with both hypertension and hyperlipidemia at the same time and majority of them were females (n: 120, p=0.02). More than 20% of the total patients were diagnosed with DM before age of 45 years. Diseases onset age was earlier among females in contrast to males (49.8 ± 2.25 and 50.1 ± 1.7, respectively).

Conclusion: Female predominance was one of the most important finding of this study. Hypertension and hyperlipidemia were two major comorbidities. Diseases onset age was found higher in contrast to other countries and this may be resulted due to diagnosis delay. Authorities dealing with public health need to take necessary measures diseases in the national public health programs.

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J Metabolic Synd
ISSN:2167-0943 JMS, an open access journal

Metabolic Syndrome 2016
October 17-18, 2016

Volume 5, Issue 3(Suppl)

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