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## Study of the reproductive factors associated with development of type II diabetes among peri-menopausal females in El Minia district, Egypt

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**Aim:** To quantify problem of DM-II, to determine 10 years risk of DM-II occurrence (CANRISK) and to identify reproductive factors associated with it.

**Methods:** A cross sectional community-based study was carried-out among peri-menopausal females in Bini-Hassan and Nazlet-Ebeed villages of El-Minia district. A self-administered structured questionnaire was used which included socio-demographic data, family, gynecological and obstetric history. CANRISK, blood sugar, body mass index and waist hip ratio were measured.

**Results:** About one fourth of participants (25.4%) were diabetics by the blood sugar evaluation. Also, near half of participants had moderate risk of diabetes (46.8%) as evaluated by (CANRISK). A significant relation between blood sugar and special habits, anthropometric measurements and reproductive factors. Most important predictors of DM among participants were lack of physical activity, overweight and obesity.

**Conclusion:** Sedentary life style, obesity, early menarche and early menopause were all factors contributing to diabetes occurrence. We need locally adapted diabetes screening risk questionnaire to be applied to female taking into account female reproductive factors.

### Biography

Nashwa Nabil Kamal has completed her MD in 2008 from El-Minia University and became Assistant Professor of Public Health in 2013. She has published more than 30 papers in national and international journals and has been serving as a Reviewer in many international journals.

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