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Prevalence of diabetes among patients with chronic kidney disease in Hail region

Meshari Sultan Alsudayri
University of Hail, KSA

Background: Diabetes is associated with increasing prevalence of Chronic Kidney Disease (CKD) and progression of the disease. Therefore, objective of this study was to estimate the prevalence of diabetes among patients with CKD in Hail, Kingdom of Saudi Arabia (KSA).

Methodology: This is a cross-sectional study carried in the nephrology outpatients' clinic in King Khalid Hospital. A total of 200 patients known to have CKD were included in the study.

Results: This study include 98 (49%) females and 102 (51%) males, The mean age of the females was significantly lower than the males ($P < 0.05$), the overall prevalence of diabetes in patients with CKD was 69% among them 73.9% with retinopathy, diabetes and female gender are associated with more advanced stage of CKD ($p \text{ value} < 0.05$). Mean average of eGFR was significantly lower in patients with diabetes ($P < 0.05$), eGFR correlates inversely with HbA1c ($P < 0.05$). The mean time of onset of CKD in diabetic patients after the diagnosis of diabetes is 11.7 ± 0.67 ($p \text{ value} < 0.05$). Diabetic females the mean time of onset of CKD after the diagnosis of diabetes is significantly lower than in males ($p \text{ value} < 0.05$). Association of diabetes and hypertension in patients with CKD 87.7% were hypertensive among them 72.6% were diabetic ($P < 0.05$).

Conclusion: The role of diabetes as a risk factor for CKD and ESRD is higher than it has been estimated in previous studies; females are higher risk of CKD and eventually ESRD than males.

mshary-12@hotmail.com

Shoe innovations for people with diabetic foot with ergonomic design

Helmi Zunan Tanuwijaya
Medical Islamic University of Indonesia, Indonesia

Report of the World Health Organization (WHO) last year said that there were approximately 346 million people in the world who are suffering from diabetes and by 2013 there will be a significant increase by 382 million diabetics worldwide according to International Diabetes Federation. Diabetic foot is the effect of diabetes and should be avoided because; disruption of this organ not only interferes with a person's daily activity but can also be life threatening to someone. Diabetic foot usually occurs due to diabetic neuropathy, which means damage of the nerves due to uncontrolled blood sugar. According to the World Health Organization, nearly 27 percent of diabetics at risk are exposed to the peripheral neuropathies and more than 50 percent of those have injuries in the legs; even amputation that effect conferring a high mortality rate. Based on the problem, researchers are interested to make a special shoe for diabetic people. These shoes are designed to prevent the injury or the addition of the wound in feet of diabetic patients. Shoes are made using materials that are comfortable and suitable for the condition of the feet of the patients. The elementary substances used in making these shoes are skin of cows and goats. This material is used because in line with the condition of the feet, there should not be excessive moisture so as to prevent the occurrence of bacteria and infection and the unpleasant smell. In addition to this, foam cloth is also added to reduce the degree of friction of the feet with shoes to minimize blisters. Unlike the shoes found generally in the market, these shoes varies for both right and left legs depending on the condition of the feet of the diabetic patient. Before making these shoes, first the feet of the patients are measured in accordance with ergonomic feet to analyze the situation.

zunan@yahoo.com