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Status of periferal nervous system and quality of life in overweight patients with type 2 diabetes

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Quality of life (QoL) is defined by the WHO as an individual's perception of his/her life status in the context of culture and values system and in relation to the goals, standards and fears that are set by the individual. There is evidence that psychological factors are stronger predictors of disease worsening than physical factors and even presence of complications. Health related QoL plays a significant role reflecting an individual's ability to adapt to living with a chronic condition. Quality of life can be also considered a separate outcome of the disease and a successful treatment criterion. 80 patients with type 2 diabetes mellitus (T2D) were included into the study (44 women and 36 men) ages 41 to 78 years. Mean age of the patients was $57,81 \pm 8,57$ years. Mean HbA1c level was $8,78 \pm 1,53$ %. Patients' QoL was assessed using the SF-36 questionnaire and Audit of Diabetes Dependent QoL (ADDQoL). Psychovegetative state was assessed using Wane's questionnaire. Mean value of QoL among the patients with T2D was $0,98 \pm 0,89$, whereas ADDQoL value was $-1,49 \pm 0,90$ and mean influence on QoL was $-1,77 \pm 1,58$, which is indicative of an overall negative influence of T2D on QoL. The results of testing with Wane's questionnaire speak of different levels of peripheral nervous system dysfunction in 66,67% of patients with T2D. There is a moderate positive correlation between BMI levels and frequency of peripheral nervous system dysfunction in patients with T2D ($r=0,38$; $p=0,03$). Therefore, there is a direct correlation between excessive weight, glycemic control and QoL levels in patients with T2D. The best QoL parameters was associated with the best glycemic control in the group and normal BMI levels. Periferal nervous system dysfunction in overweight patients with T2D has a significant influence on QoL along with other factors.

Biography

Yana Bazhora graduated from Odessa National Medical Univercity in 2014. From 2014 till 2016 she completed her Master's degree at ONMU. She is currently doing her PhD at Odessa National Medical University. She has published 16 works to date.

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