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Glycemic control of patients with type 2 diabetes mellitus in Saudi community

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Objective: The incidence of type 2 diabetes is increasing Blood glucose may be the most important clinical characteristic of diabetic patients. Few studies have measured glycemic control in a representative national sample of people with diabetes The aim of this study were to describe glycemic control in patients with type 2 diabetes Mellitus.

Research Design and Methods: A cross section study of patients with type 2 diabetes mellitus at the diabetic centre in Saudi Arabia

Main results: There were 1,720 patients with type 2 diabetes mellitus, 730 male (42.4%) and 990 female (57.6%). The mean age was 55.6 ± 12.8 . Mean HbA1c was 8.5 ± 2.2 HbA1c was higher in male to female (8.6 ± 2.2 vs 8.3 ± 2.2 , $p = 0.003$). Male patients were significantly older in age (58 ± 12.6 vs 53.9 ± 12.7 , $p < 0.0001$). The correlation of HbA1c and age was 0.04, $p = 0.07$).

Conclusion: Many patients with type 2 diabetes have poor glycemic control placing them at high risk of diabetic complications.

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