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Randomized controlled trial of lifestyle intervention for type 2 diabetes patients in Kuwait and its impact on glycaemic control and the quality of life

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Kuwait is among the countries with the highest prevalence of type II diabetes globally with 12.4%. Lifestyle modifications are important in the treatment and management of type II diabetes, and they are routinely recommended in general practice. However, lack of resources, especially time, as well as a resistance by patients to change their lifestyle, result in poor compliance and subsequently a greater risk of complications. The objective of this study was to investigate new methods of lifestyle interventions, which can be easily implemented in general practice, and whether these interventions can improve glycaemic control in diabetes patients in Kuwait.

Based on a detailed literature review, several group educational sessions have been developed, which focus on different aspects of lifestyle modifications, such as exercise and dietary changes. These interventions were tested in 18 months, two-arm randomised controlled trial of 40 male Kuwaiti (age: 30 to 60 years) with glycaemic control as primary endpoint. All study participants underwent detailed screening, including anthropometry and detailed diet and lifestyle assessment. Here, the preliminary screening results and the study protocol will be presented.

The results of the study will allow a comparison of easily delivered, low cost lifestyle intervention in primary care with other treatment methods for type 2 diabetes. It will therefore be able to inform future public guidance for the management of diabetes in Kuwait.

Biography

Mai Al-Hazzaa is a medical doctor and has completed a bachelor of Medicine and surgery from Faculty of Medicine at Kuwait University. She has worked at Amiri hospital on 2005, then she was working at Qurtuba Polyclinic at the department of Family Medicine from 2006 until 2008. Later she was working as assistance physician at the Islamic Centre for alternative and Herbal Medicine. Before doing her master degree, she was working as assistance physician at the department of Food and Nutrition. She completed her Master degree of clinical Nutrition from Greenwich University, UK.

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