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Disease profile of patients attending at endocrine clinic in tertiary care hospital of eastern Nepal

Maskey R

B P Koirala Institute of Health Sciences, Nepal

Background: Endocrine diseases have variety of manifestation affecting many systems of the human body. Endocrine diseases like diabetes, hyper/hypothyroidism, hirsutism, hyperprolactinemia are risk factor for many non-communicable diseases.

Objectives: The aim of this study was to find out the pattern of endocrine diseases of patients attending at outpatient at endocrine clinic in BPKIHS.

Materials & Methods: We took all the patients coming to endocrine OPD once a week from January 2010 to December 2010.

Results: Among 271 patients selected according to defined criteria during a year, 172 were female and 99 male. Majority of them (25.8%) were in age group of 41-51 years. About 36.9% were obese and 25.8%, 18.1%, 12.5% and 6.6% were normal weight, overweight, morbid obese and underweight respectively. In endocrine disease pattern; 59.4% had diabetes mellitus, 27.7% hypothyroidism and 8.1% hyperthyroidism. Goiter, (Infertility & hyperprolactinemia), (Autoimmune thyroiditis & osteomalacia) were found in 1.8%, 0.7%, and 0.4% respectively. 12.2% had stage I hypertension and 8.5% stage II hypertension.

Conclusion: In conclusion we found majority of patients were type 2 DM followed by hypothyroidism and hyperthyroidism. We also found obesity in most of the patients. So appropriate medical treatment, life style interventions and motivation therapies are needed for proper management of these endocrine clinic patients

drmaskey@gmail.com