

Status of Glycemic Control and Associated Factors among Type 2 Diabetes Mellitus Patients in Northeast Ethiopia: A Cross-Sectional Study

Mitku Mammo Taderegew*

Department of Biomedical Sciences, School of Medicine, College of Medicine and Health Sciences, Wolkite University, Wolkite, Ethiopia

The incidence of type 2 DM is growing more rapidly especially in developing countries principally due to rapidly increasing prevalence of obesity, and rapid urbanization. Because of its insidious onset, late presentation, and commonness of this type of DM, patient with type 2 DM are highly susceptible to various forms of diabetes-related complications, which often lead to their premature death, especially in sub-Saharan Africa countries.

Inadequate glycemic control among type 2 DM patients constitutes a major public health problem; it contributes to increased rates of development and worsening of diabetes complications which may increase healthcare costs.

Hence, maintaining a good glycemic level for all type 2 DM patients is the main target of therapeutic intervention in order to decrease complications and further organ damage arising from diabetes and thereby to reduce diabetes-related mortality and morbidity as well as saving health care expenditure.

Despite this evidence, a high percentage of diabetic patients worldwide persist poorly controlled. Maintaining a good glycemic level is quite difficult and affected by different modifiable and

non-modifiable factors. This dual burden (rapid rise of DM and inadequate glycemic control) has led to a consequential rise in diabetes-related mortality and morbidity as well as health-care costs. Currently, limited studies are investigating the level of glycemic control and associated factors in the study area. Therefore, recognizing the burden of poor glycemic control and its related factors is helpful for public health policymakers to assign sufficient priority and resources for launching appropriate interventions to achieving improved glycemic control, and prevent diabetes-related complications.

The study will also help the clinicians to appreciate the magnitude of poor glycemic control and exercise vigilance in diabetes care, especially in those known risk factors. It is also hoped that the study will provide an impetus for further research to improve clinical outcomes.

This is an original study that has not been published before and that is not currently under consideration by any other journal. There is no any potential competing interest in the manuscript.

*Corresponding to: Mitku Mammo Taderegew, Department of Biomedical Sciences, School of Medicine, College of Medicine and Health Sciences, Wolkite University, Wolkite, Ethiopia, Tel: +25923163951; E-mail: mitkumamo@gmail.com

Received: September 05, 2020; Accepted: February 23, 2021; Published: July 30, 2021

Citation: Taderegew MM (2021) Status of Glycemic Control and Associated Factors among Type 2 Diabetes Mellitus Patients in Northeast Ethiopia: A Cross-Sectional Study. J Diabetes Metab. 12:887.

Copyright: 2021 © Taderegew MM. This is an open access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.