



AWARENESS ON COMPLICATIONS OF DIABETES MELLITUS AMONG DIABETIC PATIENTS IN CHENNAI

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ARTICLE INFO

Article History:

Received 10th January, 2017
Received in revised form 19th February, 2017
Accepted 16th March, 2017
Published online 28th April, 2017

Key words:

Diabetes mellitus, awareness, complications

ABSTRACT

Aim: To find the awareness levels on complications of diabetes mellitus among diabetic patients in Chennai.
Objective: The patients are asked questions on their knowledge of complications of diabetes such as heart diseases, diabetic foot, kidney and neural problems, etc.
Background: Diabetes mellitus is a disease rampant in today's society due to the extravagant lifestyles and food habits followed by masses. It affects many people and is hereditary, but many people do not take any action against it due to lack of awareness on its effects and complications. This leads to heavy complications and health effects and may even lead to disability, high discomfort and sometimes death.
Result: From the data obtained, the awareness on diabetic complications was found to be well (Mean %=64.25) and very low number of patients (Mean %=35.37) were found to be unaware of them. Awareness on poor wound healing (90%), diabetic foot (82%), hypertension (74%) and eye problems (73%) were higher than the others.

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INTRODUCTION

Diabetes mellitus (DM), commonly referred to as diabetes, is a group of metabolic diseases which leads to high blood sugar levels over an extended period of time [1] and has emerged as one of the most challenging public health problems in the current century has over 366 million people worldwide suffering from DM and this figure is likely to double by 2030 [2,3]. The load of DM is felt in low and middle-income countries, and these nations account for about 80% of all cases of diabetes [4] When the diabetic patients do not properly keep it in control, it may lead to lifelong complications, which quite commonly lead to increased morbidity and mortality [5][6].

For instance, poorly controlled diabetes, can cause damage to eyes (blindness), kidneys (renal failure), and nerves (leading to impotency and foot disorders/possibly amputation) as well as higher risk of heart disease, stroke, and poor blood supply to the limbs. Most of these complications are irreversible and expensive to manage as they generally need management in specialized centers or rehabs with sophisticated infrastructure and equipment, competent staff and potent medications.[7] A person diagnosed with diabetes tend to have an increased risk of stroke and heart diseases compared to the normal population and increased incidence of retinopathy, peripheral nerve damage and renal problems[8].

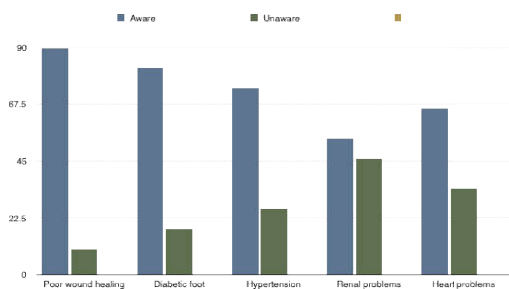


Fig 1 Diabetic complications.

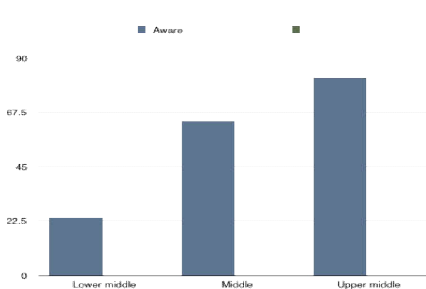


Fig 2 Socioeconomic status

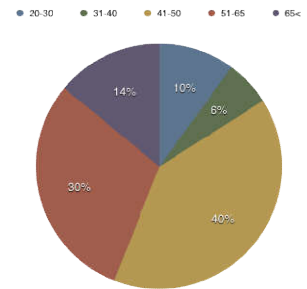


Fig 3 Age variations.

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Other studies have shown that increasing patient knowledge regarding diabetes mellitus and its complications have significant benefits with respect to patient compliance

acquiescence to treatment and help in decreasing the complications associated with it.[9]Few researchs have been done into the knowledge and management including health education of the disease [10-14]

MATERIALS AND METHODS

A set of questions based on diabetic complications were given to diabetic patients (both type 1 and type 2) and then the data was analysed and graphs were produced.The questionnaire was given to 100 patients from Saveetha Dental College.

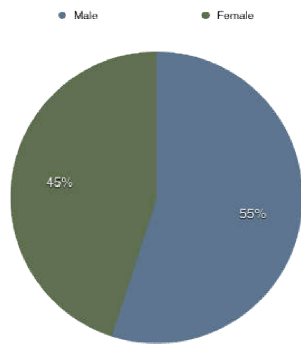


Fig 4 Sex

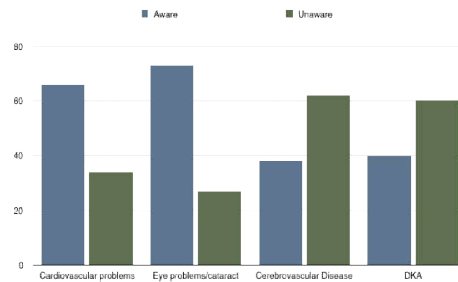


Fig 5 Diabetic complications-2.

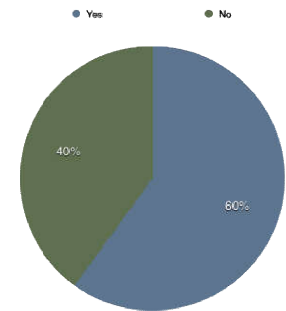


Fig 6 Awareness on hyperglycemia

Table 1 Diabetic complications awareness

	Poor wound healing	Diabetic foot	Hypertension	Renal problems	Cardiovascular problems	Eye problems/ cataract	Cerebrovascular Disease	DKA
Aware	90	82	74	54	66	73	38	40
Unaware	10	18	26	46	34	27	62	60

DISCUSSION

From the data obtained,the awareness on diabetic complications was found to be well(Mean %=64.25) and very low number of patients (Mean %=35.37) were found to be unaware of them.Awareness on poor wound healing(90%), diabetic foot (82%), hypertension (74%) and eye problems (73%) were higher than the others.

The awareness on diabetic complications are found to known by most of the diabetic patients and known less by patients in the lower middle class and lesser regular visits to doctors were found in the samecategory and higher incomefamilies and the presence of a family history of diabetes were found to be positively associated with more knowledge and is consistent with the current study. [15] It is widely known that excessive sugar intake is a risk factor for incident diabetes mellitus [16],the present study indicates almost 46% are aware about intake of sugar. Individuals with a positive family history of a disease may develop a personal sense of vulnerability which, in turn, may increase their awareness, which was revealed in the present study [17] Dyslipidemia is a common feature of DM and needs to be treated because of the potential complications especially artherosclerosis.[18] Therefore, more awareness on the seriousness of diabetes must be made and its complications should be made sound.

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How to cite this article:

Gokul.G (2017) ' Awareness On Complications Of Diabetes Mellitus Among Diabetic Patients In Chennai', *International Journal of Current Advanced Research*, 06(04), pp. 3144-3146.
DOI: <http://dx.doi.org/10.24327/ijcar.2017.3146.0205>
