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Prevalence and correlates of complementary and alternative medicine use among type 2 diabetic patients in teaching hospital in Ethiopia: A cross-sectional study

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Statement of the Problem: Patients with Type 2 Diabetes Mellitus (T2DM) are increasingly using herbal remedies due to difficulty in adhering to the therapeutic regimens. However, research on herbal medicine use by patients with diabetes mellitus is scarce in Ethiopia. The aim of the present study was to investigate the prevalence and correlates of herbal medicine use among type 2 diabetes patients attending the diabetes illness follow-up care clinic of University of Gondar Referral and Teaching Hospital (UOGRTH), Ethiopia.

Methodology & Theoretical Orientation: A hospital-based cross sectional study was conducted on 387 T2DM patients attending the diabetes illness follow-up care clinic of UOGRTH from October 1 to November 30, 2016. An interviewer-administered questionnaire about the socio-demographic, disease characteristics as well as herbal medicine use was filled by the respondents. Descriptive statistics, univariate and multivariate logistic regression tools were performed to determine prevalence and correlates of herbal medicine use. Findings: From 387 respondents, 62% were reported to be herbal medicine users. The most common herbal preparations used were Garlic (*Allium sativum* L.) (41.7%), Giesilla (*Caylusea abyssinica* (fresen.) (39.6%), Tinjute (*Otostegia integrifolia* Benth) (27.2%), and Kosso (*Hagenia Abyssinica*) (26.9%). Majority of herbal medicine users (87.1%) had not consulted their doctors about their herbal medicine use. Higher educational status, a family history of DM, duration of T2DM and presence

of DM complications were found to be strong predictors of herbal medicine use.

Conclusion & Significance: The present study revealed a high rate of herbal medicine use along with a very low rate of disclosure to the health care providers. Patients mainly depend on families and friends as a source of information about herbal medicines. From the stand point of high prevalence and low disclosure rate, health care providers should often consult patients regarding herbal medicine use.

Speaker Biography

Agnes George is in helping with the Education of individuals on the prevention of Type 2 Diabetes. Agnes's passion is improving the health of individuals and wellbeing, by enabling them to live a healthy lifestyle. Agnes is the founder and CEO of Mind & Body Healthy Lifestyle Company; an Author, International Speaker, Transformation Coach on Diabetes Awareness; Agnes lectures on the subject at Teaching Hospitals, Schools, University, Institutions and Conferences. Agnes Coaching Clients Group are Corporate, busy professionals age > 40 years, gets successful Coaching results, with very good feedback from her clients. Agnes Speaks Internationally on Diabetes Awareness to help educate one to many and add value to people's lives, has specially dedicated her life to the prevention of Type 2 Diabetes which is something that is closest to her heart, by speaking Internationally.

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