

The prevalence of complications in Type 2 diabetics in diabetes centers in Dubai

Haleama Al Sabbah and Moza Alketbi
Zayed University, UAE

Background: Diabetes complications have been increasingly prevalent among type 2 diabetics during the past decades causing high rates of morbidity and mortality. Measures of the prevalence of diabetes complications will lead to preventive decisions and planning of health care.

Objective: To assess the prevalence rates of complications in Type 2 diabetics in two Diabetes Centers in Dubai.

Methodology: A cross-sectional descriptive analytical study conducted among type 2 diabetics attending diabetes centers in Dubai. Data was collected from secondary source using patient's records from two diabetes centers involved in the study. Random sampling technique was used to collect 150 patients proportionally allocated according to the total patients (4700 attending patients) available in the two diabetes centers.

Results: The study showed that the most dominant prevalence type of complications: Hyperlipidemia (84%), Neuropathy (34%), Dyslipidemia (32%), Retinopathy (28%), Lethargy (21.3%), and Nephropathy (16.7%).

The associations made between three variables each separately (Date of First Visit, HbA1c, and Fasting Blood Glucose) with the prevalence type of complications, showed significant differences in some types: Dyslipidemia, Hyperlipidemia, and Neuropathy, Retinopathy, and Joint & Bone pain.

Conclusion: There is a reasonable correlation between different variables and the prevalence of complications among the diabetic population, thus studies should always follow up on this issue in order to have clear associations to prevent complications from occurring in the first place.

Biography

Haleama Al Sabbah is currently working at Zayed University, Dubai at the Public Health Nutrition Department since Sept 2013. She has completed her PhD in Public Health Nutrition in 2008 from Gent University, Belgium. She has completed Master in International Community Health with special focus on Diabetes Self-Management in 2000 from Oslo University, Norway. She was a Fulbright Visiting Scholar, did her Post-Doctoral studies in Nutrition at Tufts University, Jean Mayer Human Nutrition Center (2011-2012). She was the director of Public Health Department at the Faculty of Medicine, An-Najah National University, West Bank Palestine. She has many published articles in scientific peer-reviewed journals and serves as an editorial board member and reviewer for many scientific journals. She has participated in many conferences, courses and research studies all over the world including Europe, USA, Canada, West Africa and some Arab countries. Her Specialties include: Public Health, Nutrition, Obesity, Diabetes and Research.

haleama@hotmail.com

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