

Awareness of Diabetes Mellitus and its Complications among Patients at Tertiary Care Hospital

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Abstract

Aim: To study the awareness of diabetes and its complications among the patients in tertiary care hospital.

Objectives: India is one of the fastest growing countries in the world. The initiative is taken to find out the awareness and to find out how aware our patients are about their diabetes and also to find out about advice given by the treating doctor (general practitioner/specialist). All the information is based on a questionnaire.

Materials and Methods: All diabetes mellitus Type 2 patients admitted toward and those visiting the outpatient at our center are included in the study. 500 patients were included in this prospective study.

Results: In our study, 48% had familial history, 47% did not know the frequency of blood sugar check-up, amazingly 55% did not know the complications, 45% of patient were not aware of insulin and 40% of the patients did not know names of the tablet of their own treatment.

Conclusion: The potential benefits of early detection are improved quality of life, decreased hospitalizations. Screening of diabetes is important as it not only detects new cases but identification of many impaired glucose tolerance and impaired fasting glucose pre-diabetes states. Public health policy should be aimed at the aspects. Clinical practitioners should aim at regular health campaigns in community to identify these hidden cases.

Key words: Awareness, Diabetes mellitus, Impaired glucose tolerance and impaired fasting glucose

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