

## Overcoming barriers to diabetes control in geriatrics

**Emad I. Hammouda**  
Tawam Hospital, UAE

**D**iabetes mellitus is approaching epidemic proportions in most countries and has captured the attention of physicians on local, national and global levels. The elderly population remains at a higher risk for diabetes mellitus, and the disease poses unique concerns for geriatricians, primary care physicians, nurses and specialized pharmacists who provide care to the elderly.

Glycemic control, geriatric related syndromes, and cardiovascular risk factors considerably affect the elderly patient's functional status and life expectancy. Geriatric syndromes include polypharmacy, chronic pain, injurious falls, cognitive impairment, urinary incontinence, and depression. Higher rates of premature death; functional disability; and chronic illnesses, such as hypertension, cerebrovascular accidents, dementia and coronary artery disease, often affect elderly diabetic patients. Collaborative efforts are continually needed to allocate and maximize utilization of resources to help empower older adults with diabetes to overcome barriers to disease management. Healthcare providers are increasingly challenged by the complexity of problems that face old patients, and must therefore be prepared to assess and treat diabetes mellitus within the milieu of many geriatric related chronic illnesses. Healthcare providers must tailor individualized treatment methods, with the ultimate goal of not only achieving laboratory norms but also improving the quality of life for this vulnerable population. This article emphasizes the necessity of needed extra care and overcoming barriers to diabetes control in old patients as a dynamic and a continuous task that needs coordination of healthcare systems and professionals at all levels of care.

### Biography

Emad has been graduated from Faculty of Pharmacy, Cairo University in 1976 and he has more than 30 years experience in all areas of Hospital Pharmacy Practice in countries including Egypt, Algeria, Kuwait, Saudi Arabia, Oman and UAE. Emad post graduate qualifications include: Diploma in Clinical Research, Vienna School of Clinical Research, CPHQ, BCPS, BCPP and CGP. Emad is the author of the book "MCQs in Hospital Pharmacy" and published a paper titled "Overcoming Barriers to diabetes Control in Geriatrics", International Journal of Clinical Practice; Nov 2010. Currently, Emad is working as Pharmacy Manager in Wagan Hospital / a division of Tawam Hospital/ Johns Hopkins Medicine International, Al Ain City, UAE.

emhammouda@hotmail.com