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Candiduria in diabetic patients in arar northern area, Saudi Arabia

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Fungal urinary tract infections due to *Candida* has increased significantly in the last years. Diabetes mellitus is one of the predisposing factors to fungal urinary tract infections, *Candidaalbicans* is the most common isolated species, but non *Candidaalbicans* also cause fungal UTIs, and in many centers worldwide, non *Candidaalbicans* predominate.

The aim of this study was to determine the incidence of candiduria in diabetic patients in Arar, Northern area of Saudia Arabia.

Subjects and Methods: Two hundred diabetic patients from primary health care centers were included in the study. Their ages ranged from 16 years to 68 years (mean = 43 ± 3.12 years). They were 90 (45%) males, and 110 (55%) females. All were subjected to: full history, thorough clinical examination and investigations routinely done for check up in diabetic patients. The study also included 50 apparently healthy individuals of matched age and sex as control group. Mid stream urine samples were collected from each one in sterile wide mouthed container. *Candida* was detected and identified by the usual standard mycological methods. The result of the study showed that *Candida* was detected in 12% (24 out of 200) of diabetic patients, compared to 4% (2 out of 50) in control group. The most common isolated strain of *Candida* was *C.albicans* (in 41.7%) of cases, followed by *C.glabrata* (29.2%), and *C.tropicalis* (16.7%). The study also showed that female sex and blood glucose level are important risk factors for candiduria in diabetic patients. Candiduria is more in diabetic patients with urinary symptoms than in diabetic patients without urinary symptoms.

Conclusion: Candiduria is more in diabetic patients than non diabetics. Female sex and high blood glucose level are important risk factors.

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