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Prevalence, awareness and risk factors of diabetes in Ahvaz

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This study was designed to determine the prevalence of diabetes in people aged over 20 years in Ahvaz, Iran. The study population was selected by cluster sampling. Fasting blood sugar (FBS) assessed after minimum 8 hours night fasting. A questionnaire included: age, sex, weight, height, blood pressure, waist circumference and previous history of diabetes was completed for each patients. $FBS \geq 126$ mg/dl and/or oral hypoglycemic treatment and/or insulin was defined as diabetes, $FBS = 100-125$ mg/dl as impaired fasting glucose (IFG) and $FBS < 100$ mg/dl as normal. Study population was 936 persons (47.2% male and 52.8% female). Mean age of population was 42.2 ± 14 years. Diabetes was detected in 15.1% of population. Only 57 cases (6.1%) were aware of their disease and 9% had unknown diabetes. Diabetes was detected in 14.5% of male (11.3% unknown and 3.2% known diabetes) and in 11.7% of female (7% unknown and 4.7% known diabetes). Prevalence of diabetes had no significant difference ($P=0.21$) in male and female but unknown diabetes was significantly higher in male ($P=0.025$). Prevalence of diabetes was increased with rising of age between 20-60 years old but decreasing after 60 years old. Diabetes was related to age, waist circumference and systolic and diastolic blood pressure, TG level and BMI in both sex ($P=0.0001$). More than half of female and three fourth of male diabetic patients are unaware of their disease in south of Iran. Diabetes screening should be intensified in this population.

Biography

Leila Yazdanpanah is an MD, diabetes PhD student in Ahvaz Jundishapur University of Medical Sciences Ahvaz, Iran. She works in Health research institute, diabetes research center. She has published papers in reputed journals and is active in diabetes research, diabetes associations and diabetes clinics.

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