

Global Meeting on

DIABETES AND ENDOCRINOLOGY

July 23-24, 2018 Kuala Lumpur, Malaysia

Prevalence of type 2 diabetes mellitus and prediabetes in Uzbekistan

Anna V Alieva

Saydiganihodja I. Ismailov, prof., TPMI, Uzbekistan
Gulnara N. Rakhimova, prof., TIPME, Uzbekistan

Background and aim: According to WHO recommendations, active screening for diabetes mellitus (DM) should be performed every 3 years. Previous epidemiological studies in Uzbekistan showed that true DM prevalence was 7 to 10 times higher comparing to the number of registered patients, so our aim was to study prevalence of carbohydrate metabolism disorders among people of Uzbek nationality.

Materials and methods: we performed screening for DM and prediabetes among urban and rural population of Uzbek nationality aged 35 and older, in 3 regions of the Republic of Uzbekistan. 2521 people were screened. Screening consisted of two stages: 1) filling in the questionnaire of DM risk and revealing of high DM risk; 2) oral glucose tolerance test with 75 g of glucose. DM and prediabetes were diagnosed according to IDF recommendations.

Results: Prevalence of DM was 7.9%, 71% of them were diagnosed during the screening (DM was newly diagnosed in 5.9% of screened women and 5.9% of screened men). IFG was revealed in 1.4% (in 1.8% of women and 0.5% of men), IGT – in 4.4% (in 5.3% of women and 2.6% of men). Relatively low prevalence of IGT comparing to DM is unclear. However, it is necessary to note, that 39.4% of screened men and 34.2% of women without any carbohydrate disorders were overweight, 32% were obese, and prevalence of obesity increased with severity of carbohydrates metabolism disorders: 50% of individuals with IFG, 55% with IGT and 63% with newly diagnosed type 2 DM had BMI ≥ 30 kg/m².

Conclusion: the results of our study showed high prevalence of increased body mass/ obesity and DM in Uzbek population, which emphasizes necessity of regular active screening of type 2 diabetes and prediabetes.

annaalieva@yahoo.com

Notes: