

3<sup>rd</sup> International Conference on

# Endocrinology

November 02-04, 2015 Atlanta, USA

## Diabetes and health related quality of life among elderly type 2 diabetic patients in a tertiary hospital in Nigeria

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Researches have shown that diabetes and its complications result in patients' poor quality of life. This study aimed to evaluate health related quality of life in diabetic patients and explore associated socio-demographic parameters that needed intervention. A cross sectional study was carried out at the endocrinology clinic of OOUTH. Subjects comprised 150 elderly type 2 diabetic patients aged 50 years and above. RAND 36 health-Item questionnaire (version 1.0), an instrument for self-evaluation of HRQOL was used to collect necessary information from the patients. Scores were on a scale of 0-100. While 0 indicated poor, 100 indicated excellent health status. Statistical package for social sciences 16.0 was employed for statistical analysis with p value at  $\leq 0.05$ . Mean age of patients was  $65.8 \pm 10.0$ . There was no statistical differences between males and females except in the area of occupation where majority (59.3%) of the females were artisans/traders. Significant higher scores in role limitations due to physical health and role limitations due to emotional problems ( $p < 0.05$ ) were found in males when compared to females. Significant physical functioning scores were found among the singles, primary level education and those with FBS  $< 126$  mg/dl. The overall quality of life of these patients was very poor. Educating them about their disease, counseling them on adherence to their medications and to life style modifications will be a good step in the right direction.

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## Analysis of CGG repeats in the FMR1 gene in Chinese women with idiopathic premature ovarian failure

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Excessive triple CGG repeats in the FMR1 gene have been widely associated with primary ovarian failure (POF). The number of AGG interruptions and the length of uninterrupted CGG repeats were correlated with repeat instability on transmission. The FMR1 CGG repeats and AGG interruption status had been determined by Triplet-Primed Polymerase Chain Reaction (TP-PCR) in 117 POF patients and 82 matched controls. A possible relationship between CGG repeats or AGG interruption and serum FSH concentrations in POF patients and healthy controls was evaluated. We found one POF patient with a premutation allele (73 repeats) in our case-cohort (1/117) was observed, while no such mutations were observed in controls (0/82). Other patients and all controls had CGG repeats in the normal range. There was no significant difference of the incidence of intermediate mutations of CGG repeats between POF patients and controls and also no correlation of CGG repeats with the serum FSH concentrations. Moreover, more individuals with POF carried no AGG interruptions than the controls (4.27% vs. 1.83%) but with no statistical significance. This small case-control study failed to find association between CGG repeat sizes or AGG interruptions in the FMR1 gene and Chinese POF women. Further large-sample-size study need to be warranted.

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