RISK FACTORS FOR NONADHERENCE TO TREATMENT, AND COMPLICATIONS IN PATIENTS WITH TYPE 2 DIABETES ATTENDING A PRIMARY CARE HEALTH CENTER IN ENSENADA, MÉXICO

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Background: Type 2 diabetes mellitus (T2DM) has a high prevalence in the northern region of Mexico (15.7%). It represents one of the greatest burdens for the Mexican healthcare system. Approximately 75% of patients with T2DM have not reached adequate glycemic control.

Methods: This is a descriptive, cross-sectional study in a convenience sample of 184 T2DM patients attending a primary health care center in Ensenada, Baja California from 2010 to 2012. A structured survey was applied to determine risk factors for non-adherence to treatment, comorbidities and complications of patients with T2DM.

Results: 64% were women average age 58 years. 10% were illiterate and 25% with unfinished elementary school; 22% were active smokers, 77% with a sedentary life and 60% consumes sugary drinks; 42% reported difficult access to the health center due to long distance and expensive bus transportation. The majority (84%) had to buy their medicines. Only 42% carried out the control laboratory exams requested. Nearly 70% had high blood pressure and 44% were not controlled; 46% had dyslipidemia and 68% were obese. Almost 2% of the patients developed retinopathy and/or neuropathy and/or diabetic foot.

Conclusions: It is necessary to develop a more efficient monitoring and control program for patients with T2DM, to reduce comorbidities and complications through reducing risk factors that favors the non-adherence to pharmacological treatment, such as the lack of access to healthcare centers, the need to buy their medicines, and the lack of metabolic control among others.

Biography

David Sergio Salas Vargas graduated from the School of Medicine at the Universidad Autónoma de Baja California as a Medical Doctor. Later on he obtained his Master’s degree in Public Health at UABC and a PhD in Health Sciences at UABC. He was the Dean of the School of Health Sciences at UABC in Ensenada for almost eight years and now he works as a full time Professor and coordinates the Postgraduate and research studies area.

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