

# 18<sup>th</sup> World Congress on Endocrinology & Diabetes

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### Personal Hygiene and SGLT2i

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#### **Introduction :**

Role of personal hygiene in preventing perineal infection arising out of SGLT2I usage. to study the effect of washing perineal area with water only after every act of micturition in preventing genital infection arising out of SGLT2I usage.

#### **Material :**

30 t2dm patients of age group 40-55 years who are uncontrolled on metformin and glimepiride of various strength and dosage schedule are divided into 2 groups of 15 , and the two groups are named intervention and control group. Both the group were given dapagliflozin 10 mg for the first time.intervention group were taught about maintainance of personal hygiene and counselled for strict maintainance, while control group were not counselled for personal hygiene maintainance. both the groups were followed up weekly for a period of four months to detect any perineal infection following SGLT2I usage.

#### **Observations :**

No perineal infection were noted in the intervention group. but in the control group, perineal infection were noted in all of the 15 patients and most of them were fungal infection.11 of them had fungal infection of the genital area and 4 of them had mild urinary tract infection, cured with oral medication on opd basis.

#### **Conclusion :**

T2dm patients on dapagliflozin(sgl2i) can prevent perineal infection with the proper maintainance of personal hygiene .

#### **Biography**

Dr. Abhisekh Raha is a Divisional Medical Officer and also a Consultant Diabetologist at Lumding Divisional Railway Hospital in Indian Railway Health Services

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