Glycemic control of Patients With Type 2 Diabetes Mellitus in Saudi Community

K.Aljabri, MD, FRCPC, S. Bokhari, MD, ABIM

A Cross section, single centre study

Abstract

Objective

The incidence of type 2 diabetes is increasing, Blood glucose may be the most important clinical characteristic of diabetic patients. Few studies have measured glycemic control in a representative national sample of people with diabetes The aim of this study were to describe glycemic control in patients with type 2 diabetes Mellitus.

Research Design and Methods

A cross section study of patients with type 2 diabetes mellitus at the diabetic centre in Saudi Arabia

Main results

There were 1,720 patients with type 2 diabetes mellitus, 730 male (42.4%) and 990 female (57.6%). The mean age was 55.6 ± 12.8. Mean HbA1c was 8.5 ± 2.2 HbA1c was higher in male to female (8.6 ± 2.2 vs 8.3 ± 2.2 , p = 0.003). Male patients were significantly older in age (58 ± 12.6 vs 53.9 ± 12.7 , p<0.0001). The correlation of HbA1c and age was 0.04, p=0.07).

Conclusion

Many patients with type 2 diabetes have poor glycemic control placing them at high risk of diabetic complications.