

Title: The Prevalence of Chronic Diseases among Patient with Type Two Diabetes Mellitus in National Guard Hospital AlHasa

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Background: Diabetes mellitus is the most common endocrine disorders encountered in clinical practice. Many chronic diseases like Hyper- and hypothyroidism, Hypertension, Dyslipidemia and Obesity have been associated with insulin resistance, which has been reported to be the major cause of impaired glucose metabolism in type II DM.
Objective: The main aim of this study to investigate the prevalence of chronic diseases among patient with type two diabetes mellitus in National Guard hospital, AlHasa.
Methods: A retrospective cross-sectional study was done on patients who diagnosed with type II DM and regularly attended the family medicine clinic at National Guard hospital, AlHasa, Saudi Arabia.
Results: Out of 300 randomly selected type two diabetic patients with different chronic diseases. In addition, there was a statistically significant association between HbA1C level and type of treatment received by our population but fasting blood glucose level was not significant. Regarding the TSH level, out of 300 patients; 9.5% were diagnosed normal and 90.5% were diagnosed abnormal regarding to the TSH level. One hundred thirty-five patients had hypertension with Dyslipidemia and the rest of the patients had another co morbidities. Vitamin D level deficiency was observed in the majority of patients and insufficiency in of patients**.**
Conclusion: In our population, the prevalence of female diabetic patients with chronic diseases was 1.8 times higher than diabetic male. The prevalence of abnormal diagnosed level of TSH was 9.5 times higher than normal level.
Key words: Diabetes mellitus, Hypothyroidism**,** Dyslipidemia, Fasting blood glucose

Biography

Dr. Mansoor AlNAim has completed his Bachelor's at the age of 24 years from College of Medicine at King Faisal University and his Family medicine board from Saudi Commission for Health Specialty. He is the director of Family medicine residency program and clinical exaimner for Saudi Board. He is a member in many medical organization. He has published many papers in journals, be a speaker in many conferences and has been serving as an reviewers for research.

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