THE MONITORING OF HYPERTENSION IN DIABETES MELLITUS; A PRESCRIPTION BASED STUDY

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ABSTRACT:

Diabetes Mellitus is comorbid with various metabolic and physiological conditions among which hypertension is one of the most commonly observed. Hypertension is itself a deep-rooted medical state in which the blood pressure within the arteries remains constantly elevated resulting in stroke and ultimately leading to death. Diabetes is classified into type I and type II diabetes mellitus. In type I diabetes (juvenile diabetes or insulin-dependent) the pancreas becomes unable to produce insulin, needed to absorb glucose in liver and muscle cells. In type II diabetes (non-insulin dependent diabetes) insulin resistance develops consequently body is unable to use the normal inulin produced by the pancreas. Synchronisation of hypertension and diabetes mellitus leads to the exposure of life-threatening diseases related to cardiac, renal and vascular systems. Hypertension in Type I diabetes is caused due to primary and dominant nephropathy whilst the cause in Type II diabetes is more integral thus resulting because of insulin resistance. In this study, the data was collected through the frequency of prescribing medicine in diabetic clinics from a public-sector hospital and two others in Karachi. This study analyses the evaluation and the general approach to treatment in hypertensive diabetic subjects in a population via prescription based review.

Key words: Diabetes, patient, hypertension, insulin, population.