

عنوان مقاله:

Frequency of diabetes mellitus in the population of Usheri Dara, Khyber Pakhtunkhwa, Pakistan

محل انتشار:

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خلاصه مقاله:

Background: Diabetes mellitus (DM) is a metabolic disorder characterized by high blood glucose (HBG) either because of low production of insulin by the pancreas or receptors do not respond to insulin secreted. Methods: The present study is a part of survey regarding the frequency of DM in Usheri Dara (UD), Dir Upper (DU), Khyber Pakhtunkhwa (KP), Pakistan during June 2013-August 2014. A questionnaire was designed having information about the most of aspects of DM. They were distributed randomly among the people (n=500) of the community of UD, which was divided in 7 quadrates, viz., Katten, Jabbar, Almas, Tarpatar, Usheri Khas, Batal and Garkohi. Results: Out of 500 respondents, 66 were found to have DM, thus making a frequency rate of 13.2%. However, maximum (8.6%) of the DM patients feel increased thirst and frequent urination at night, moreover, minimum (1.8%) of them feel decreased appetite. Further, in maximum number (6%) of the patient, DM occurred at the age of 31-45 years, furthermore, in minimum (0.6%) of them at the age of 2-15 years. However, maximum number (6%) of family members of patients suffered from DM was 4-7, moreover, minimum (0.6%) were 1-3. Further, insulin used by maximum numbers (5%) of DM patients was humulin70/30. Furthermore, minimum (0.4%) of them use lispro. However, medicines used by maximum numbers (3.4%) of DM patients were orinasetablets, moreover, minimum (1%) of them use glucophage. Conclusion: It was concluded that the most common occurring age of DM at diagnosis was 31-45 years. Consequently, adopting healthy life style and use of proper treatment is recommended.

کلمات کلیدی:

Diabetes mellitus (DM), high blood glucose (HBG), hypertension, insulin, morbidity, mortality, pancreas

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