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Diabetes: An encroached danger - A study from central India

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Introduction: According to the WHO report, the diabetes epidemic is more pronounced in India than anywhere else. Glycated hemoglobin is a form of hemoglobin that is measured primarily to identify the three-month average plasma glucose concentration. The test is limited to a three-month average because the lifespan of a red blood cell is four months (120 days). But RBCs do not undergo lysis at the same time, so HbA1C is taken as a limited measure of 3 months.

Objectives & Methodology: To study the level of A1C level in diabetic and nondiabetic patients in the suburban area to give recommendations on that basis. Cross sectional study was done on the patients coming to clinic during diabetic camp organized in suburban area of city.

Results: Out of 143 T2DM patients, the 112 (78%) have HbA1C level within the range of 7-9%. Only 7 (4.9%) patients have level >11%. 37 patients out of 78 who were non diabetic have HbA1c level of more than 6.5%.

Conclusion: The observational study was conducted in diabetic camp and it was observed that diabetes has encroached the society with large spectrum, and life style modification is needed to prevent.

Biography

Neeraj Chhari is an Assistant Professor in Department of Community Medicine in People's College of Medical Science and Research Centre, Bhopal, India. He has done his MBBS in 2008 and MD in 2012. He has done his Certificate Course in Evidence Based Diabetes Management (CCEBDM) in 2016 which is recognized by Public Health Foundation of India (PHFI) and International Diabetes Federation (IDF). He is a life member of Indian Association Preventive and Social Medicine (IAPSM) and World Non Communicable Disease (WNCD) Federation. He is basically inclined towards noncommunicable diseases especially Diabetes and Cancer. At his clinic, since 2014, he has organized 4 diabetic camps.

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