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## Complications and comorbidity of diabetes mellitus (DM) among Saudi in northern Saudi Arabia

**Abdulaziz Khalid Alsayegh**  
Hail University School of Medicine, KSA

**Abstract:** DM is an extremely common metabolic disorder with great public health influence because of its harmful consequences triggering severe end-organ damage, including cardiovascular and neurological complications, diabetic retinopathy, and diabetic nephropathy. Therefore, the aim of the present study was to determine the complications and comorbidity of DM in Northern Kingdom of Saudi Arabia.

**Methodology:** Records of 50 diabetic patients were retrieved from King Khalid Hospital, Hail, KSA. Different complications and comorbidities were recorded and analyzed.

**Results:** Peripheral neuropath, retinopathy, diabetic septic foot, and amputation were identified among 20/50(40), 19/50(38%), 7/50(14%), and 2/50(4%), respectively. Out of the 50 patients, 12/50(24%), 18/50(36%) and 8/50(16%) were found with thyroid diseases, dyslipidemia and renal complications, in this order.

**Conclusion:** Diabetes complications and comorbidities including Peripheral neuropath, retinopathy, diabetic septic, thyroid diseases, dyslipidemia and renal complications need to be considered in epidemiological studies, so as to monitor disease burden and quality of diabetes care.