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Effect of comprehensive diabetes care on pre-obese diabetic patients: A retrospective study

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Background :

- Diabetes mellitus(DM) is a known threat to healthcare worldwide, with increasing prevalence despite multiple treatment options.
- India is only 2nd to China, in terms of prevalence of DM, with a prevalence rate of around 10%.
- The HbA1c levels are more important in diabetic patients since it reflects the average blood sugar control over the past 1-2 months and is an independent predictor of mortality and morbidity in patients with type II DM.

Introduction :

- Diabetes mellitus (DM) is a known threat to healthcare worldwide, with increasing prevalence despite multiple treatment options.
- Comprehensive Diabetes Care (CDC), a combination of herbal treatment and allied therapies, has been advocated by ayurvedic physicians to treat DM.
- This retrospective study was conducted to evaluate the effect of Comprehensive Diabetes Care (CDC) in pre-obese DM patients
- Speciality
- Madhavbaug's Apex Beat series of programs combine international cutting-edge diagnostics, researched diets, skilled physiotherapy and tested lifestyle modifications with scientific Ayurveda.
- This ensures your Blood Sugar level is well controlled and complications like heart disease are delayed or even prevented

Aim and Objective :

- To evaluate the effect of Comprehensive Diabetes Care (CDC) in pre-obese DM patients
- To evaluate the effect of CDC on HbA1C, weight

Methodology :

- The study was carried out on 23 out-patient selected from departments (OPDs) at Madhavbaug clinics, identified between April 2017 to July 2017.
- Data of only those patients were included who had received the scheduled 6 sitting of CDC in a span of 90 days. In this study, the variables [HbA1c, body weight, body mass index (BMI), dependency on medications] were assessed on day 1 and day 90 of Comprehensive Diabetes Care CDC

Result :

Out of the 23 patients, majority (15) were males.

The mean HbA1c measured at day 90 was significantly lesser than that on day 1 (7.12 ± 1.07 vs 8.53 ± 0.89 , $p < 0.001$).

The mean weight of the patients was reduced significantly on day 90 when compared to day 1. (62.40 ± 7.82 vs 67.17 ± 7.44 , $p < 0.001$).

The mean BMI was significantly reduced on day 90 when compared to the baseline (24.75 ± 2.18 vs 27.0 ± 1.41 , $p < 0.001$).

The abdominal girth was significantly reduced on day 90 compared to baseline (87.69 ± 7.89 vs 93.05 ± 7.90 , $p < 0.001$). Dependency on concomitant medicines was also reduced.

Future scope

This study is being continued to gather data of 500 patients.

Notes:

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