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## Musculoskeletal manifestations of diabetes mellitus

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**Introduction & Aim:** Diabetes is one of the most common non-communicable diseases globally. The complications of diabetes mellitus are numerous and include involvement of the musculoskeletal system. The incidence of diabetes mellitus and the life expectancy of the diabetic patient have both increased in view of wide variety of treatment options, resulting in increased prevalence and clinical importance of musculoskeletal disorders in diabetic subjects. This study represents the common musculoskeletal disorder among the diabetic patients. The aim of the study is the musculoskeletal manifestations of diabetes mellitus and to study correlation of severity with duration of diabetes mellitus

**Method:** A cross-sectional study was conducted in patients presenting to Department of Internal medicine at Mediheal Group of Hospital Nairobi-Kenya fulfilling inclusion criteria. All the patients with type-2 diabetes with duration of 5 year underwent a complete rheumatic examination to assess the musculo skeletal disorders. X-ray of involved joint was taken if clinical signs and symptoms are present. Descriptive statistics was used for data analysis.

**Result:** The study results show that more than half of the participants 69% were male and 31% were female. The study also reveals that (n=100) 96% diabetic patient were suffering from musculoskeletal pain and 4% diabetic patient were free from musculoskeletal pain. Our study showed prevalence of Charcot's joint (35%), followed by Dupuytren contracture (33%), frozen shoulder and limited Joint Mobility syndrome (21%), trigger finger (17%), Carpel Tunnel Syndrome (11%) and Diffuse Idiopathic Skeletal Hyperostosis (DISH) in 8%.

**Conclusion:** Musculoskeletal disorders have a high prevalence rate in diabetics. Many of these disorders are treatable especially if diagnosed early and can improve quality of life by reducing morbidity associated with these disorders. Diabetes must be considered as one of differential diagnosis for any patient with musculo-skeletal disorder. Locomotor system examination yields lot of information regarding musculo skeletal manifestations in diabetes mellitus. Thus, having an awareness of the potential musculoskeletal complications of diabetes can be an invaluable part of diabetes care.

## Biography

Samrat A Shah have done his MBBS and MD Internal Medicine from India. He was awarded as best outgoing student and Gold Medalist in Internal Medicine. Followed by Fellowship in Non Invasive Cardiology and Fellowship in Diabetology from Dr Mohans Academy (IDF approved programme). He have 8 International presentation and 12 National presentations. He is presently working as Consultant Physician and Head of Department of Medicine at Mediheal Hospital Nairobi Kenya. He is also working as President of NJDF a social organization in India.