

Risk factors associated with poor glycemic control in patients with type 2 DM in Zakho city

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Diabetes Mellitus (DM) is a chronic condition caused by relative lack of insulin due to impaired insulin secretion or insulin resistance. The aim of this study was to investigate the prevalence of poor glycemic control in Zakho city and to explore the modifiable risk factors that may help controlling the disease.

Materials and Methods: We recruited patients with known history of diabetes receiving oral anti-diabetic medications. Those patients were registered in Zakho Diabetes center with regular visits. The measurement of anthropometric indices was conducted by trained personnel. Plasma glucose was determined using colorimetric enzymatic method with glucose oxidase. HbA1c concentrations were measured in whole blood samples using high performance liquid chromatography.

Results: In this study, 520 patients were recruited. The average age of the patients was 56.92 ± 9.62 . Among those, 190 were male. The blood sugar was controlled in 122 (23.4%) patients. We found a significant association between sex and HbA1C level ($p=0.000$; $OR=0.4796$; $CI=0.3175-0.7243$). In addition, waist circumference was significantly associated with HbA1C levels ($p=0.018$; $OR=1.02$; $CI=1.0031-1.0373$).

Conclusions: The vast majority of the patients had uncontrolled diabetes. We found that sex and waist circumference were risk factors for uncontrolled diabetes. Any diabetes controlling program should focus on those two factors.

Biography

Brisik Gardi is affiliated to Zakho General Hospital, Iraq. He is a recipient of many awards and grants for his valuable contributions and discoveries in major area of subject research. His international experience includes various programs, contributions and participation in different countries for diverse fields of study. His research interests reflect in his wide range of publications in various national and international journals.

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