

Global Diabetes 2021: Prevalence of hypogonadism and its relation with glycemic control, body mass index in type 2 diabetes mellitus.

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Background and aims:

There is an increased prevalence of hypogonadism in men with type 2 diabetes mellitus. The objective of this study was to estimate prevalence of hypogonadism in adult patients with type 2 diabetes mellitus and examine relation of glycosylated haemoglobin, and body mass index with hypogonadism in these patients.

Material and methods:

In this cross sectional study, 50 adult male patients (30-60 years of age) with type 2 diabetes were included..

Patients were divided into two groups; those with hypogonadism and without hypogonadism. Level of glycosylated haemoglobin between two groups was compared. Similarly, comparison of BMI was done between two.

Results:

The mean (+SD) age of the patients in the study was 45.98 (+7.93) years.

The mean (+SD) HBA1C of total study population was 8.31 (+1.70)% and mean testosterone was 399.64 (+158.36) ng/dl respectively.

The mean (+SD) level of HBA1C in patients with hypogonadism was 8.89 (+1.84)% and with normal total testosterone level the mean (+SD) level of HBA1C was 7.84 (+1.86)%. The difference in mean glycosylated haemoglobin between two groups was not statistically significant.

The mean (+SD) body mass index of patients with hypogonadism was 26.35 (+1.87) kg/m² and without hypogonadism was 26.09 (+2.53). There was no significant difference in the BMI of both groups.

Conclusion:

Patients with type 2 diabetes mellitus showed high prevalence of hypogonadism. Level of glycosylated haemoglobin was not significantly high in patients with hypogonadism.