

Diagnosis and Control of Hypoglycemic Disorder in Adult Patients in Asir Region of Saudi Arabia

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ABSTRACT

Study Design: Cross sectional.

Background: Hypoglycemia is the rate-limiting issue in diabetes care when trying to achieve rigorous glycemic control. Hypoglycemia is a rare clinical occurrence that occurs in people who use diabetes medications that lower plasma glucose levels, such as insulin. Most people with type 1 diabetes and many people with type 2 diabetes experience hypoglycemia. Although people with diabetes are not immune to the same hypoglycemia complications as people without diabetes, the great majority of their hypoglycemic episodes are caused by diabetes medication. Aim of study to diagnose diabetic medication related hypoglycemia in Type 2 DM in Asir region, Saudi Arabia.

Methods: In this cross-sectional study, people with Type 2 Diabetes Mellitus aged 18 and up who were treated at diabetic centers made up the study population.

Results: 270 eligible patients mean (SD) of age was 45.2(12.9) 63% were male while 37% were females 67% were married, 41% have primary level of education 37% have government job while 20% were un employed. 46% have HTN, 6% have heart problems, 37% have BMI above 30, 15% people were taking sulphonyl urea (SU) and metformin , 48% taking metformin and insulin while 37% were taking metformin alone, 56% taking medication once a day while 44% twice a day, 83% have no hypoglycemia in the last month.

Conclusion: In Asir region Saudi Arabia, Insulin therapy is more commonly causing hypoglycemia in comparison to other lines of therapy. In the other hand inadequate glycemic management is a prevalent and pervasive concern among persons with T2DM. Individuals with type 2 diabetes frequently have insufficient glycemic control partially related to complication of medication like hypoglycemia. To improve glycemic control, a diabetes care strategy should focus on reducing risk factors and complication of diabetic medication. Healthcare practitioners should use a patient-centered approach and tailor management techniques to each patient's specific needs, taking into account all recognized risk factors for poor control.

Keywords: Glycemic control, Management, Patient, Diagnosis

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