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Letter to Editor

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Risk Estimation and Life Expectancy for Poorly Controlled Diabetes Mellitus in a Hospital Based Study

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Diabetes Mellitus is a chronic health issue, globally affecting all age groups, both genders irrespective of urban and rural discrimination [1]. Pakistan ranks 7th high burden nation with Diabetes and is expected to come to the 4th in number in near future [2]. Glycosylated hemoglobin measure the mean glucose concentration during 6-8 weeks, and is measured in percentages. It has higher sensitivity and specificity for glycemic status estimation than the fasting and random glucose estimation in routin [3]

We assessed to determine the association of age and gender as risk for poorly controlled diabetes mellitus in population of Nowshera.

We observed from the data analysis of Hba1c of 119 patients that the female gender with more than 50 years works as Risk factor for poorly controlled diabetes.

We categorized the patients on the basis of Hba1c distribution as per guidelines.

Non diabetic=4-5.9%
Good control=6-7%
Fair control= 7.1-8.9%
Poor diabetic control=4=>9%
We observed that 70% were poorly controlled diabetics with Hba1c>9%.

The probability of surviving with poorly controlled diabetes with hba1c>9% and age>50 years, using time to event analysis with Kaplan Meier Test, it was noted that the probability of estimated mean survival with Standard Error was (59 years, SE=1.2) and estimated median survival of (56 years, SE=1.3). Diabetes UK reports says that the life expectancy is statistically reduced when the patients has the disease for more than 10 years. [4]

In United Kingdom a trial of 30 years showed that the estimated median survival rate in their population was 69 years that was markedly higher than our findings [5]

Therefore the physician are informed to pay more attention to diabetic patients with female gender and age more than 50 years those are more prawn to develop complications and co-morbidities associated with diabetes.

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