

TYPE II DIABETES MELLITUS IN FAYOUM GOVERNORATE

BY

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Master of Internal Medicine
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A thesis submitted for partial fulfillment

Of

The requirement for MD Degree

In

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Department of Internal Medicine

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Conclusion and Recommendations

This study showed that the prevalence of type IIDM in Fayoum governorate was 24.7%, only 14.2% of them knew that they had type II DM, only 35.7% of known diabetic patients were controlled and 28.2% of known diabetic patients had complications. There is also high prevalence of HTN 26.2%, obesity 48% and smoking 10.9%. More researches are required to reveal reasons behind these near low levels of control and awareness, in order to put in the picture appropriate policy to improve the rate of control and quality of life of diabetic patients in Egypt.

Recommendations:

- To carry out more studies for better understanding of diabetes mellitus prevalence, awareness, treatment, risk factors and complications.
- To offer special courses for medical staff about diagnosis, treatment and management of diabetes mellitus.
- To expand awareness programs for the population about diabetes mellitus all over the country by trained personnel.
- To improve patient compliance by all possible ways.

Prevention, early identification, and effective intervention are integral components of effective type II DM care in Egypt. These strategies may reduce the expanding economic burden associated with type II DM care. The ADA recommends initiation of complications monitoring at the time of diagnosis of DM. This regimen should include yearly dilated eye examinations, annual micro-albumin checks, and foot examinations at each visit

