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A STUDY EVALUATING THE POSTPRANDIAL PLASMA GLUCOSE CONTROL AMONG TYPE 2 DIABETES PATIENTS ATTENDING A TEACHING HOSPITAL IN MALAYSIA

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ABSTRACT

BACKGROUND and OBJECTIVE: Type 2 DM is rapidly raising as a global health care problem that threatens to reach pandemic levels by 2030. Type 2 Diabetes mellitus is a disease with no cure and chronic disease that results in major morbidity and mortality. The main objective of this study is to evaluate postprandial plasma glucose level and to determine factors affect on postprandial plasma glucose level among type 2 diabetes outpatients attending endocrinology clinics at Hospital Universiti Sains Malaysia, Teaching Hospital.

SUBJECTS AND METHODS: The study design was observational prospective longitudinal follow-up study, the study was conducted with sample of 1077 Type 2 Diabetes Mellitus outpatient recruited via attended the diabetes clinics at Hospital Universiti Sains Malaysia (HUSM) in Kelantan. Post prandial plasma glucose (PPG) parameter to measure the glycaemic control. Logistic regression analysis was used to assess the independent variables that affect the PPG control.

RESULTS: 426 (39.6%) of the patients did not achieve the optimal postprandial plasma glucose level (< 10 mmol/l). In the current study, the possible factors that affect postprandial plasma glucose levels (PPG) were found to be gender (OR = 0.77) and the duration of diabetes (OR = 1.12).

CONCLUSION: It has been found that gender and the duration of diabetes are the factors affecting PPG. New strategy to improve the current status of control of diabetes is needed. The study recommends that health-care providers should pay more attention to Type 2 DM male patients and patients who had diabetic for long time.

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