

Diabetic Peripheral Neuropathy: A Common Complication in Diabetic Patients

Noor M. Janahi, MD, D Health Sci (Pod)* Moiz Bakhiet, MD, PhD**

Background: Diabetic Peripheral Neuropathy (DPN) is a common condition among people with diabetes mellitus (DM), which could result in foot ulceration and amputation.

Objective: To evaluate Diabetic Peripheral Neuropathy among diabetic patients.

Design: A Cross-Sectional Study.

Setting: Royal Medical Services Bahrain Defence Force Hospital.

Method: Five hundred randomly selected patients diagnosed with DM were included in the study from April 2012 to June 2012. Thorough neurological assessment (Neuropathy Symptom Score (NSS), Neuropathy Disability Score (NDS) and Vibration Perception Threshold (VPT)) was performed.

Result: Five hundred were included in the study, 242 (48%) were males and 258 (52%) were females. The mean age was 55 ± 14 years and the mean BMI was 35 ± 9 . Type I DM was present in 38 (8%) patients compared to 462 (92%) type II DM. Three hundred thirty-one (66%) patients had medical complications; the most common was DPN 186 (37%) followed by vascular insufficiency 141 (28%). Sixty (12%) DPN patients were undiagnosed.

Conclusion: The study revealed that many DM patients have neuropathic complications and at substantial risk of developing foot ulceration. A number of patients with neuropathy were unaware of their condition.

* Podiatry Specialist
Department of Podiatry
Orthopaedic Department
Royal Medical Services, Bahrain Defence Force Hospital

**Department of Molecular Medicine
Princess Al-Jawhara Center for Genetics and Inherited Diseases
Arabian Gulf University
Kingdom of Bahrain
Email: n.janahil@hotmail.com