

Control of Cardiovascular Risk Factors among People with Diabetes: Evaluation Revisited

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Objective: To assess control of hyperglycemia, hypertension and dyslipidemia among patients attending diabetes clinic in 2014 compared to 2005.

Design: A Cross-Sectional Study.

Setting: Primary Health Center, Ministry of Health, Bahrain.

Method: Medical records of patients attending diabetes clinic from 1 September 2014 to 31 December 2014 were reviewed. Data documented were age, sex, diabetes duration, Body Mass Index (BMI), smoking, glycated hemoglobin (A1C), oral hypoglycemic drugs and insulin regimen, blood pressure, antihypertensive drugs, lipids profile and statin type.

Result: Three hundred seventy patients' records were reviewed. One hundred-thirty (35.1%) patients were males. Two hundred four (55.1%) patients were having diabetes for more than or equal to 15 years. Glycated hemoglobin <53 mmol/l was achieved in 92 (24.9%) patients in 2014 compared to 134 (20.4%) patients in 2005 (P-Value=0.1).

Blood pressure $\leq 130/80$ was achieved in 126 (34.1%) patients in 2014 compared to 137 (13.7%) patients in 2005 (P-value <0.0001). Low Density Lipoproteins <2.6 mmol/l was achieved in 301 (81.4%) patients in 2014 compared to 120 (12%) patients in 2005 (P-value <0.0001).

Conclusion: Significant improvements have been observed in control of the studied CV risk factors in 2014. However, control of hyperglycemia remains a challenge and needs to be improved.