

# Kofinou Medical Center Diabetes Clinic

2016

DIABETES



# Demographic characteristics



What is Diabetes?



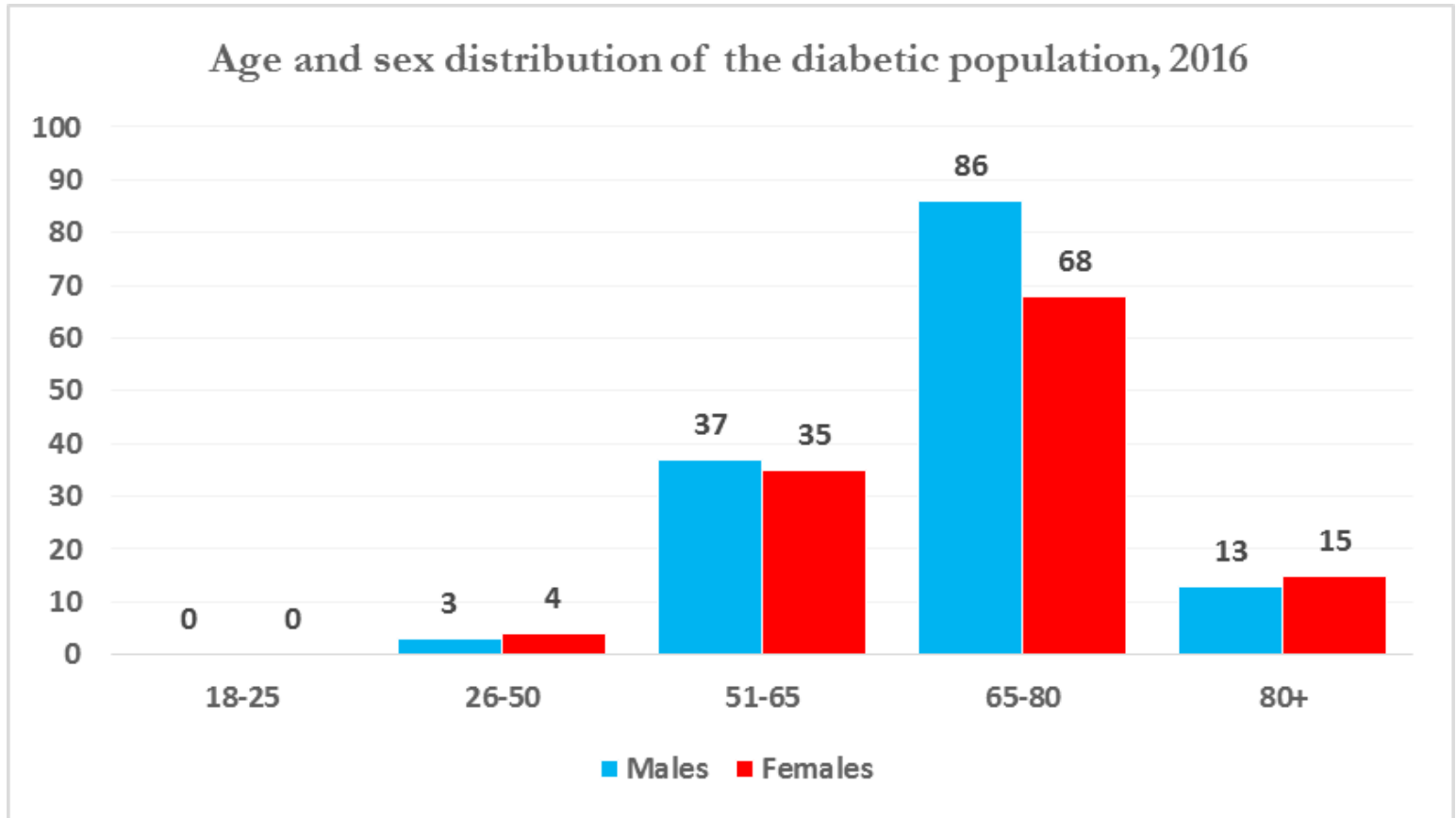
When pancreas doesn't produce insulin (Type 1)



When pancreas doesn't produce enough insulin or the insulin cannot be processed (Type 2)

# Diabetic Population: Age & sex distribution

Age groups	Males	Females	Total
18-25	0	0	0
26-50	3	4	7
51-65	37	35	72
65-80	86	68	154
80+	13	15	28
<b>Total</b>	<b>139</b>	<b>122</b>	<b>261</b>



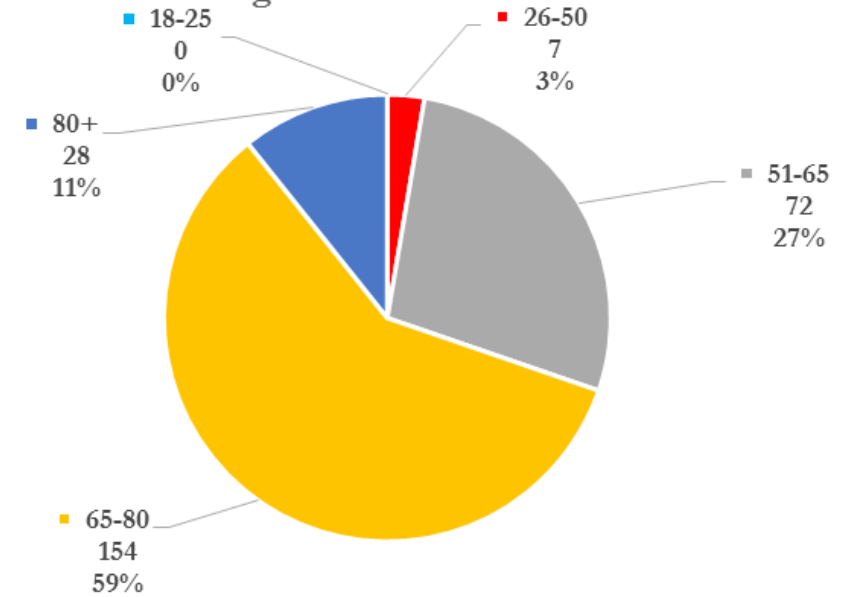
# Diabetic Population: Age & sex distribution



Sex Distribution, 2016

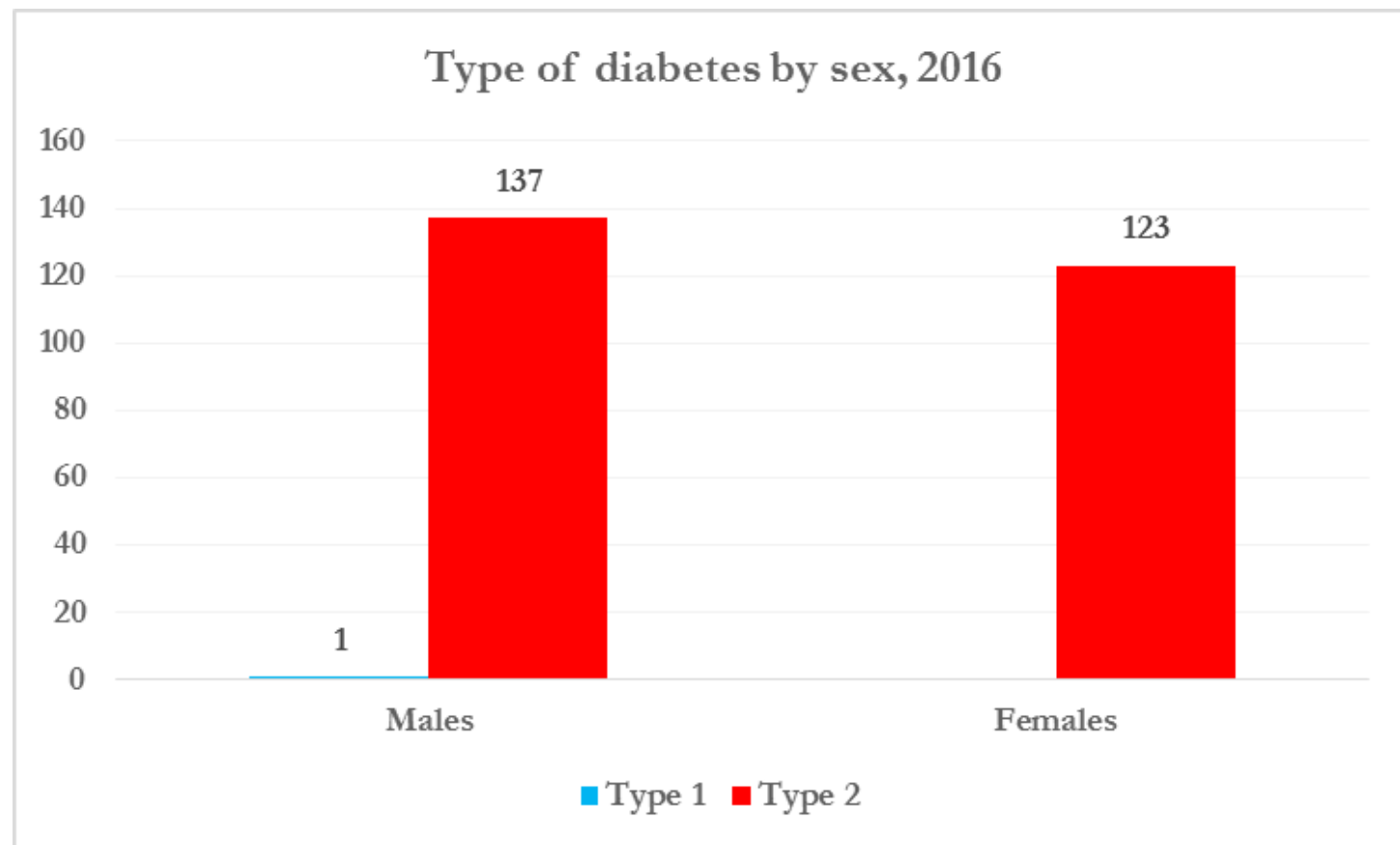


Age Distribution



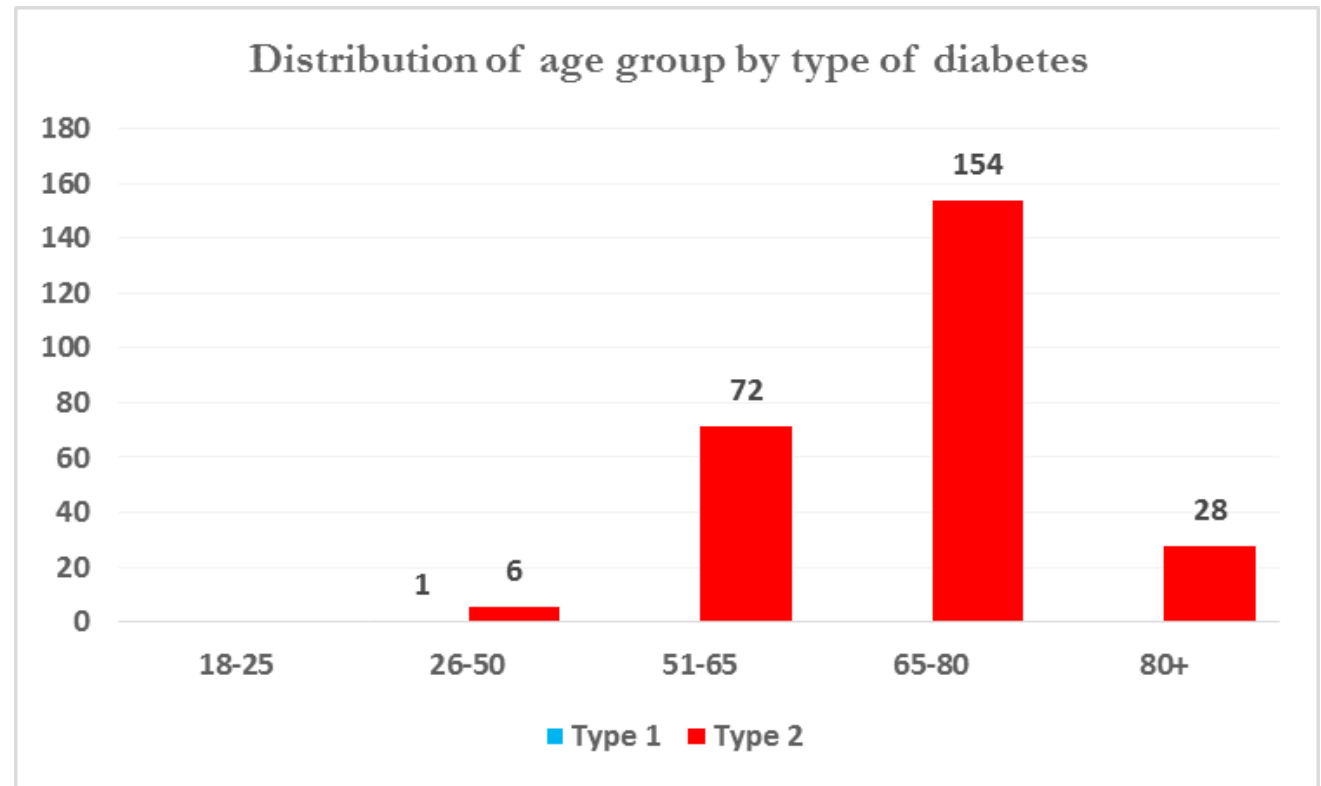
# Type of diabetes by sex

Type of diabetes	Males	Females	Total
Type 1	1		1
Type 2	137	123	260
<b>Total</b>	<b>138</b>	<b>123</b>	<b>261</b>



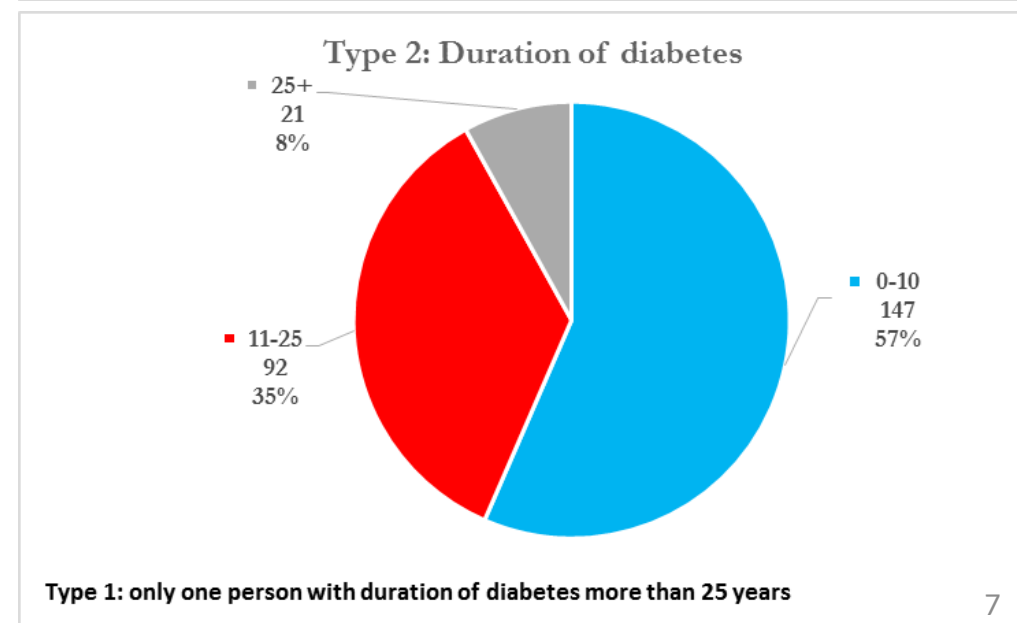
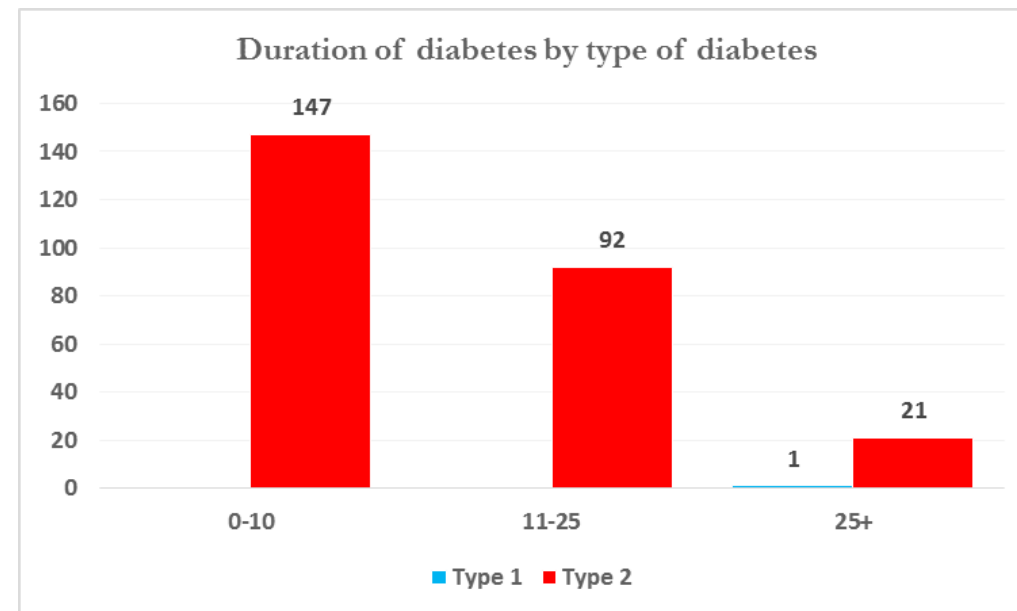
# Distribution of age group by type of diabetes

Age groups	Type 1	Type 2	Total	% of total
18-25				0%
26-50	1	6	7	3%
51-65		72	72	28%
65-80		154	154	59%
80+		28	28	11%
<b>Total</b>	<b>1</b>	<b>260</b>	<b>261</b>	<b>100%</b>



# Duration of diabetes by type of diabetes, 2016

Duration of diabetes	Type 1	Type 2	Total
0-10		147	147
11-25		92	92
25+	1	21	22
<b>Total</b>	<b>1</b>	<b>260</b>	<b>261</b>



# Risk Factors



Family history



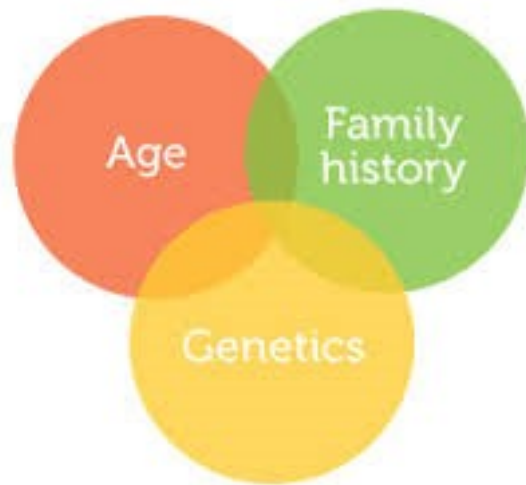
Lack of exercise



Unhealthy eating



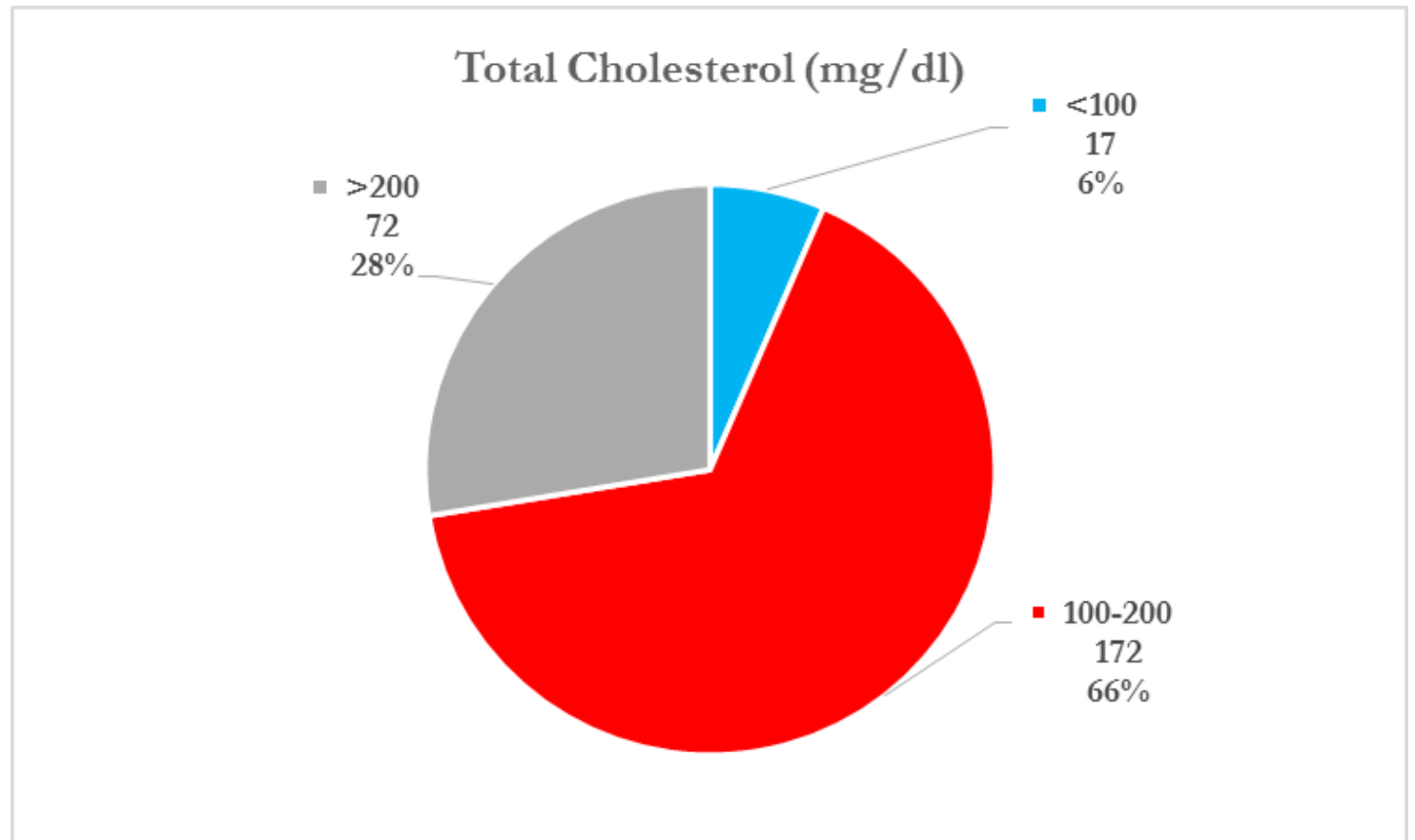
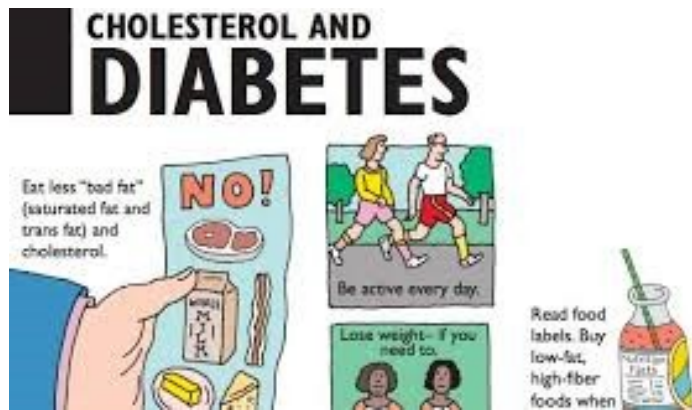
Overweight





# Total Cholesterol (mg/dL)

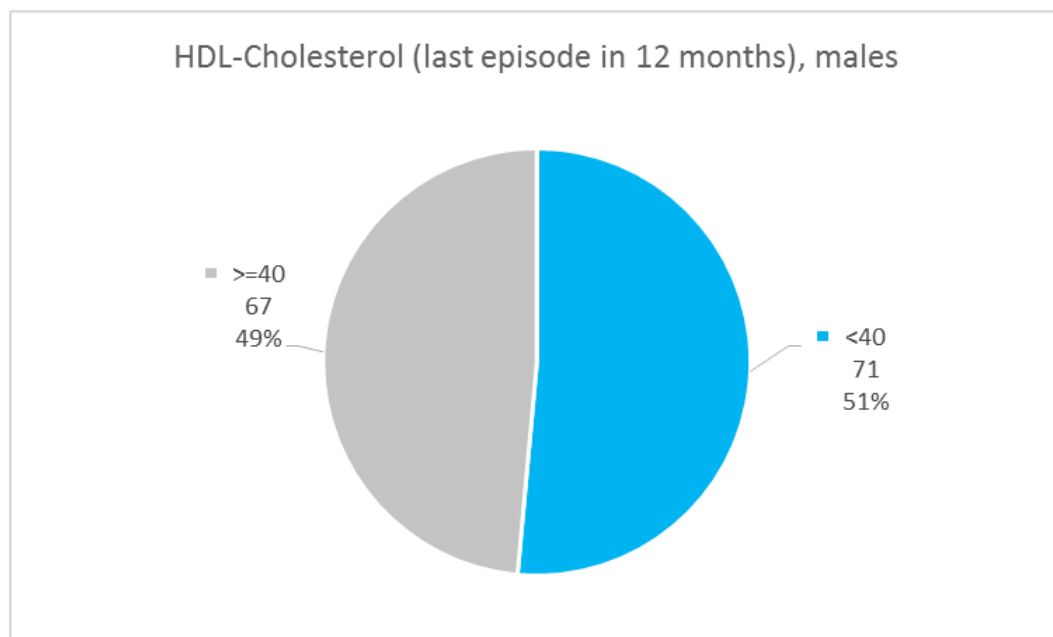
Total Cholesterol	Total number of patients
<100	17
100-200	172
>200	72
<b>Total</b>	<b>261</b>



# HDL-Cholesterol (last episode in 12 months)

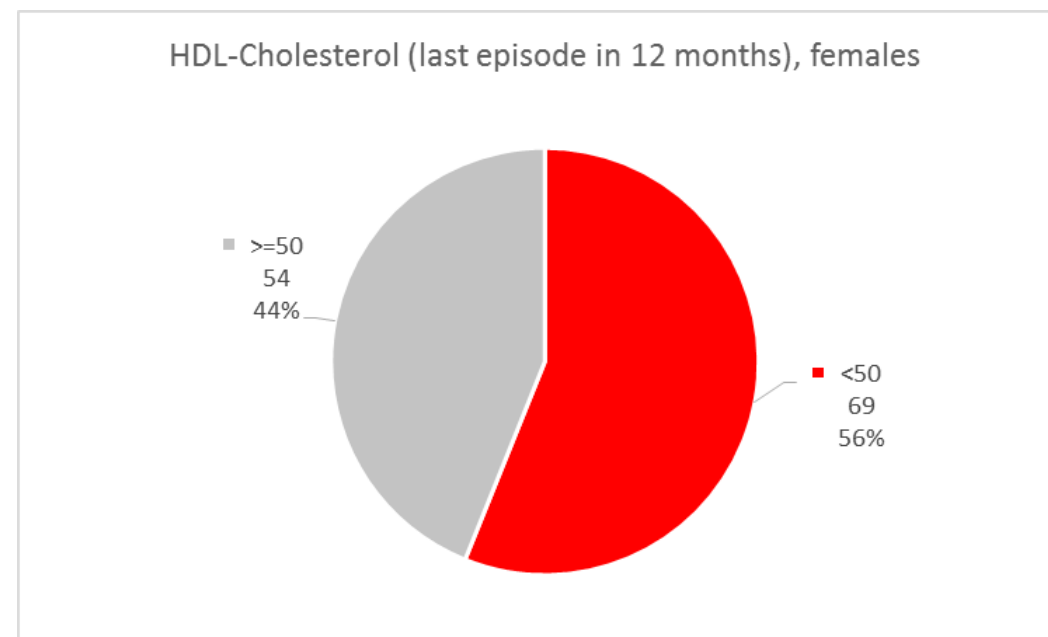
## Males

HDL-Cholesterol	Males	%
<40	71	51%
>=40	67	49%
<b>Total</b>	<b>138</b>	<b>100%</b>



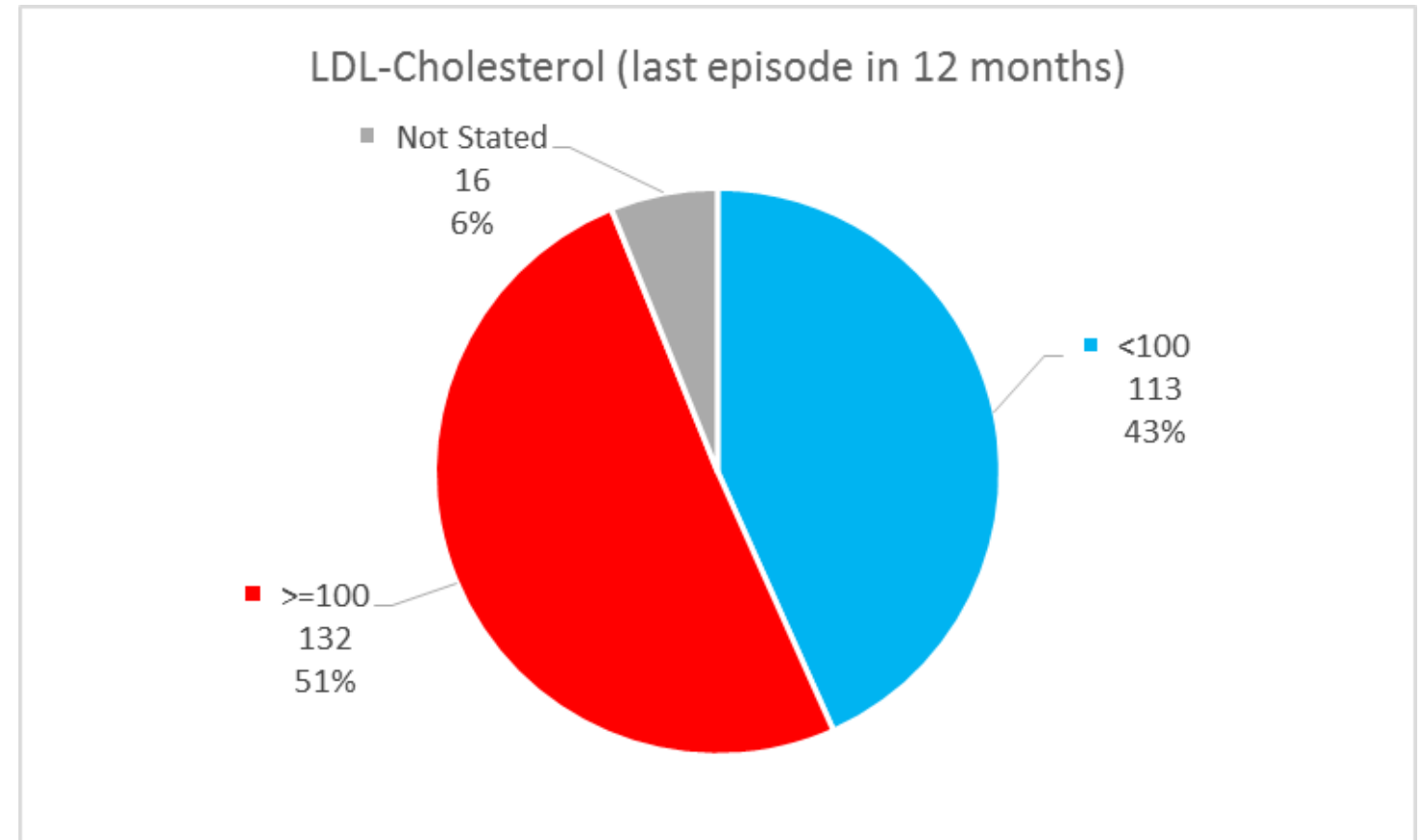
## Females

HDL-Cholesterol	Females	%
<50	69	56%
>=50	54	44%
<b>Total</b>	<b>123</b>	<b>100%</b>



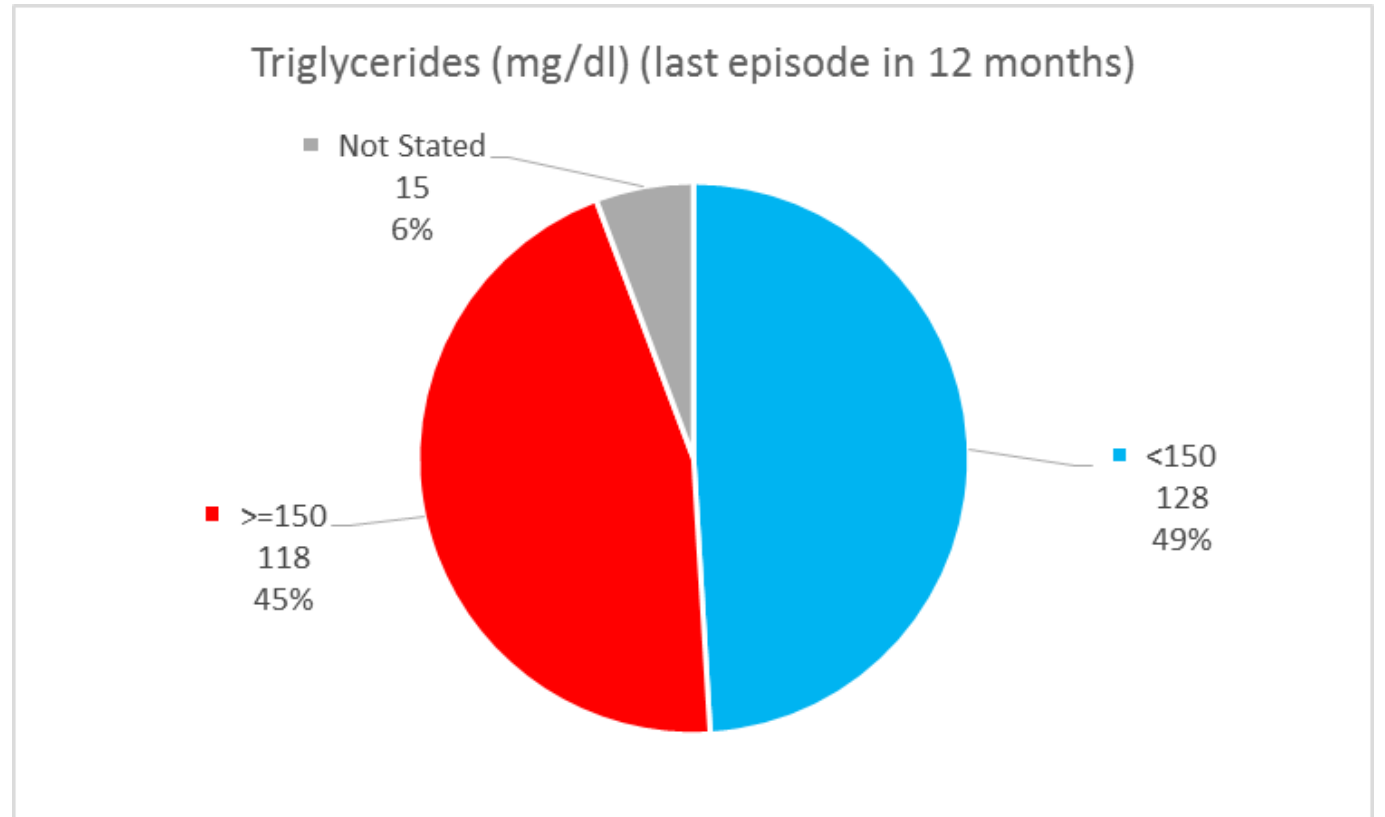
# LDL-Cholesterol (last episode in 12 months)

LDL-Cholesterol (mg/dl)	Total number of patients	%
<100	113	43%
>=100	132	51%
Not Stated	16	6%
<b>Total</b>	<b>261</b>	<b>100%</b>



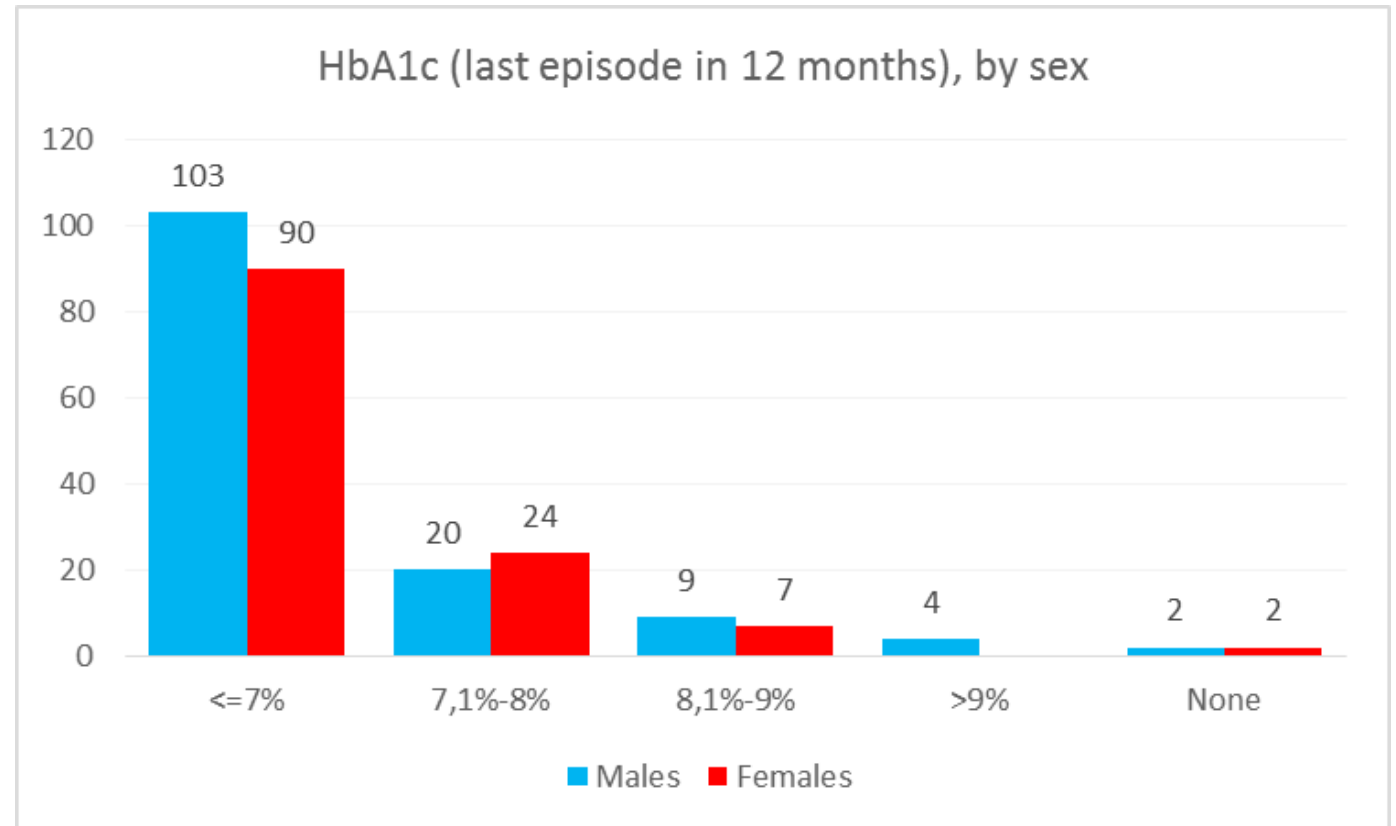
# Triglycerides (mg/dL) (last episode in 12 months)

Triglycerides (mg/dl)	Total number of patients	%
<150	128	49%
>=150	118	45%
Not Stated	15	6%
<b>Total</b>	<b>261</b>	<b>100%</b>



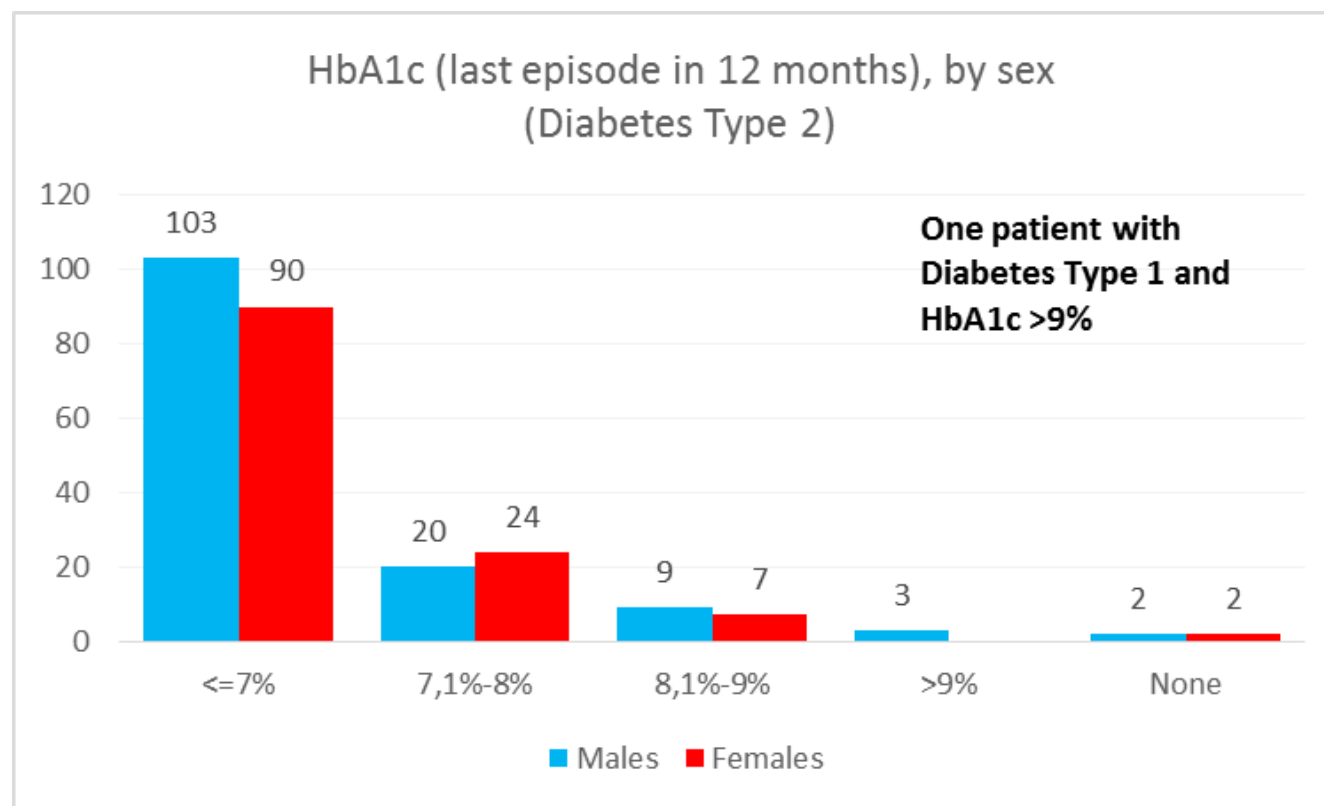
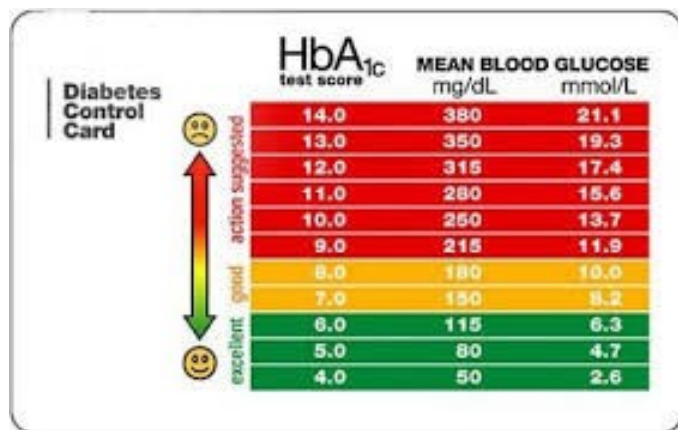
# HbA1c (last episode in 12 months), by sex

HbA1c	Males	Females	Total	% of total
<=7%	103	90	193	<b>74%</b>
7,1%-8%	20	24	44	<b>17%</b>
8,1%-9%	9	7	16	<b>6%</b>
>9%	4		4	<b>2%</b>
None	2	2	4	<b>2%</b>
<b>Total</b>	<b>138</b>	<b>123</b>	<b>261</b>	<b>100%</b>



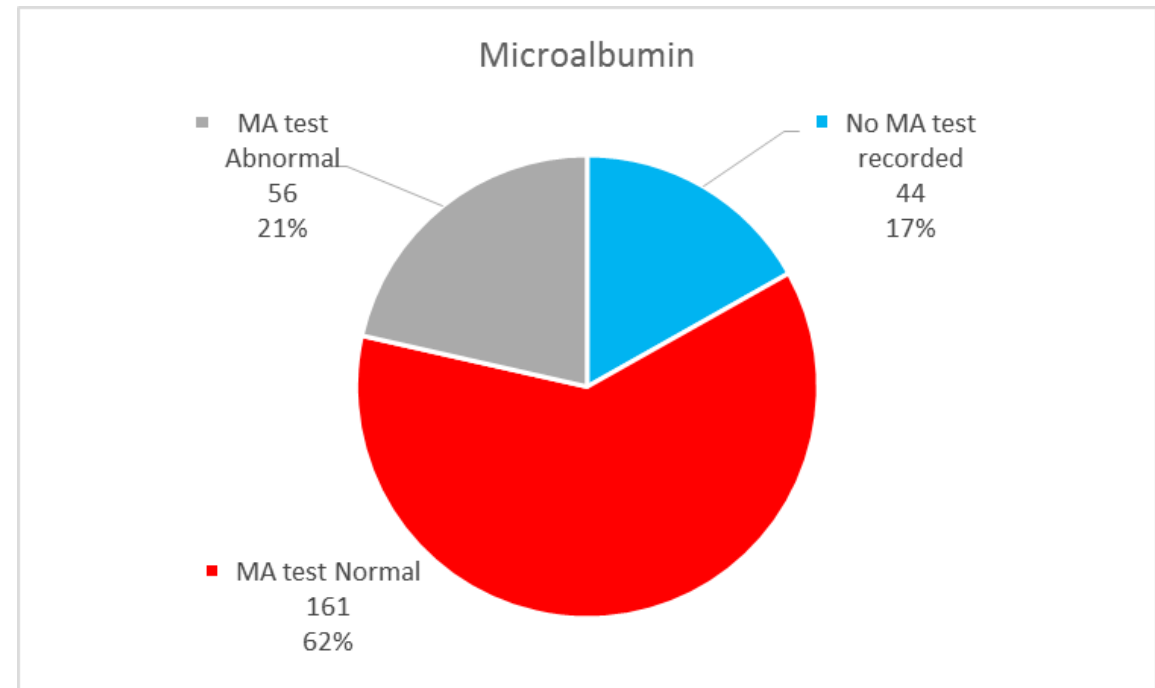
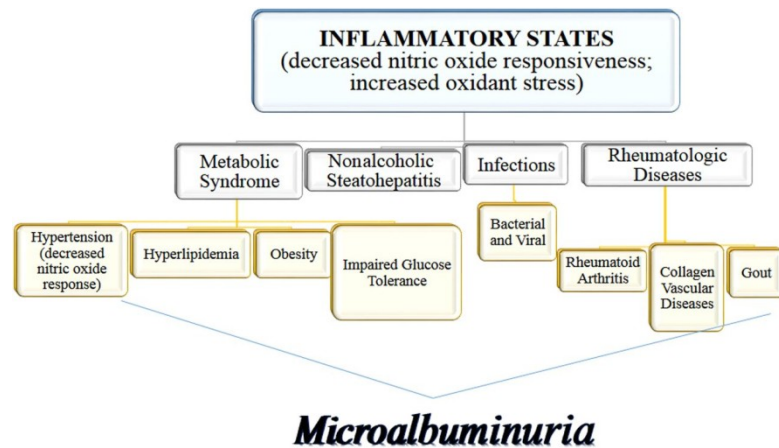
# HbA1c (last episode in 12 months), by sex (Diabetes Type 2)

HbA1c	Males	Females	Total	% of total
<=7%	103	90	193	<b>74%</b>
7,1%-8%	20	24	44	<b>17%</b>
8,1%-9%	9	7	16	<b>6%</b>
>9%	3		3	<b>1%</b>
None	2	2	4	<b>2%</b>
<b>Total</b>	<b>137</b>	<b>123</b>	<b>260</b>	<b>100%</b>



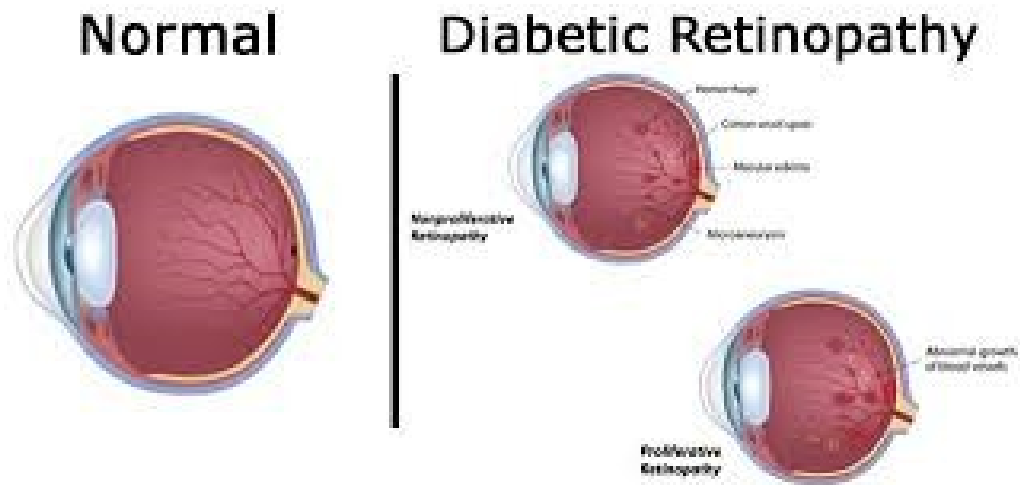
# Microalbumin

Microalbumin	Total number of patients	%
No MA test recorded	44	17%
MA test Normal	161	62%
MA test Abnormal	56	21%
<b>Total</b>	<b>261</b>	<b>100%</b>



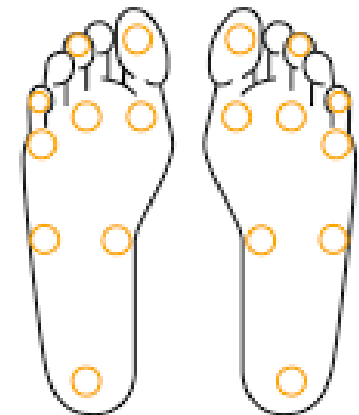
# Health System

## Processes



### Foot Screen Test Sites

If you have a ⊖ in any circle, discuss it with your diabetes care team as soon as possible.

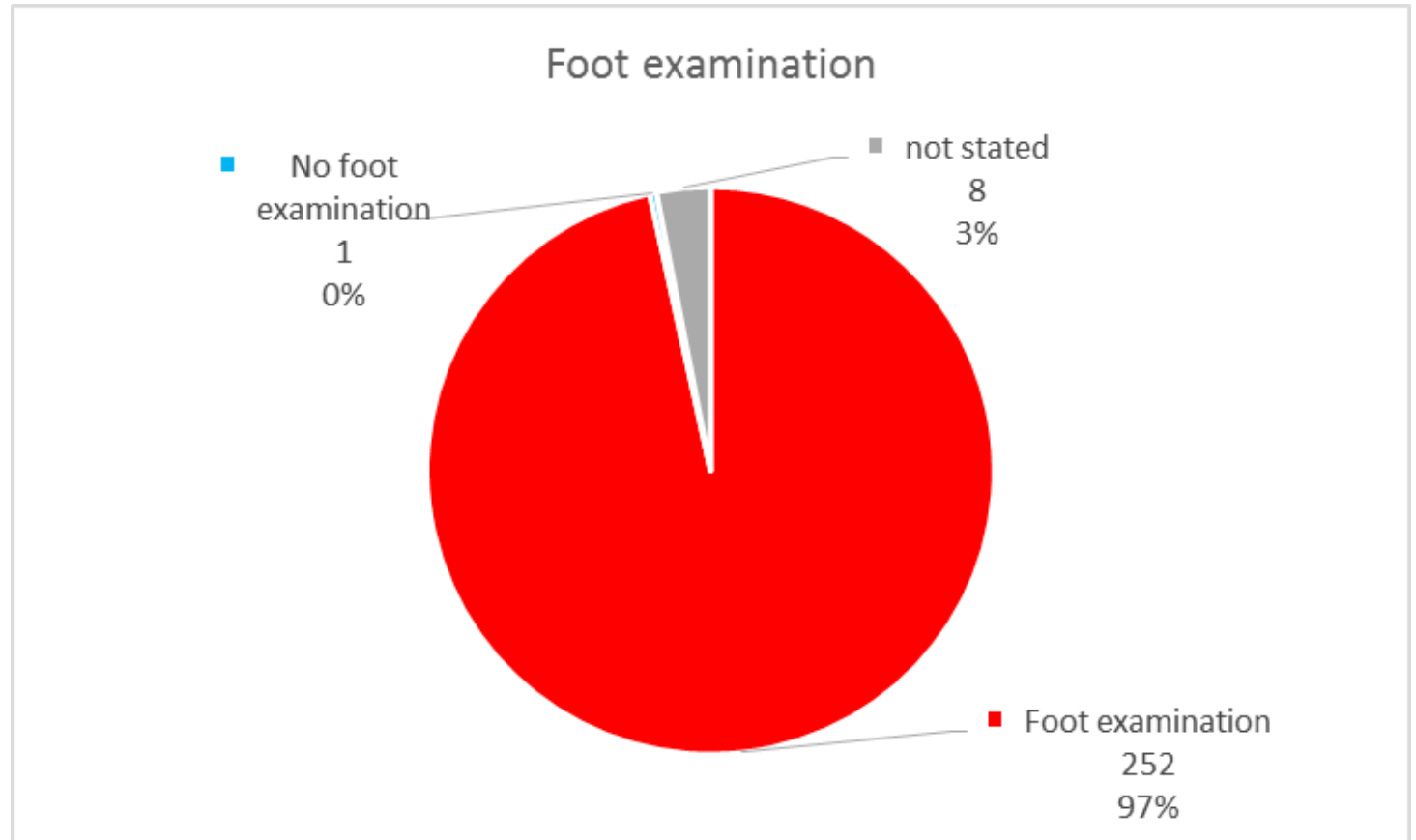
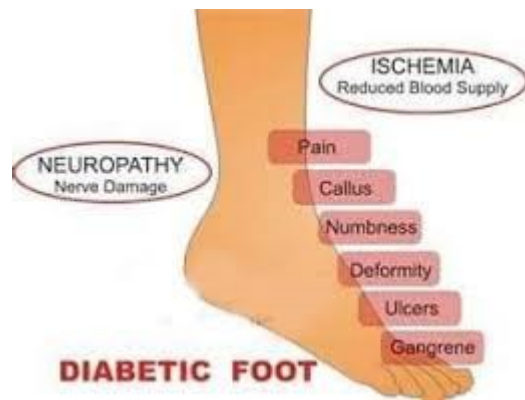






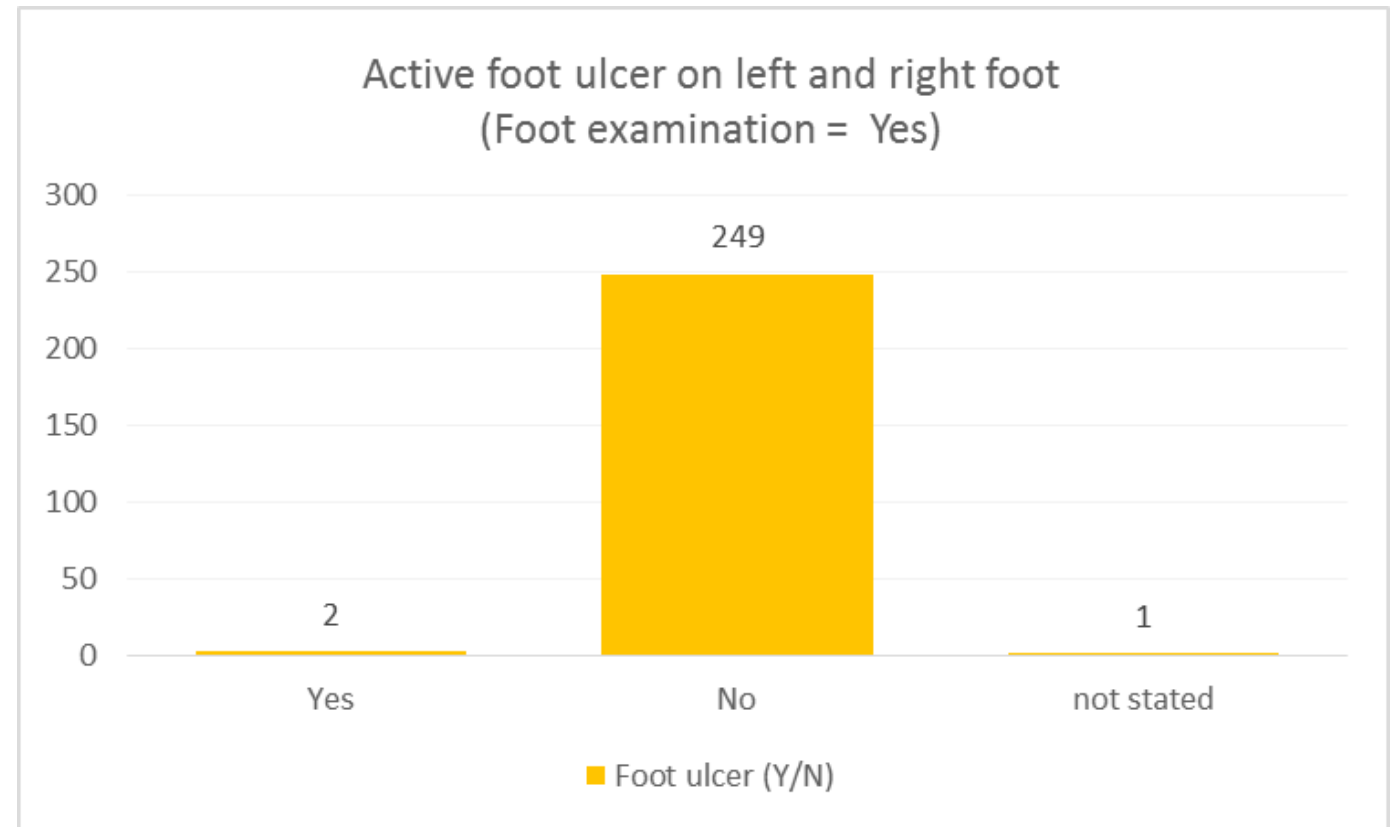
# Foot examination

Foot examination	Total number of patients	%
Foot examination	252	97%
No foot examination	1	0%
not stated	8	3%
<b>Total</b>	<b>261</b>	<b>100%</b>



# Active foot ulcer on left and right foot (Foot examination = Yes)

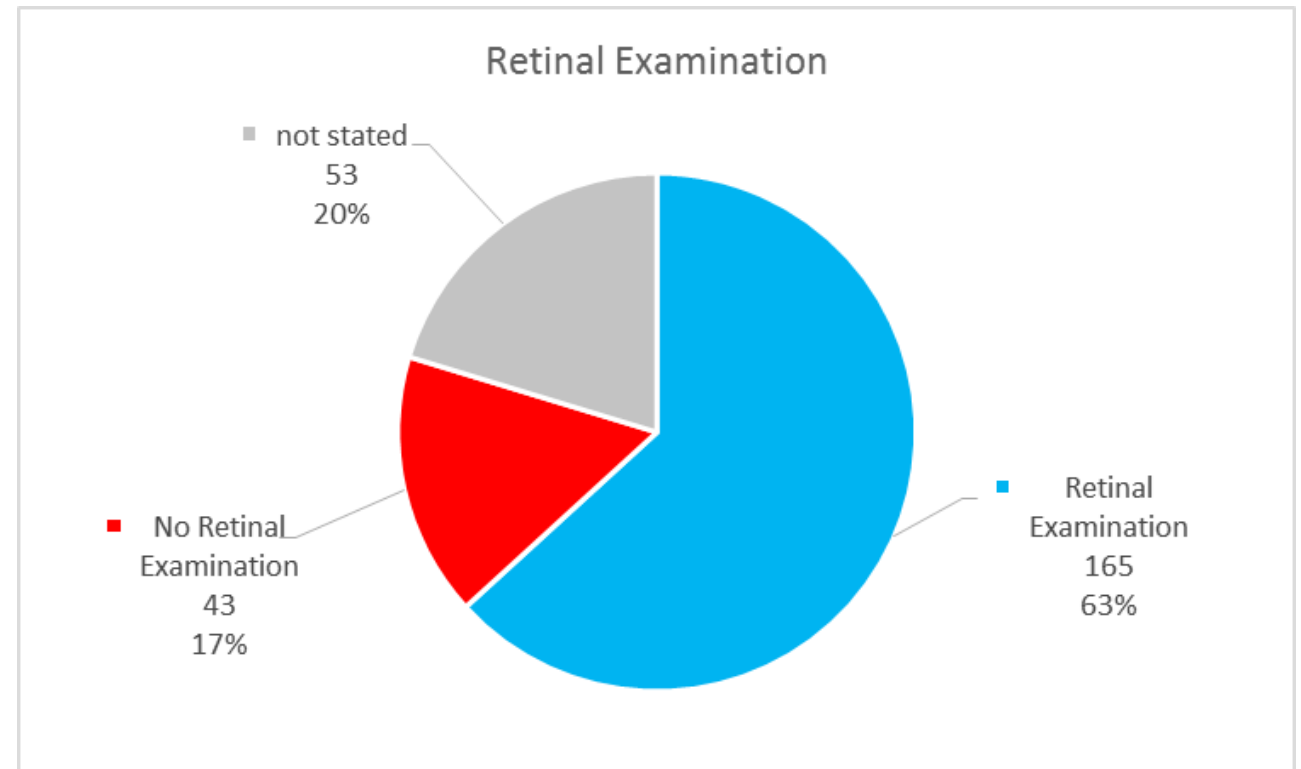
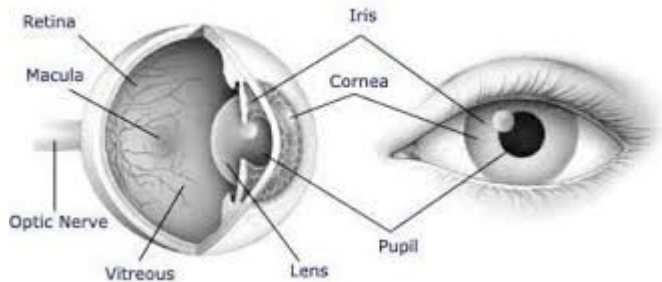
Foot ulcer	Foot ulcer (Y/N)
Yes	2
No	249
not stated	1
<b>Total</b>	<b>252</b>



# Retinal Examination



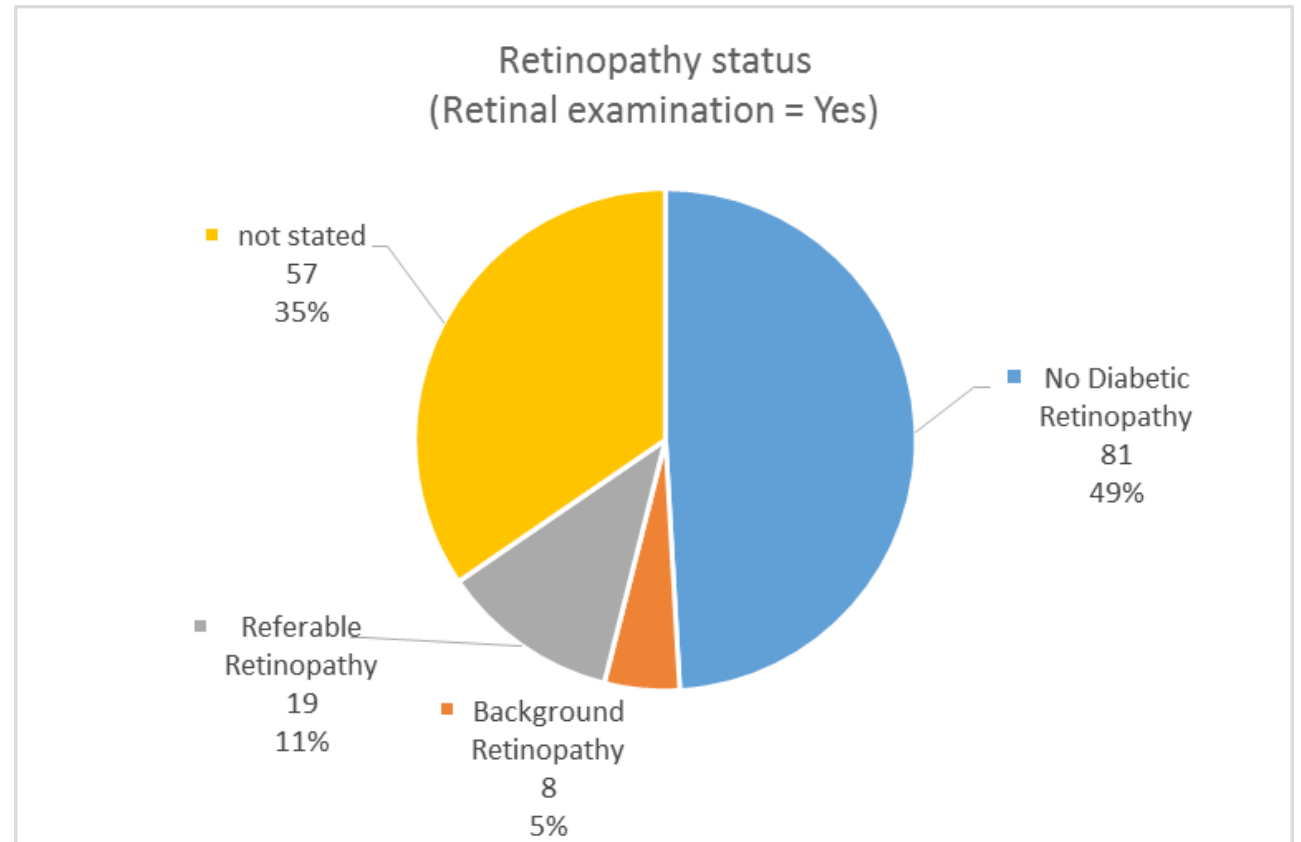
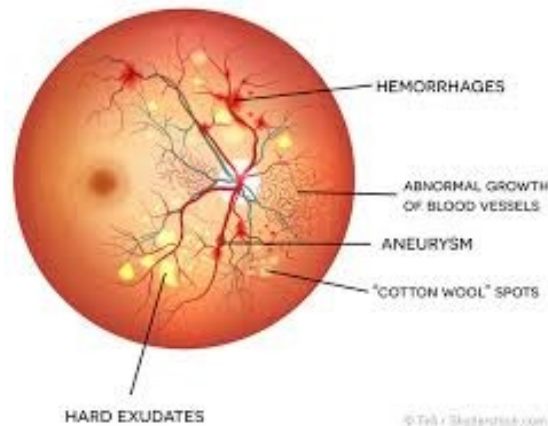
Retinal Examination	Total number of patients	%
Retinal Examination	165	63%
No Retinal Examination	43	16%
not stated	53	20%
<b>Total</b>	<b>261</b>	<b>100%</b>



# Retinopathy status (Retinal examination = Yes)

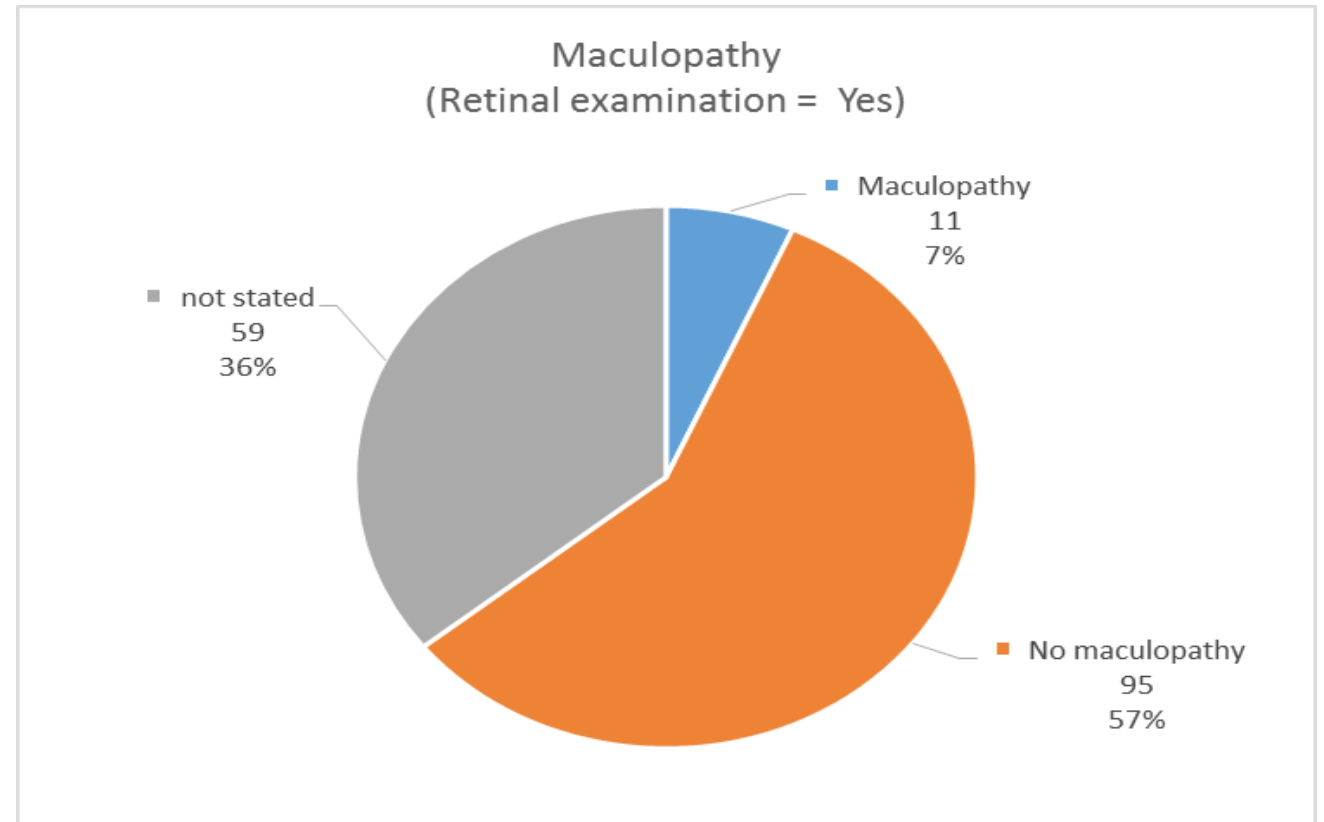
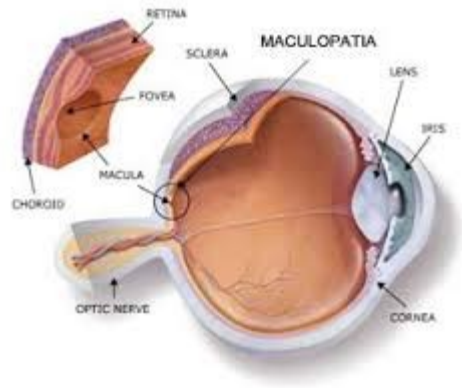
Retinopathy status	Total number of patients	%
No Diabetic Retinopathy	81	49%
Background Retinopathy	8	5%
Referable Retinopathy	19	12%
not stated	57	35%
<b>Total</b>	<b>165</b>	<b>100%</b>

## DIABETIC RETINOPATHY



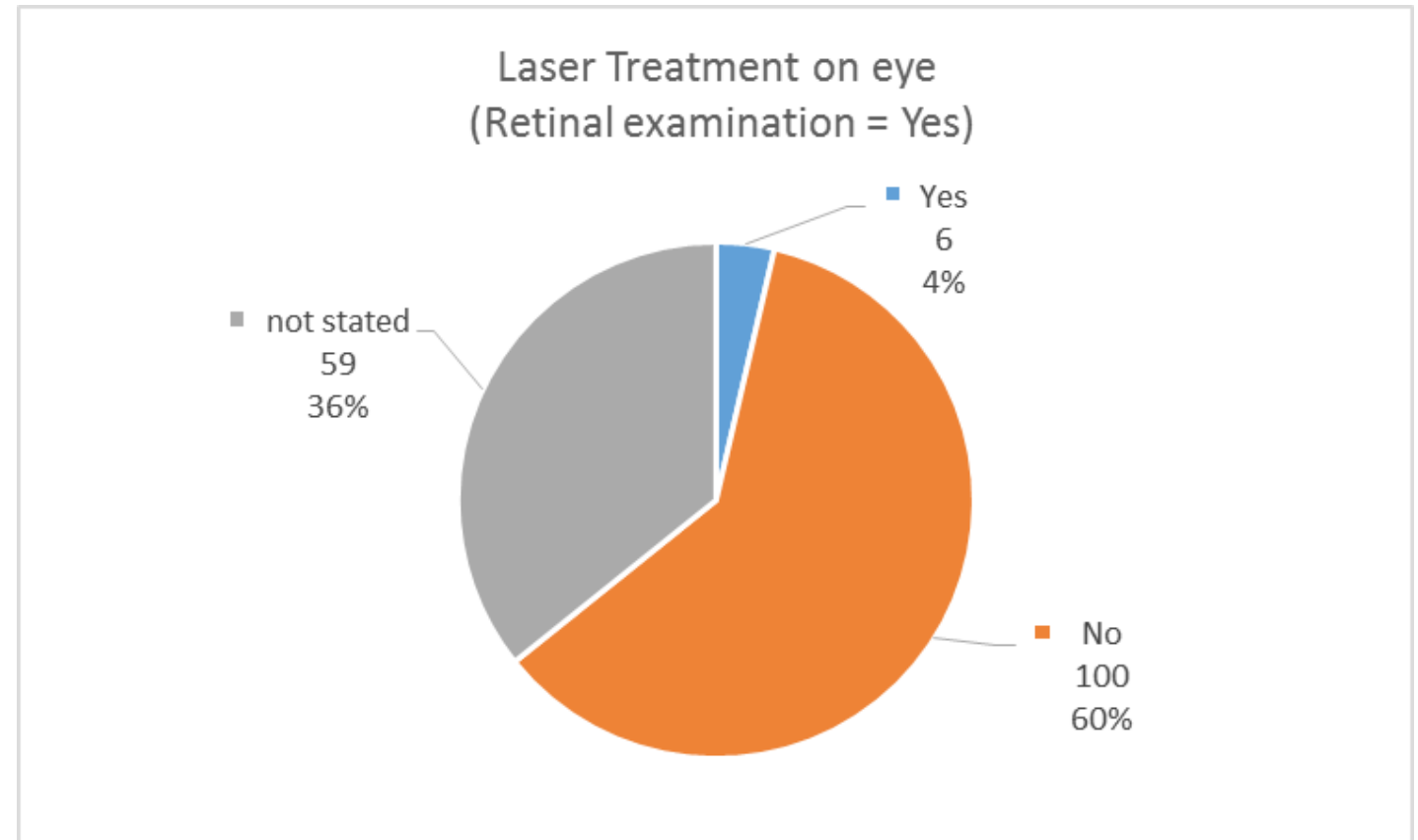
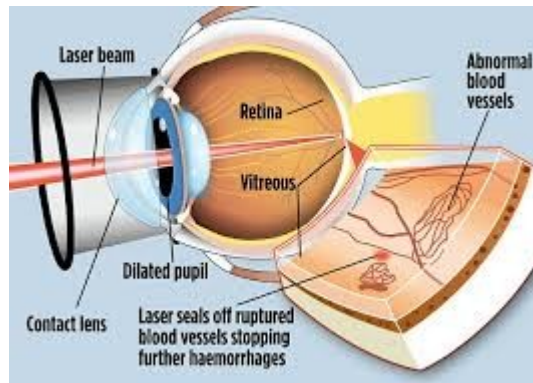
# Maculopathy (Retinal examination = Yes)

Maculopathy	Total number of patients	%
Maculopathy	11	7%
No maculopathy	95	58%
not stated	59	36%
<b>Total</b>	<b>165</b>	<b>100%</b>



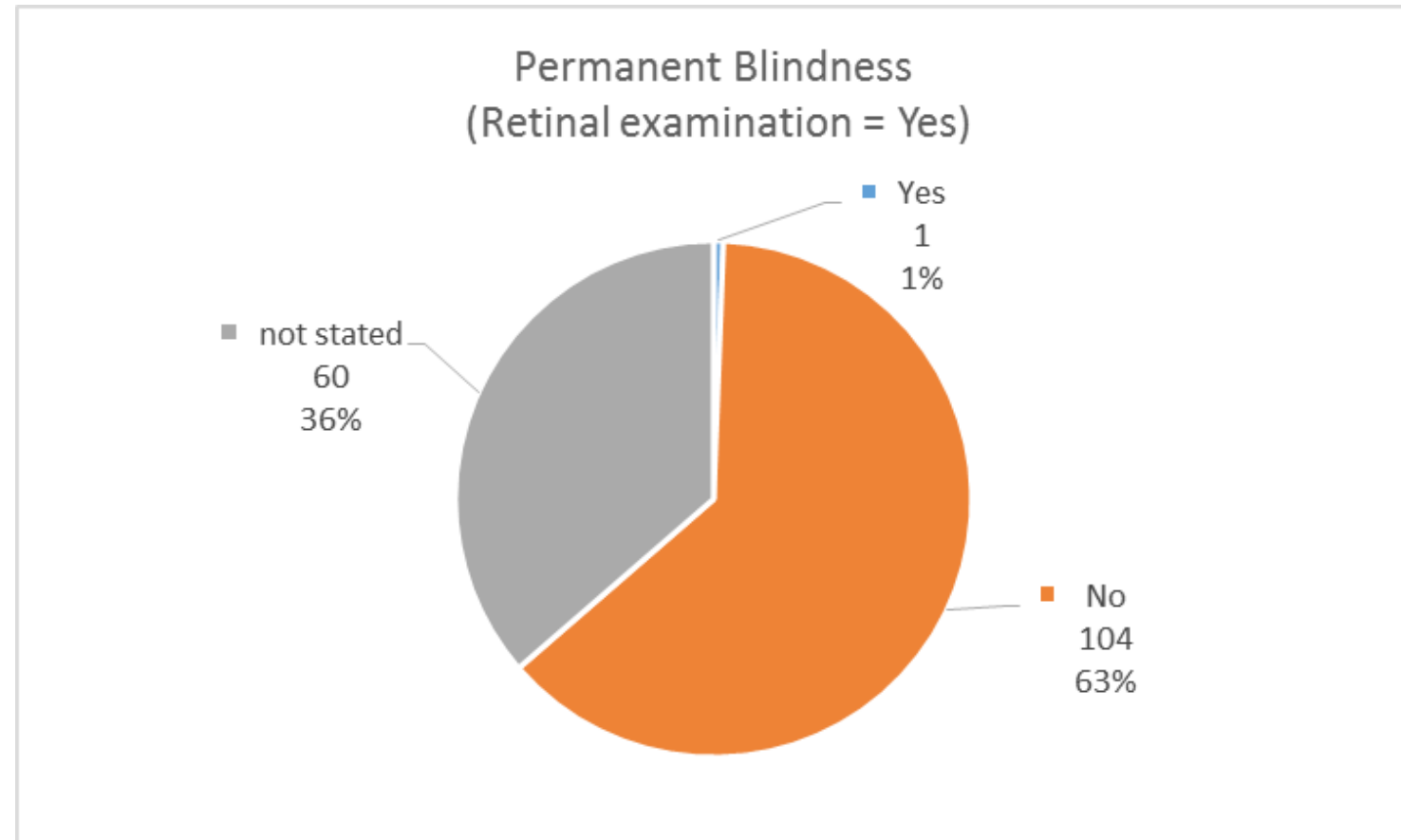
# Laser Treatment on eye (Retinal examination = Yes)

Laser Treatment	Total number of patients	%
Yes	6	4%
No	100	61%
not stated	59	36%
<b>Total</b>	<b>165</b>	<b>100%</b>



# Permanent Blindness (Retinal examination = Yes)

Permanent Blindness	Total number of patients	%
Yes	1	1%
No	104	63%
not stated	60	36%
<b>Total</b>	<b>165</b>	<b>100%</b>



# Treatment

Diabetes management program includes:



## Natural Diabetes Treatment



### EXERCISE GUIDE FOR DIABETIC FITNESS

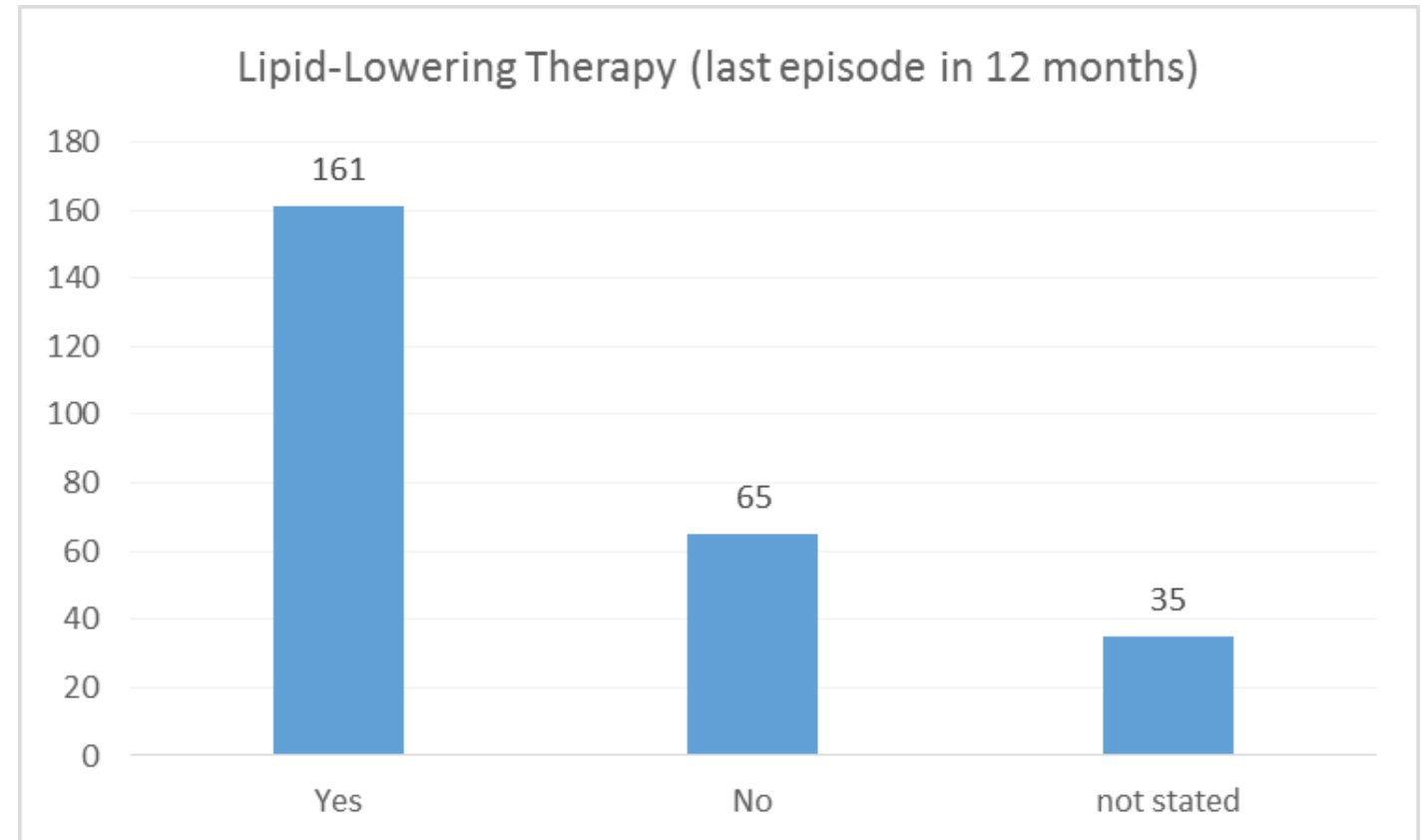
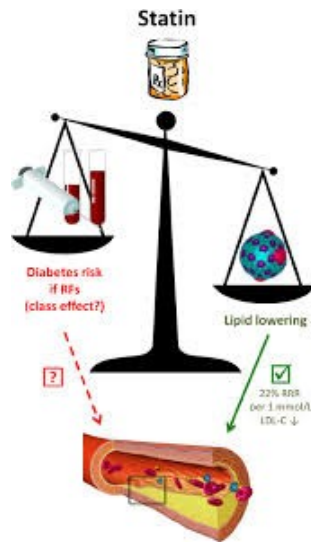
- F** Frequency  
Regular (2x to 4x Per Week)
- I** Intensity  
60-80% Of Maximal Heart Rate
- T** Time  
Aerobic Activity  
20-30 Min.  
With 5-10 Min.  
Warm Up





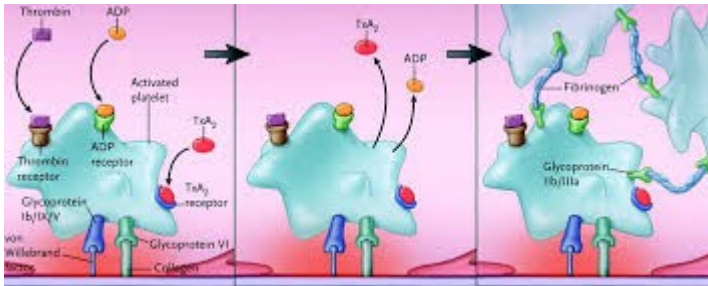
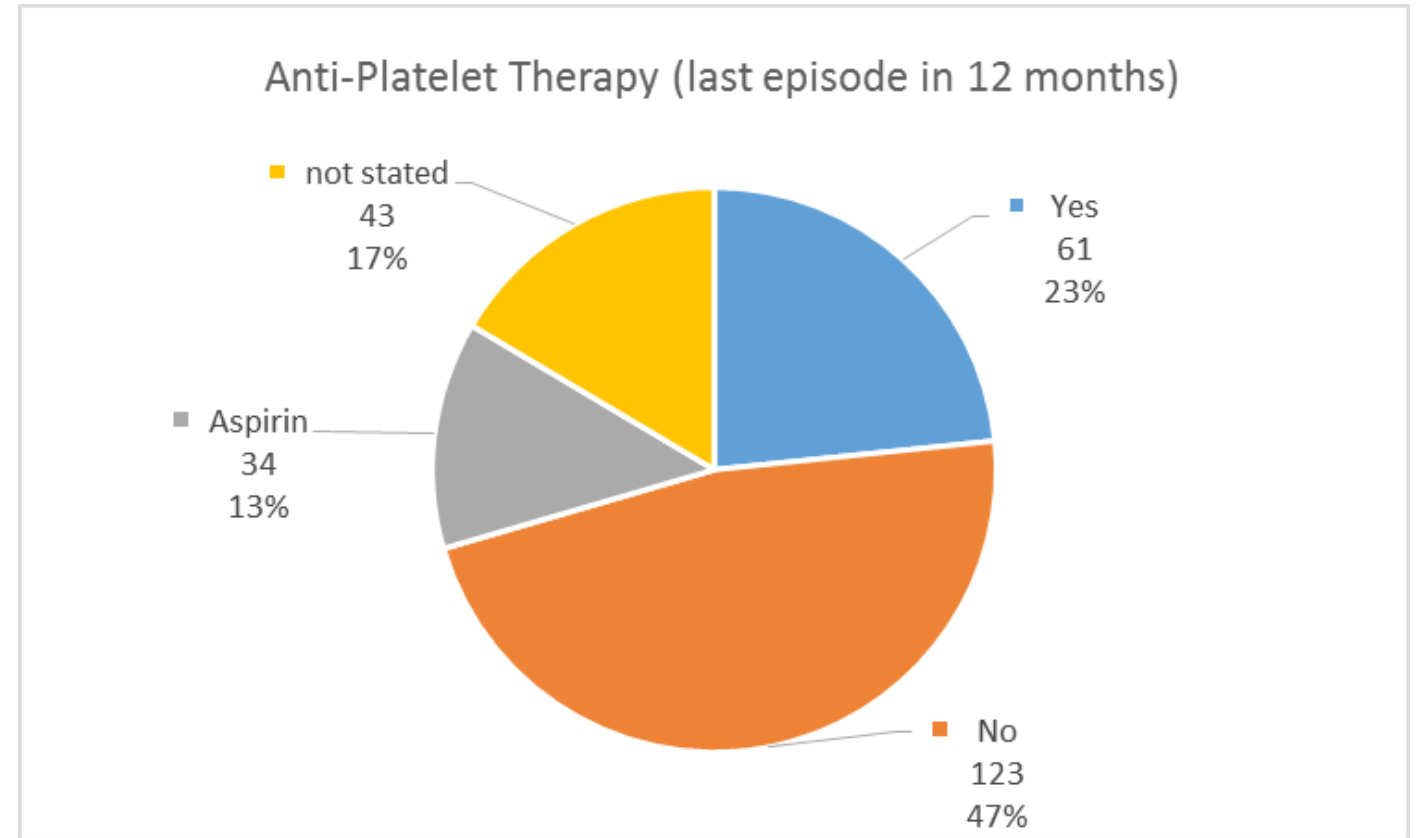
# Lipid-Lowering Therapy (last episode in 12 months)

lipid-Lowering Therapy	Total number of patients	%
Yes	161	62%
No	65	25%
not stated	35	13%
<b>Total</b>	<b>261</b>	<b>100%</b>



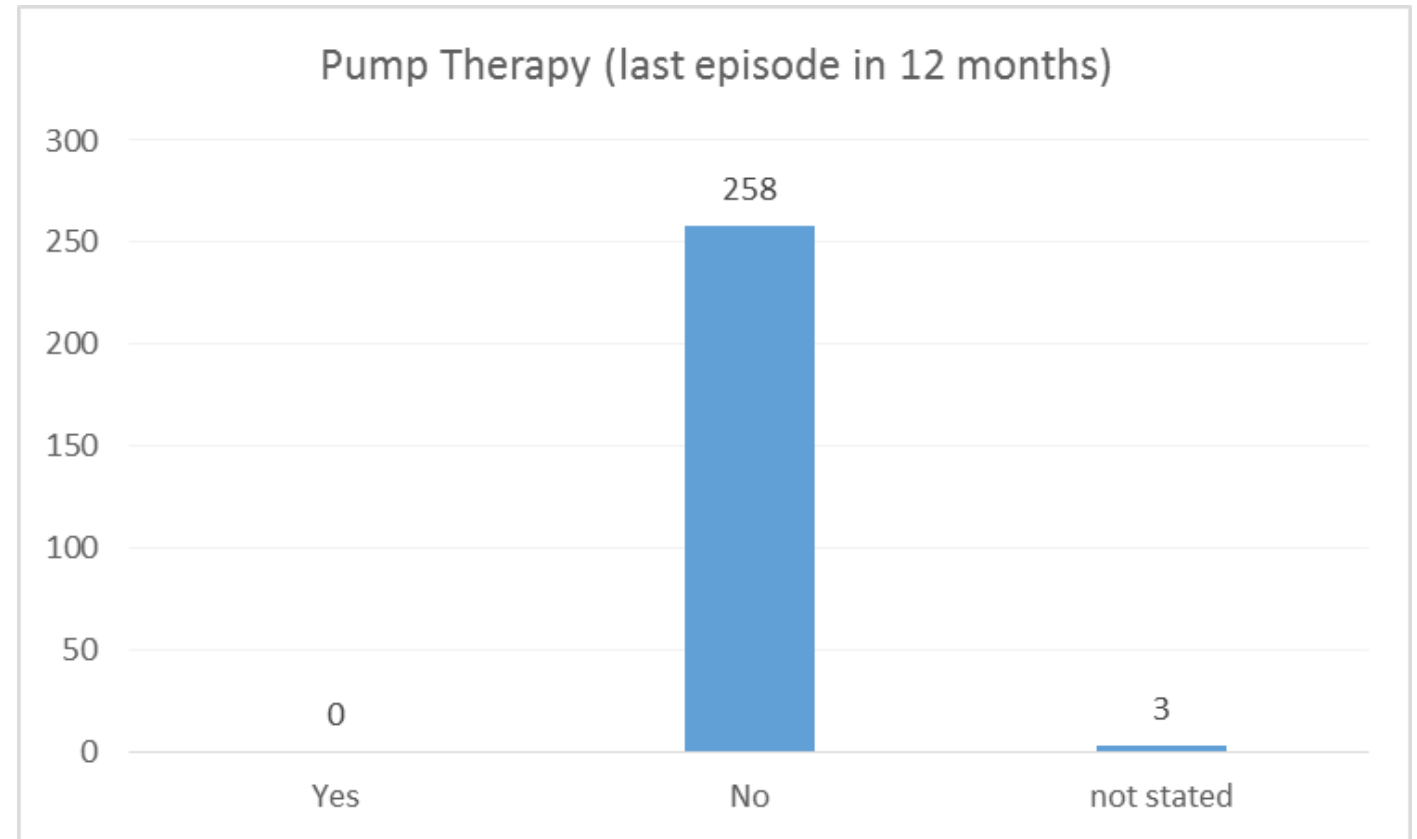
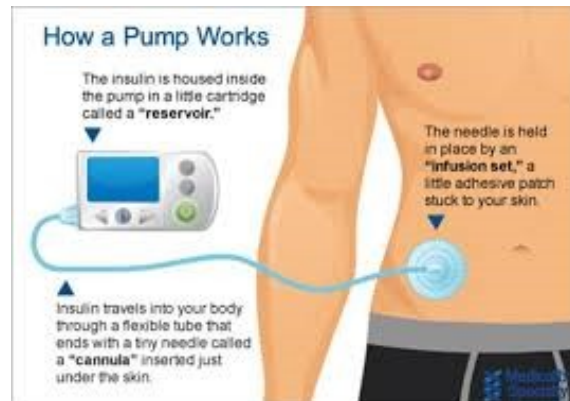
# Anti-Platelet Therapy (last episode in 12 months)

Anti-Platelet Therapy	Total number of patients	%
Yes	61	23%
No	123	47%
Aspirin	34	13%
not stated	43	16%
<b>Total</b>	<b>261</b>	<b>100%</b>



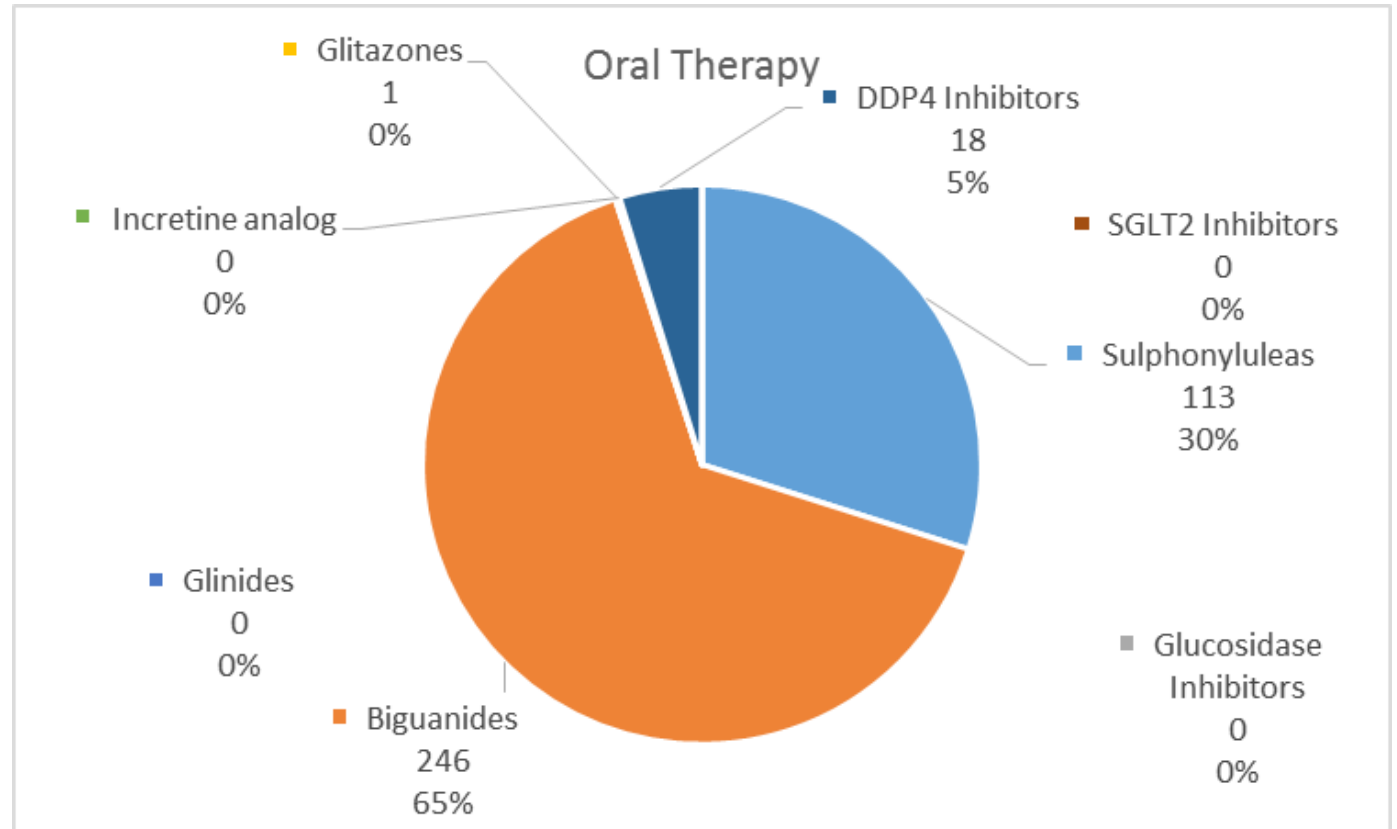
# Pump Therapy (last episode in 12 months)

Pump Therapy	Total number of patients	%
Yes	0	0%
No	258	99%
not stated	3	1%
<b>Total</b>	<b>261</b>	<b>100%</b>



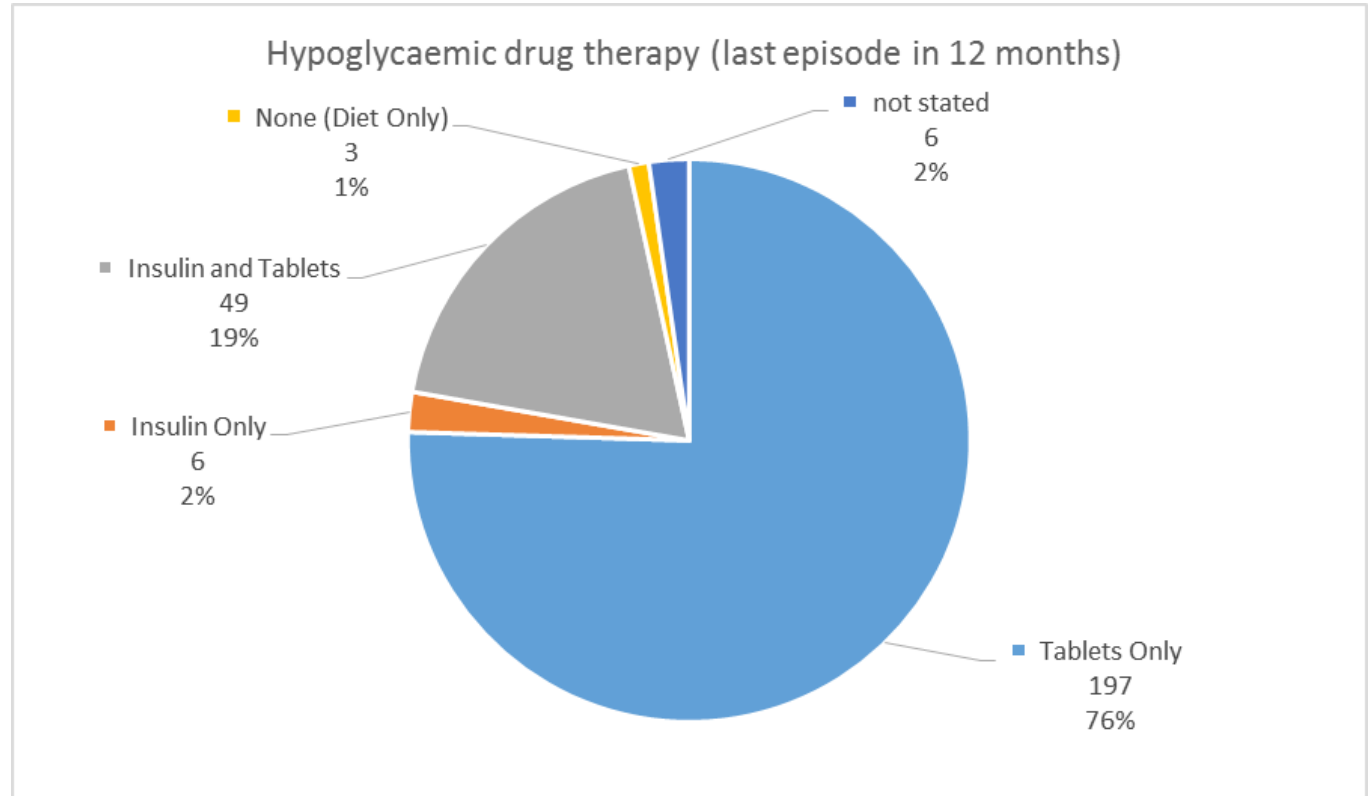
# Oral Therapy

Oral Therapy	N
Sulphonylureas	113
Biguanides	246
Glucosidase Inhibitors	0
Glitazones	1
Glinides	0
Incretine analog	0
DDP4 Inhibitors	18
SGLT2 Inhibitors	0

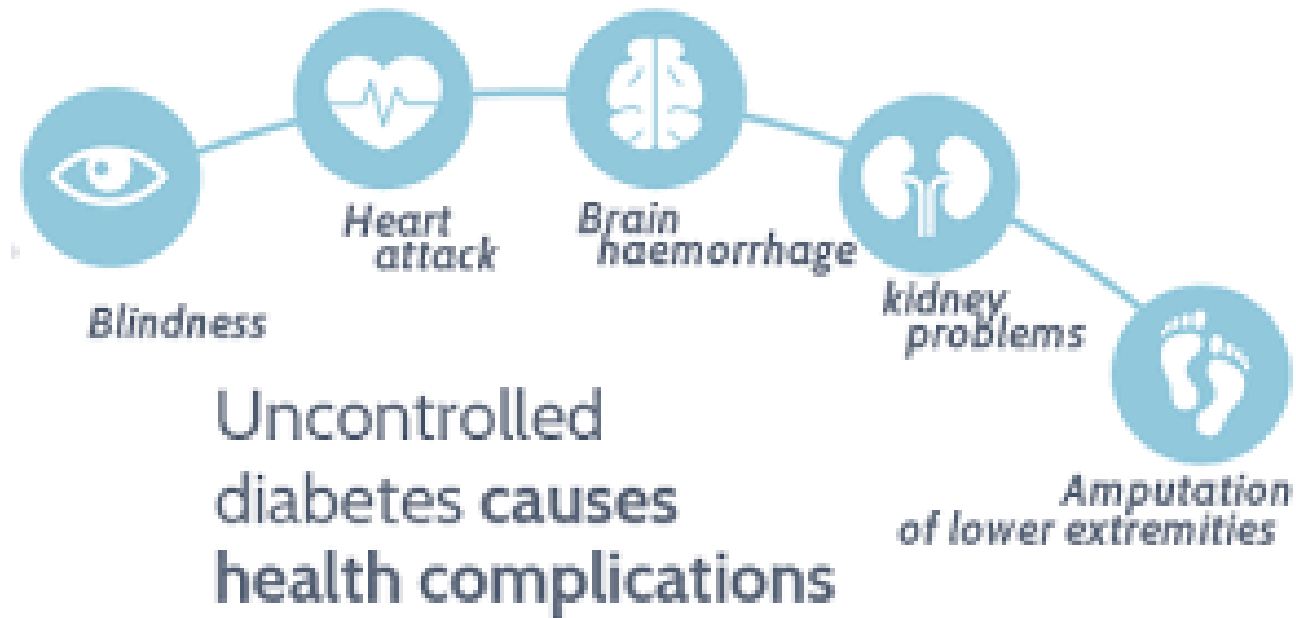


# Hypoglycaemic drug therapy (last episode in 12 months)

Hypoglycaemic drug therapy	Total number of patients	%
Tablets Only	197	75%
Insulin Only	6	2%
Insulin and Tablets	49	19%
None (Diet Only)	3	1%
not stated	6	2%
<b>Total</b>	<b>261</b>	<b>100%</b>

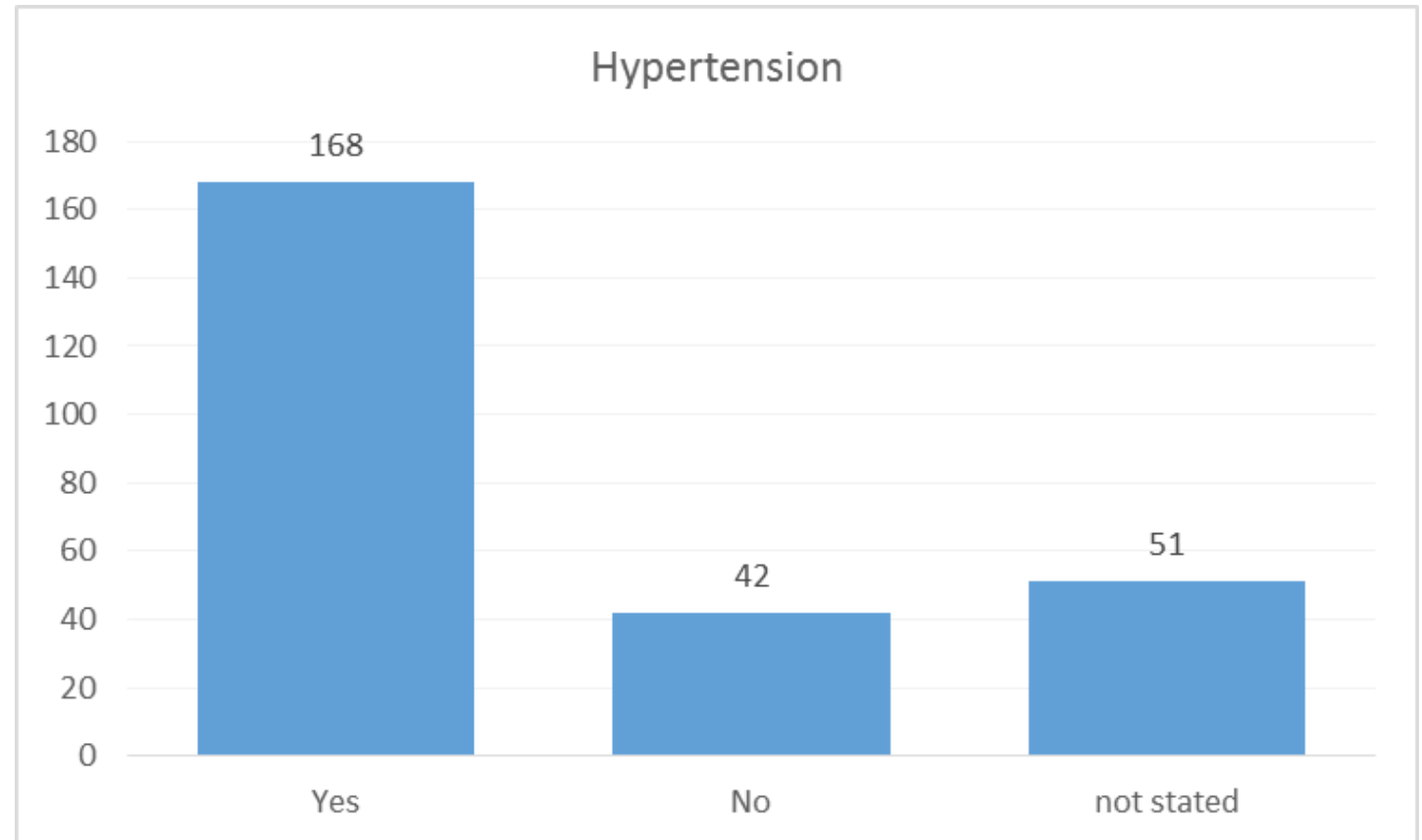


# Complications of diabetes



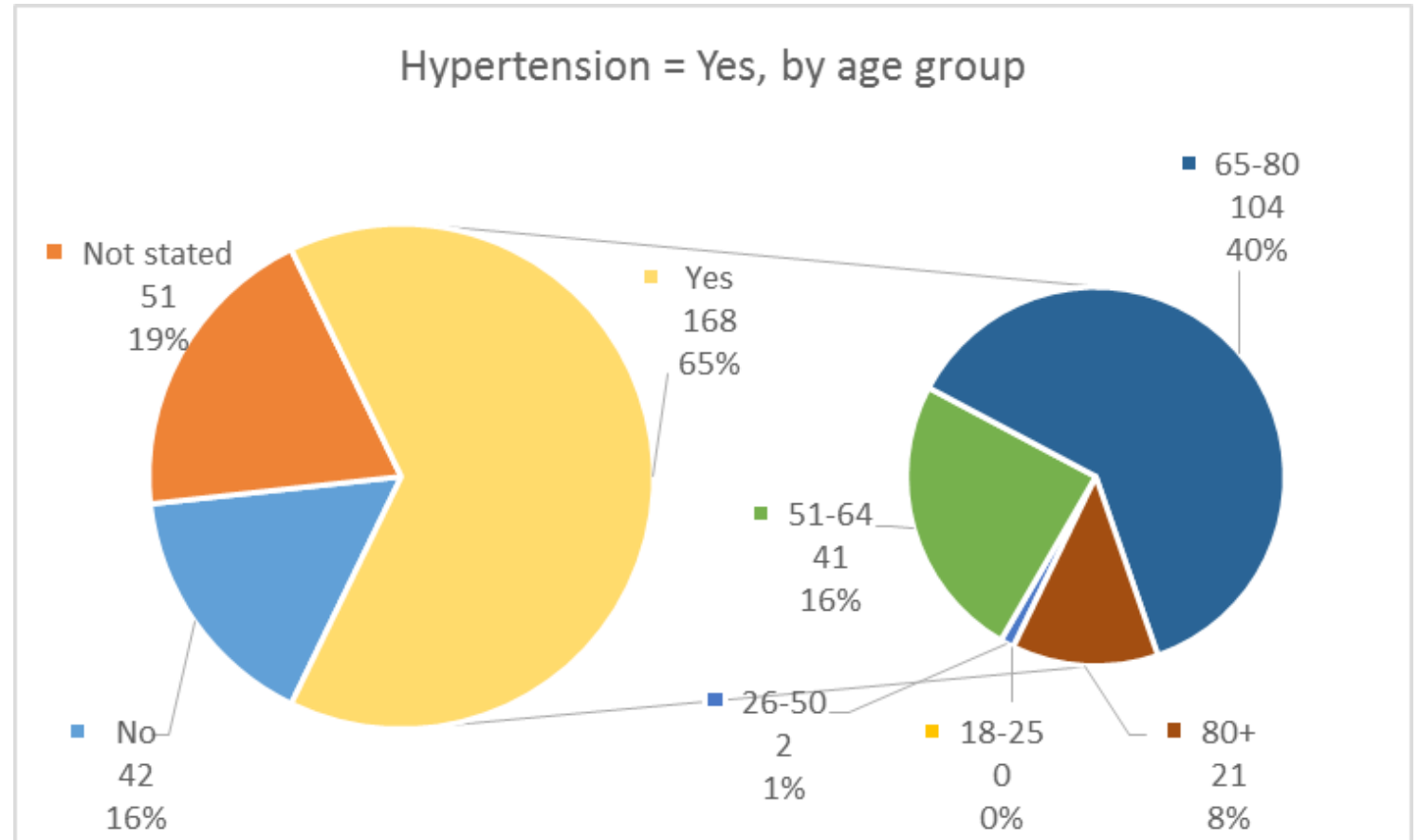
# Hypertension

Hypertension	Total number of patients	%
Yes	168	64%
No	42	16%
not stated	51	20%
<b>Total</b>	<b>261</b>	<b>100%</b>



# Hypertension = Yes, by age group

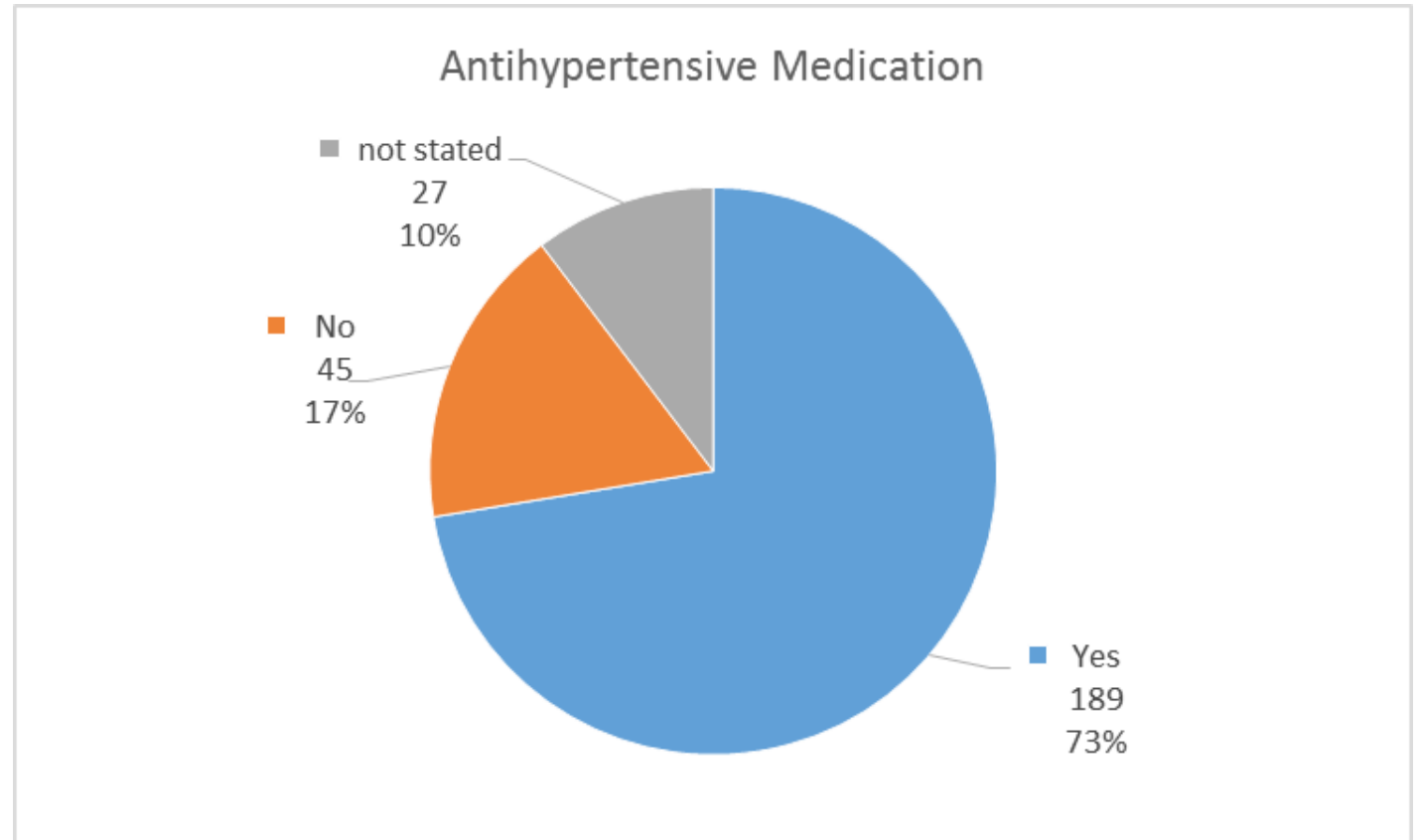
Age group	Total number of patients	%
No	42	16%
Not stated	51	20%
Yes		
18-25	0	0%
26-50	2	1%
51-64	41	16%
65-80	104	40%
80+	21	8%
<b>Total</b>	<b>261</b>	<b>100%</b>





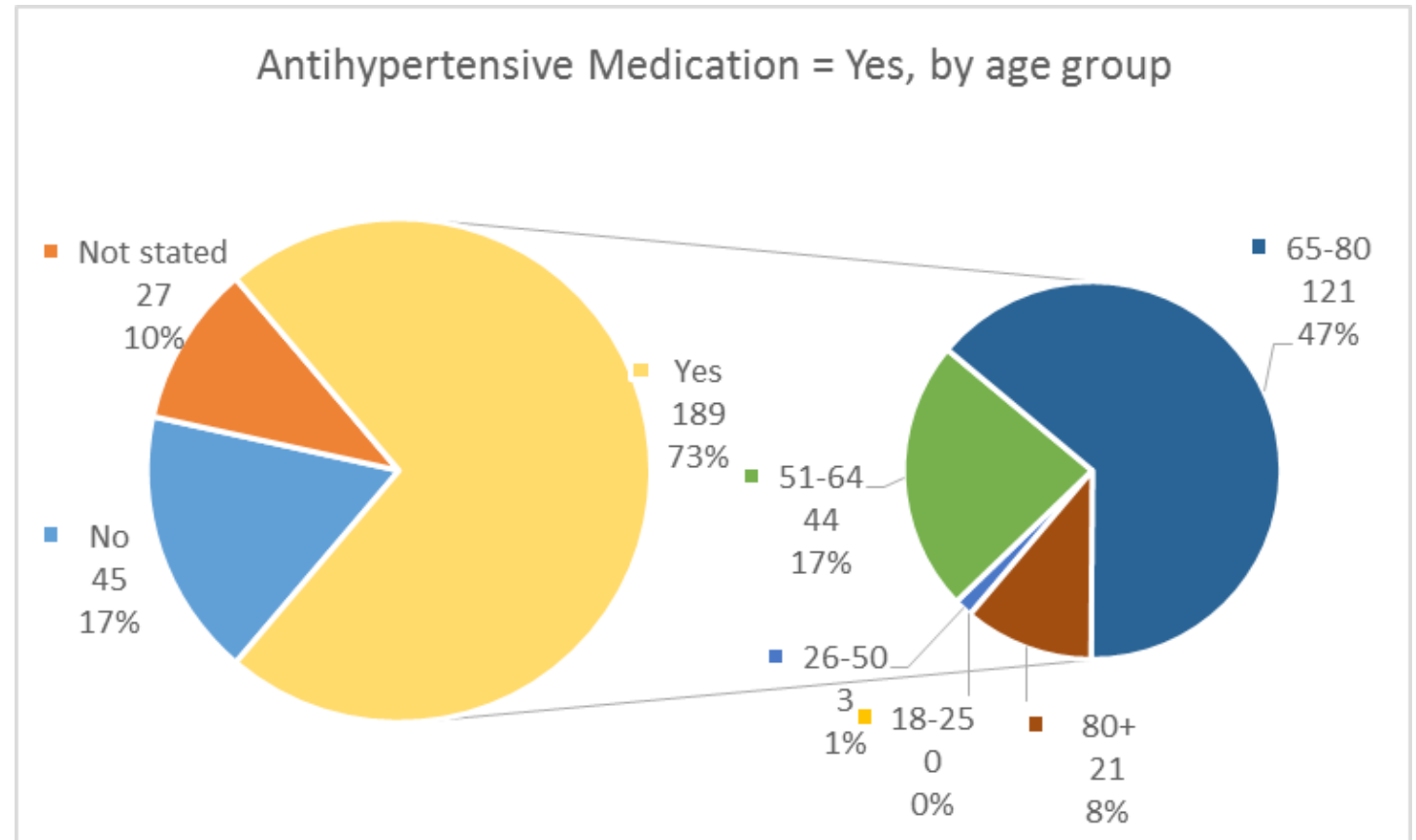
# Antihypertensive Medication

Antihypertensive Medication	Total number of patients	%
Yes	189	72%
No	45	17%
not stated	27	10%
<b>Total</b>	<b>261</b>	<b>100%</b>



# Antihypertensive Medication = Yes, by age group

Age group	Total number of patients	%
No	45	17%
Not stated	27	10%
Yes		
18-25	0	0%
26-50	3	1%
51-64	44	17%
65-80	121	46%
80+	21	8%
<b>Total</b>	<b>261</b>	<b>100%</b>

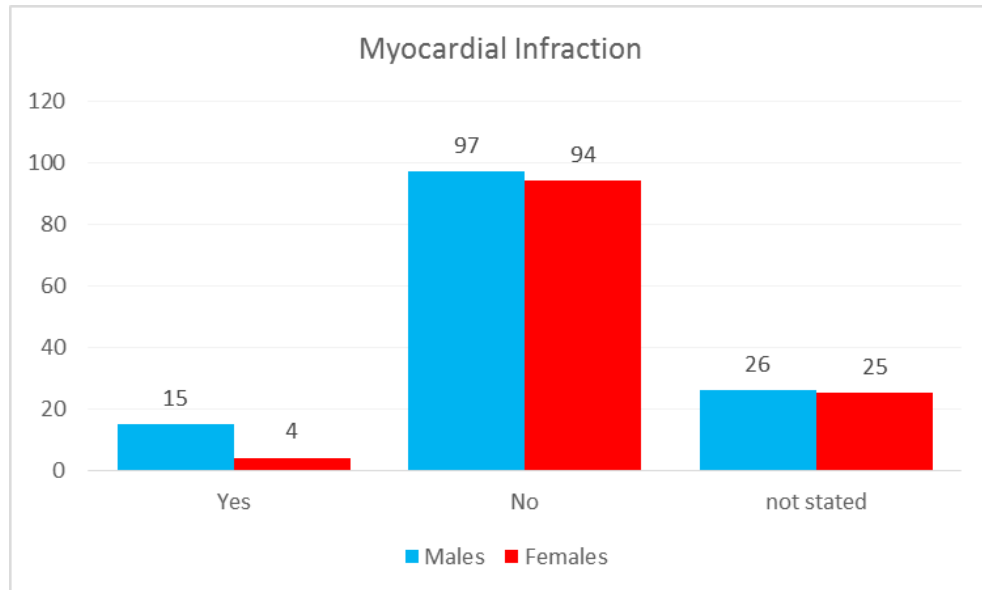




# Myocardial Infraction

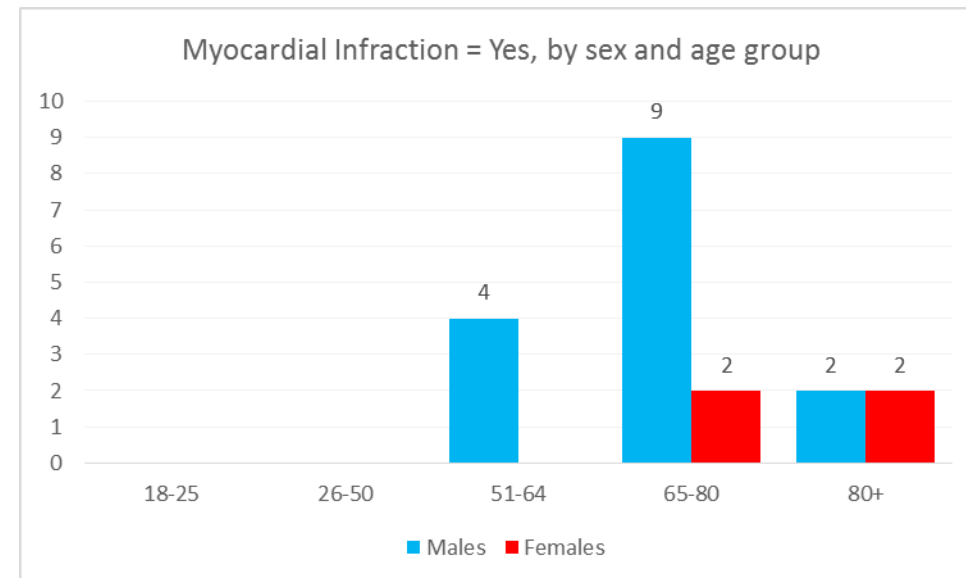
## By sex

Myocardial Infraction	Males	Females	Total
Yes	15	4	19
No	97	94	191
not stated	26	25	51
<b>Total</b>	<b>138</b>	<b>123</b>	<b>261</b>



## By sex & age group (Myocardial Infraction = Yes)

Age group	Males	Females	Total
18-25			
26-50			
51-64	4		4
65-80	9	2	11
80+	2	2	4
<b>Total</b>	<b>15</b>	<b>4</b>	<b>19</b>

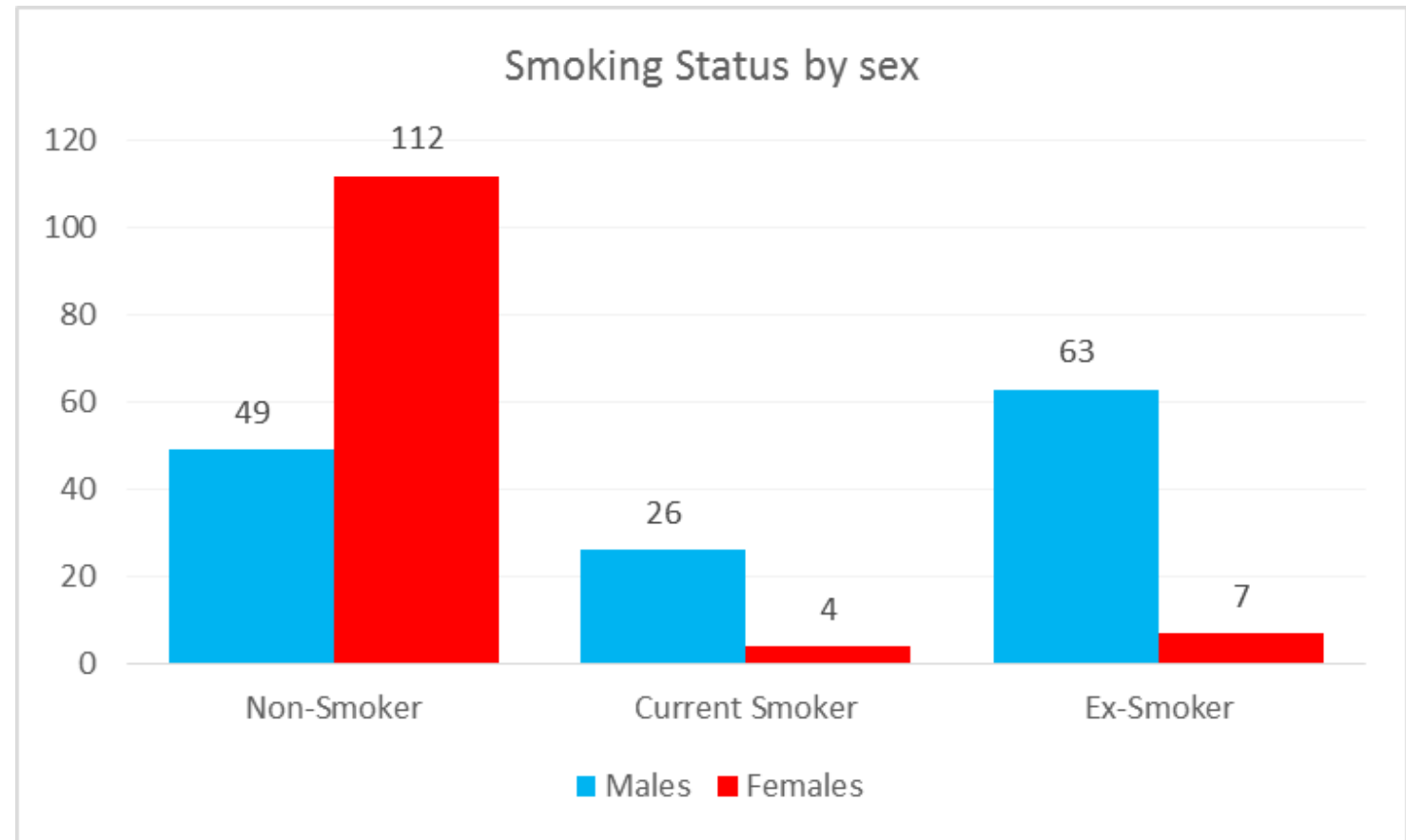


# Lifestyle factors



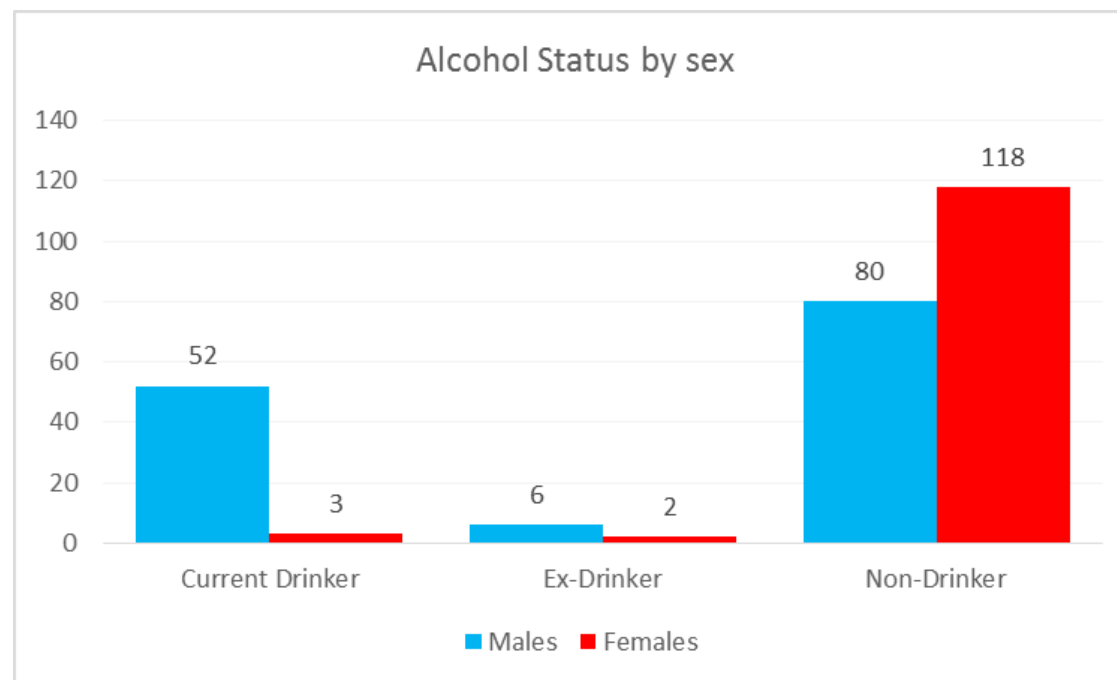
# Smoking Status, by sex

Smoking Status	Males	Females	Total
Non-Smoker	49	112	161
Current Smoker	26	4	30
Ex-Smoker	63	7	70
<b>Total</b>	<b>138</b>	<b>123</b>	<b>261</b>



# Alcohol Status by sex

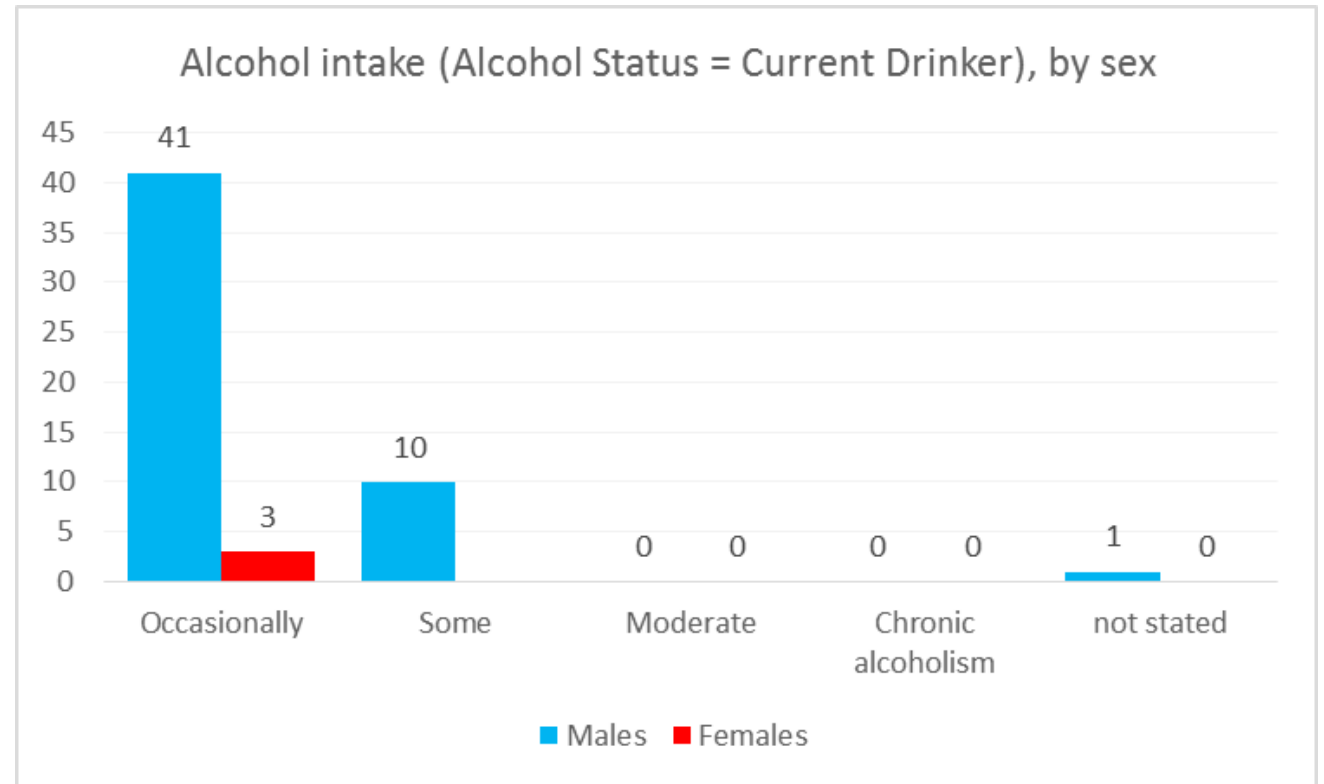
Alcohol Status	Males	Females	Total
Current Drinker	52	3	55
Ex-Drinker	6	2	8
Non-Drinker	80	118	198
<b>Total</b>	<b>138</b>	<b>123</b>	<b>261</b>



# Alcohol intake (Alcohol Status = Current Drinker), by sex

Alcohol intake	Males	Females	Total
Occasionally	41	3	44
Some	10	0	10
Moderate	0	0	0
Chronic alcoholism	0	0	0
not stated	1	0	1
<b>Total</b>	<b>52</b>	<b>3</b>	<b>55</b>

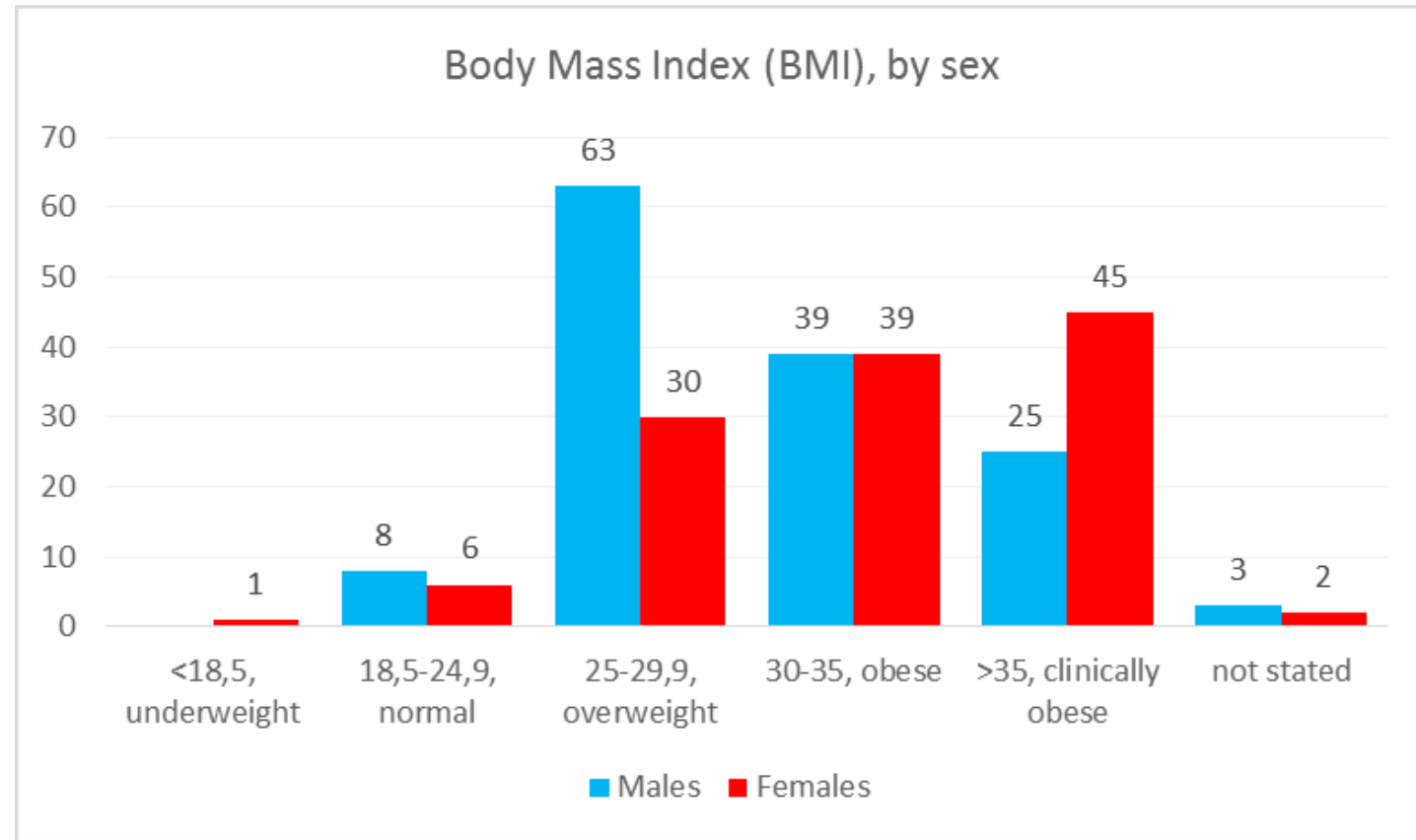
Alcohol Definition of Moderate





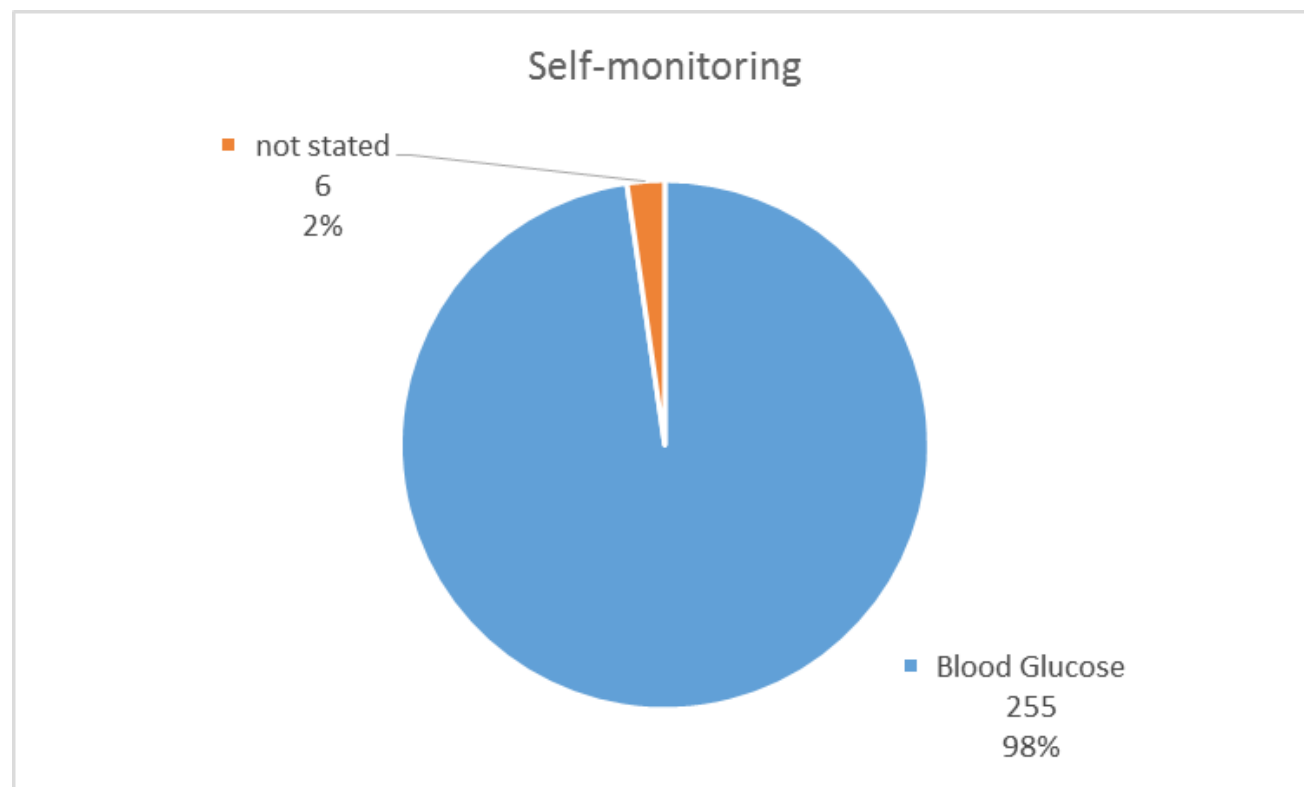
# Body Mass Index (BMI), by sex

BMI group	Males	Females	Total	% of total
<18,5, underweight		1	1	0%
18,5-24,9, normal	8	6	14	5%
25-29,9, overweight	63	30	93	36%
30-35, obese	39	39	78	30%
>35, clinically obese	25	45	70	27%
not stated	3	2	5	2%
<b>Total</b>	<b>138</b>	<b>123</b>	<b>261</b>	<b>100%</b>



# Self-Monitoring

Self-Monitoring	Males	Females	Total	N
Blood Glucose	133	122	255	98%
not stated	5	1	6	2%
<b>Total</b>	<b>138</b>	<b>123</b>	<b>261</b>	<b>100%</b>



# Diabetes Specific Education **Diabetes Education**

Education	Total number of patients	%
Yes	251	96%
No	4	2%
not stated	6	2%
<b>Total</b>	<b>261</b>	<b>100%</b>

Listening  
=  
Learning



Diabetes Prevention Education

