



Burden of Diabetes Related Complications Among Hypertensive and Non Hypertensive Diabetics: A Comparative Study

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Abstract:

Background: Diabetes and hypertension are the conditions with overlapping risk factors and complications. Objective of present study was to compare the burden of complications of diabetes among hypertensive and non hypertensive diabetes individuals.

Materials and Methods: This cross-divtional study was conducted at Saveetha medical college and hospital, Chennai, India. A total of 100 diabetics having hypertension and 50 non-hypertensive diabetic patients were enrolled on the basis of purposive sampling. Information about sociodemographic characteristics, general health, health distress, diabetes symptoms, communication with physician, healthcare utilization and lifetime occurrence of diabetes related complications. Mean, standard deviation and median of continuous variables and proportion of categorical variables were recorded.

Results: Average age of the hypertensive diabetes patients (M=57; SD=11) was higher than non hypertensive diabetes patients (M=52; SD=11) which was statistically significant ($p=.009$). Diabetic neuropathy was reported by 45% of the hypertensive and 38% of the non-hypertensive diabetics. Mean self reported general health score was higher among hypertensive diabetic participants (M=3.4; SD=1) in comparison to non hypertensive diabetic participants (M=3; SD=1) and it was found statistically significant ($p=.03$) indicating towards poor self health perception among hypertensive's. Results of the study have shown that the proportion of participants who have prepared any list of questions before visiting doctor's clinic (fairly often to always) was significantly higher among hypertensive diabetics (30%) in comparison to non-hypertensive diabetics (14%).

Conclusion: The proportion of participants reporting diabetes neuropathy and retinopathy was higher among hypertensive diabetics in comparison to non hypertensive diabetics.

Biography:

SHRUTI SHARMA IS Motivated nutrition researcher with 8 years of progressive experience in the academic and healthcare en-



vironment, including extensive experience in project management and research administration. possess an established track record of creating and implementing programs and long term sustainable strategies aimed at organisational growth. Have worked in the area of public health nutrition, clinical/therapeutic nutrition, health informatics. Coordinated with 4 ICMR (Indian Council for Medical Research) funded projects and 1 Ministry of Electronic and Information Technology, Digital India project. Published 8 papers in various reputed international journals in the area of Public Health. My interest areas are: Public health informatics, Nutrition informatics. Telehealth, EHR, behavioural change communication and public health through technology.

Recent Publications:

1. Associations of kidney disease measures with mortality and end-stage renal disease in individuals with and without hypertension.
2. Socioeconomic Status and Mortality Contribution of health care access and psychological distress among US adults with diagnosed diabetes Diabetes care.
3. Hypertension in diabetic nephropathy: epidemiology, mechanisms, and management Advances in chronic kidney disease

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