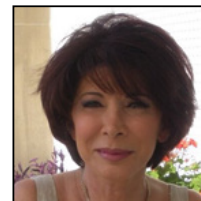


Diabetes management, quality of life and treatment satisfaction in adult population in Jordan and Lebanon, observations from the simplify study



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Abstract

Introduction: Type 2 Diabetes Mellitus (T2DM) has witnessed a rise in its prevalence worldwide and in the Middle East region. The overall burden associated with the disease is well characterized, but little is known about patient satisfaction in the region. The purpose of the study is to evaluate the quality of life (QoL) and treatment satisfaction of patients T2DM.

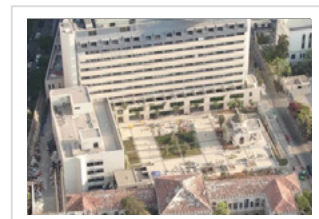
Methods: The SIMPLIFY study was an observational, cross-sectional, multicenter, regional study that used patient-reported outcomes of T2DM patients in Jordan and Lebanon.

Results: Patients were more satisfied when they were treated exclusively with oral medications, mainly metformin alone or combined with either sulfonylurea or dipeptidyl peptidase-4 inhibitor. Targets for glycosylated hemoglobin (HbA1c) values were better reached in patients treated with oral medications. Occurrence of comorbidities did not seem to be affected by oral or injectable medications or to affect patients' satisfaction. Data highlighted a suboptimal screening for albuminuria and showed that most patients were overweight or obese and around 30% suffered from hypoglycemia episodes.

Conclusion: Data shed the light on the management of T2DM in Jordan and Lebanon and suggested the need for a more comprehensive approach to T2DM management and selection of medications that would support weight control and a lower hypoglycemia incidence.

Biography

Paola Atallah is an endocrinology, diabetes, lipidology, metabolic diseases, obesity, osteoporosis, and fertility. Experience in medical researches and trials. She is presently working in experience St George university medical center. She has also published many articles in open access journals



5th International Conference on Diabetes and Endocrinology | October 16, 2020

Citation: Paola Atallah, Diabetes Management, Quality of Life and Treatment Satisfaction in Adult Population in Jordan and Lebanon, Observations from the SIMPLIFY Study, Clinical Endocrinology 2020, 5th International Conference on Diabetes and Endocrinology, 16/11/2020, page 08