

Kofinou Rural Medical Center Diabetes Clinic 2016



Demographic characteristics



What is Diabetes?



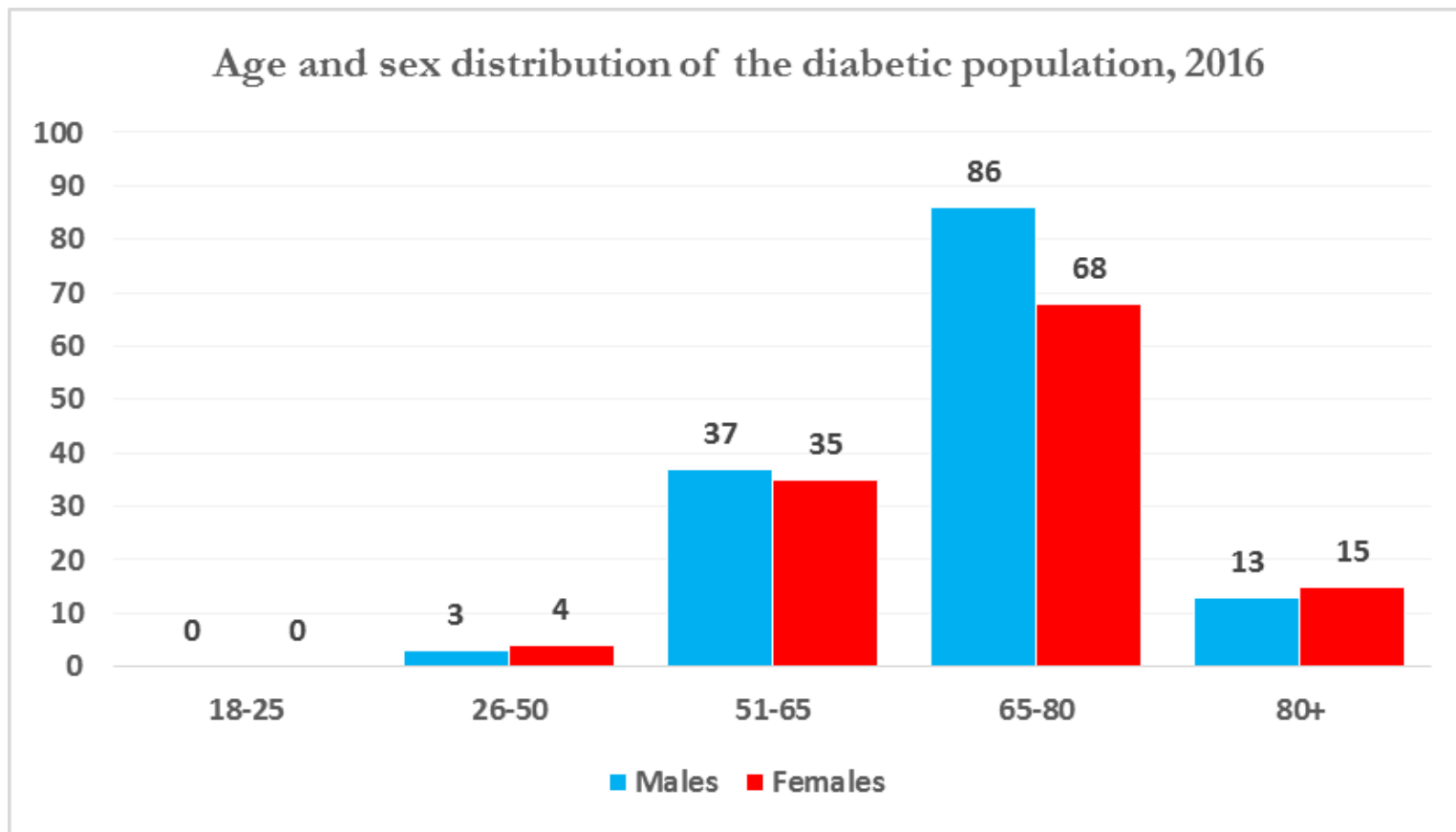
When pancreas doesn't produce insulin (Type 1)



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
Total	139	122	261



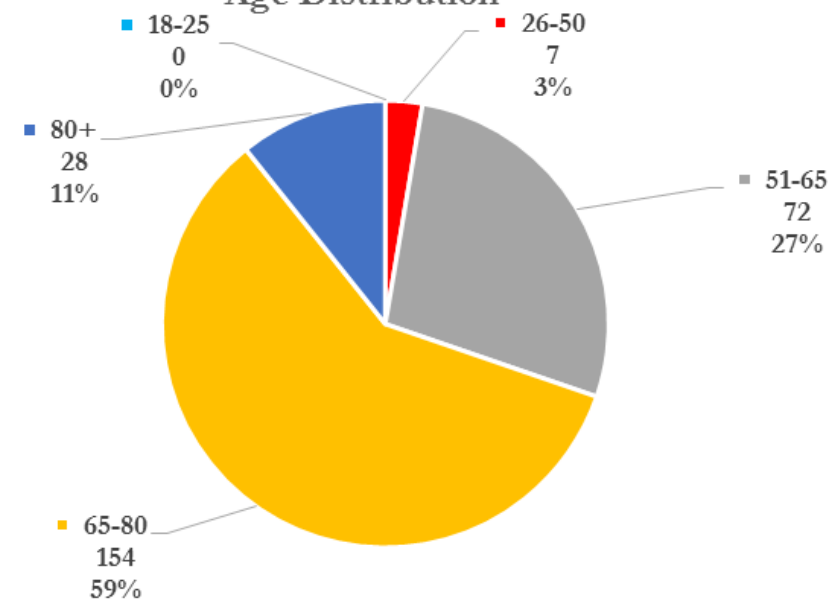
Diabetic Population: Age & sex distribution



Sex Disrtibution, 2016

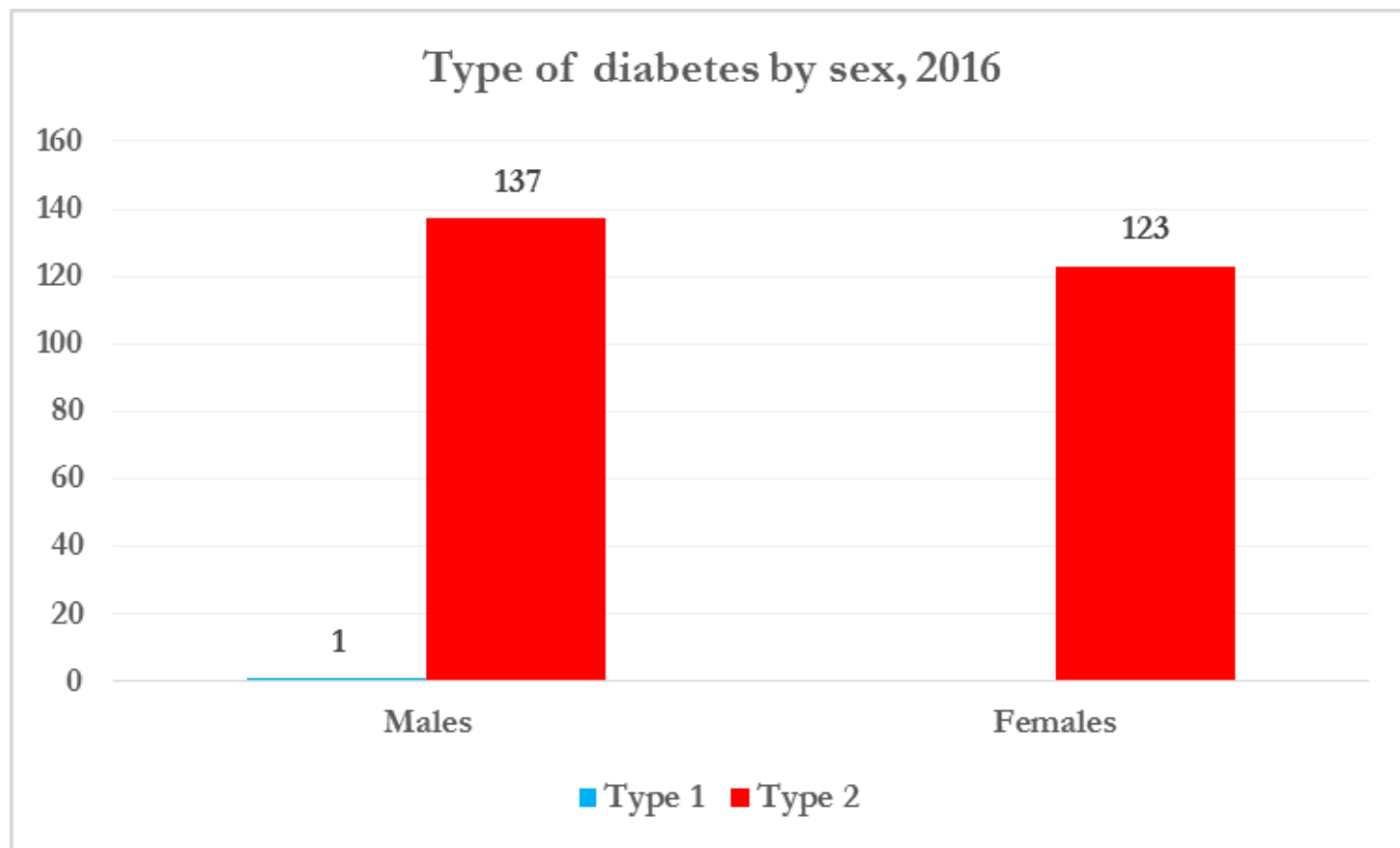


Age Distribution



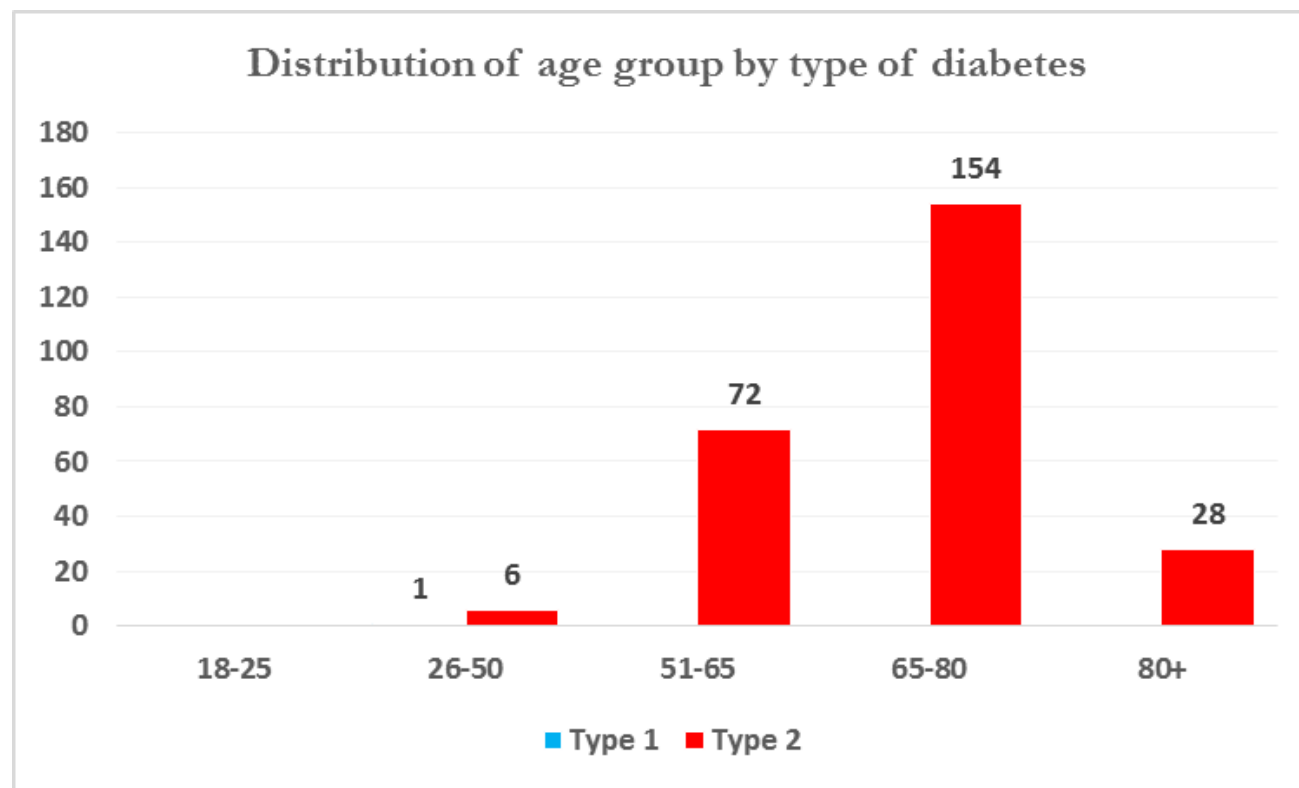
Type of diabetes by sex

Type of diabetes	Males	Females	Total
Type 1	1		1
Type 2	137	123	260
Total	138	123	261



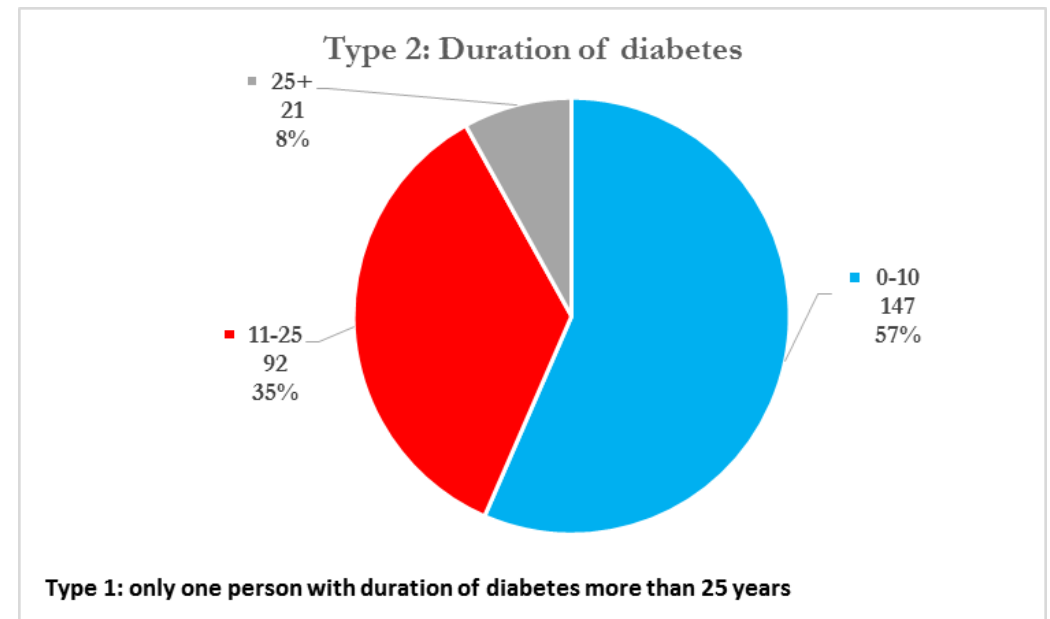
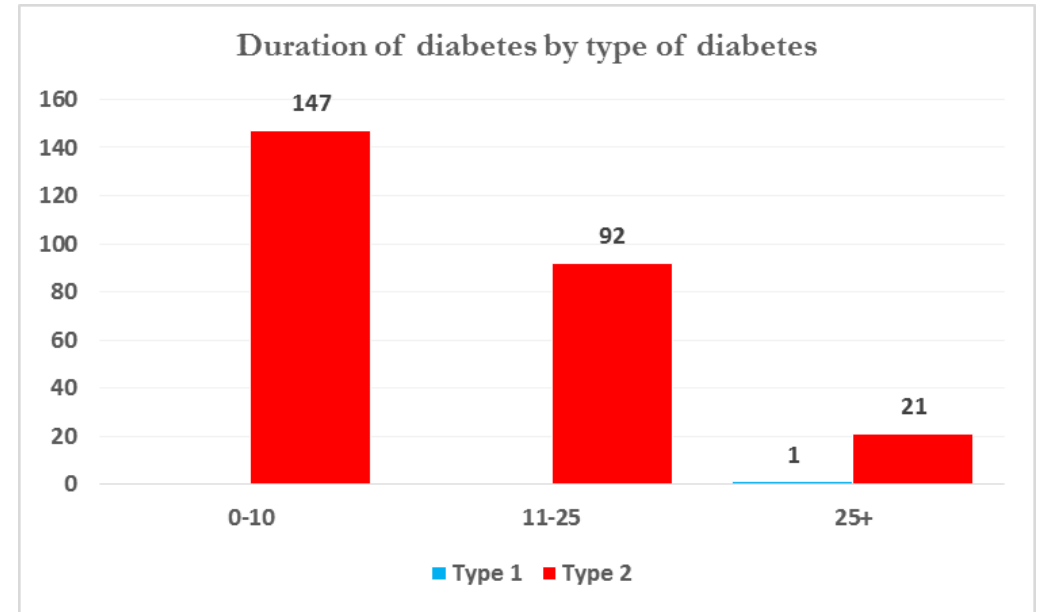
Distribution of age group by type of diabetes

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%
Total	1	260	261	100%



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
Total	1	260	261



Risk Factors



Family history



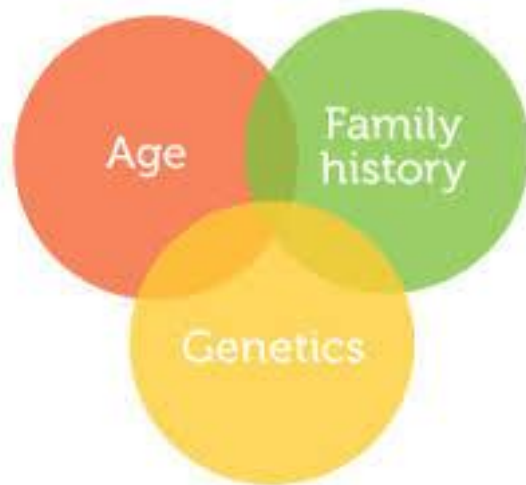
Lack of exercise



Unhealthy eating

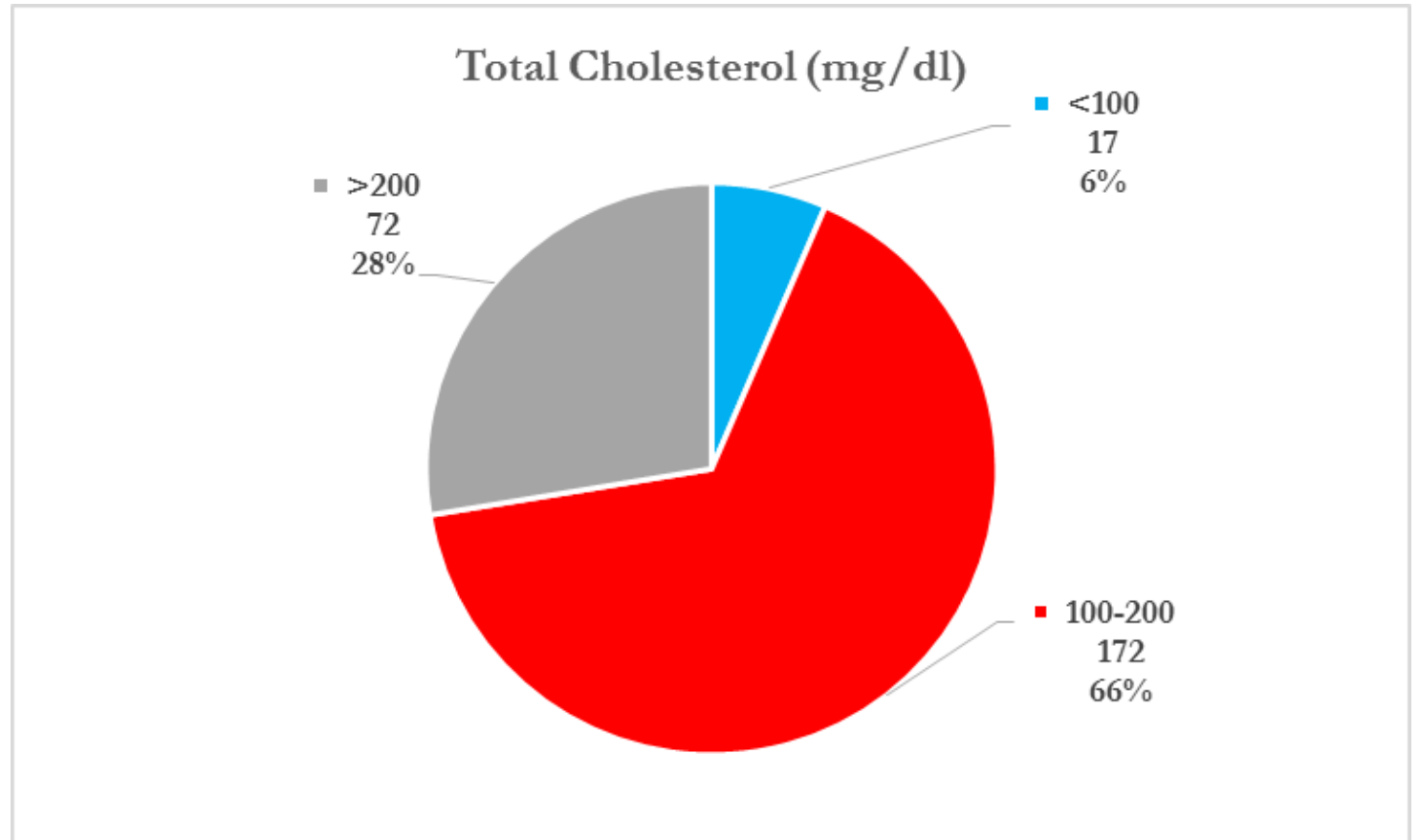
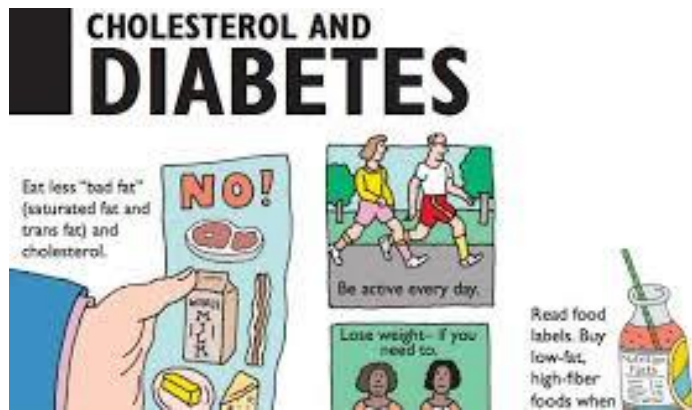


Overweight



Total Cholesterol (mg/dL)

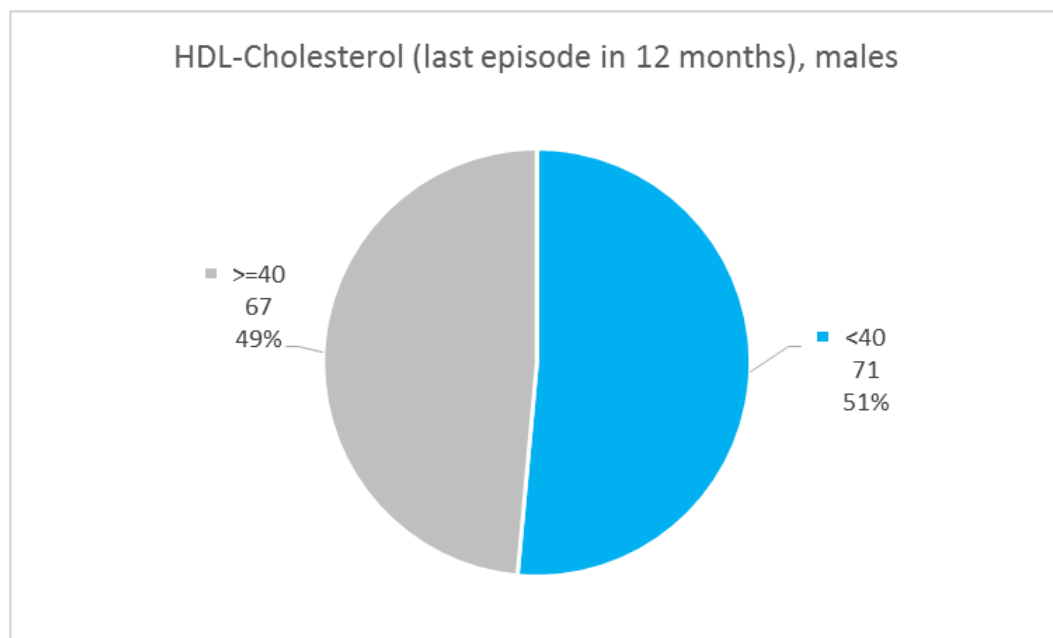
Total Cholesterol	Total number of patients
<100	17
100-200	172
>200	72
Total	261



HDL-Cholesterol (last episode in 12 months)

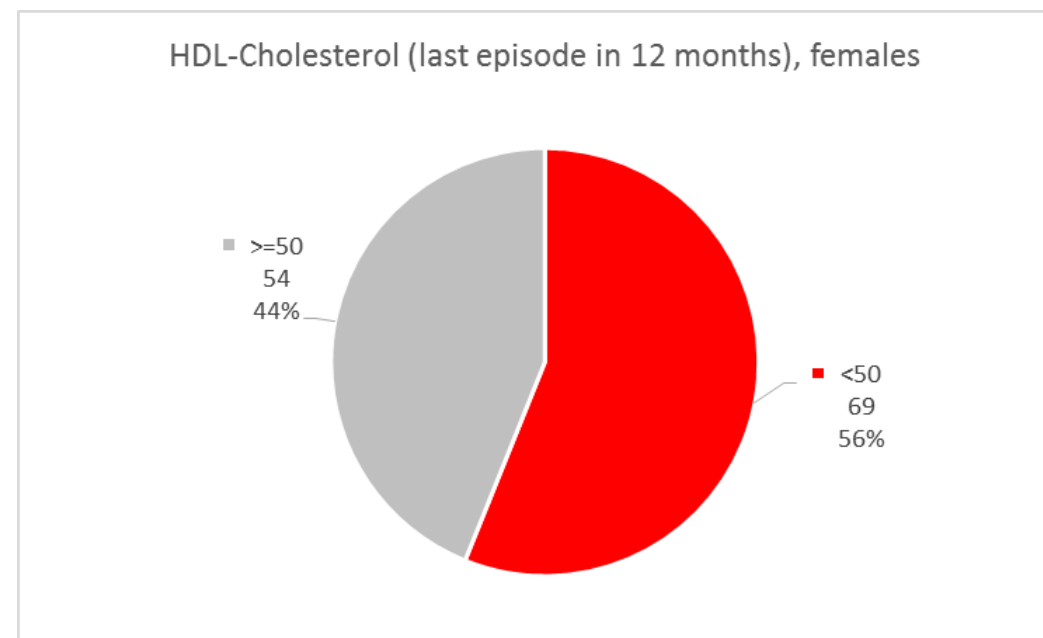
Males

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



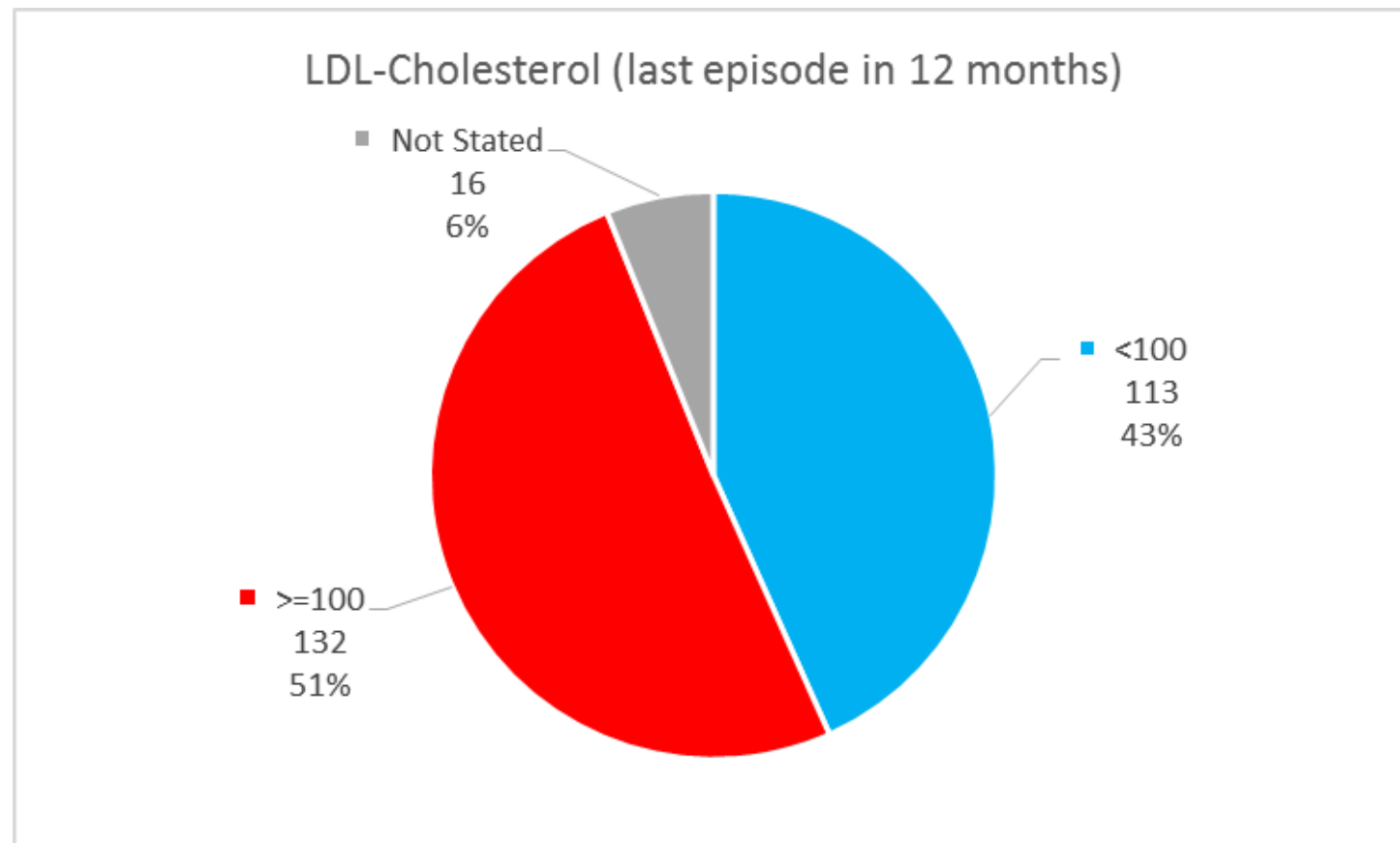
Females

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



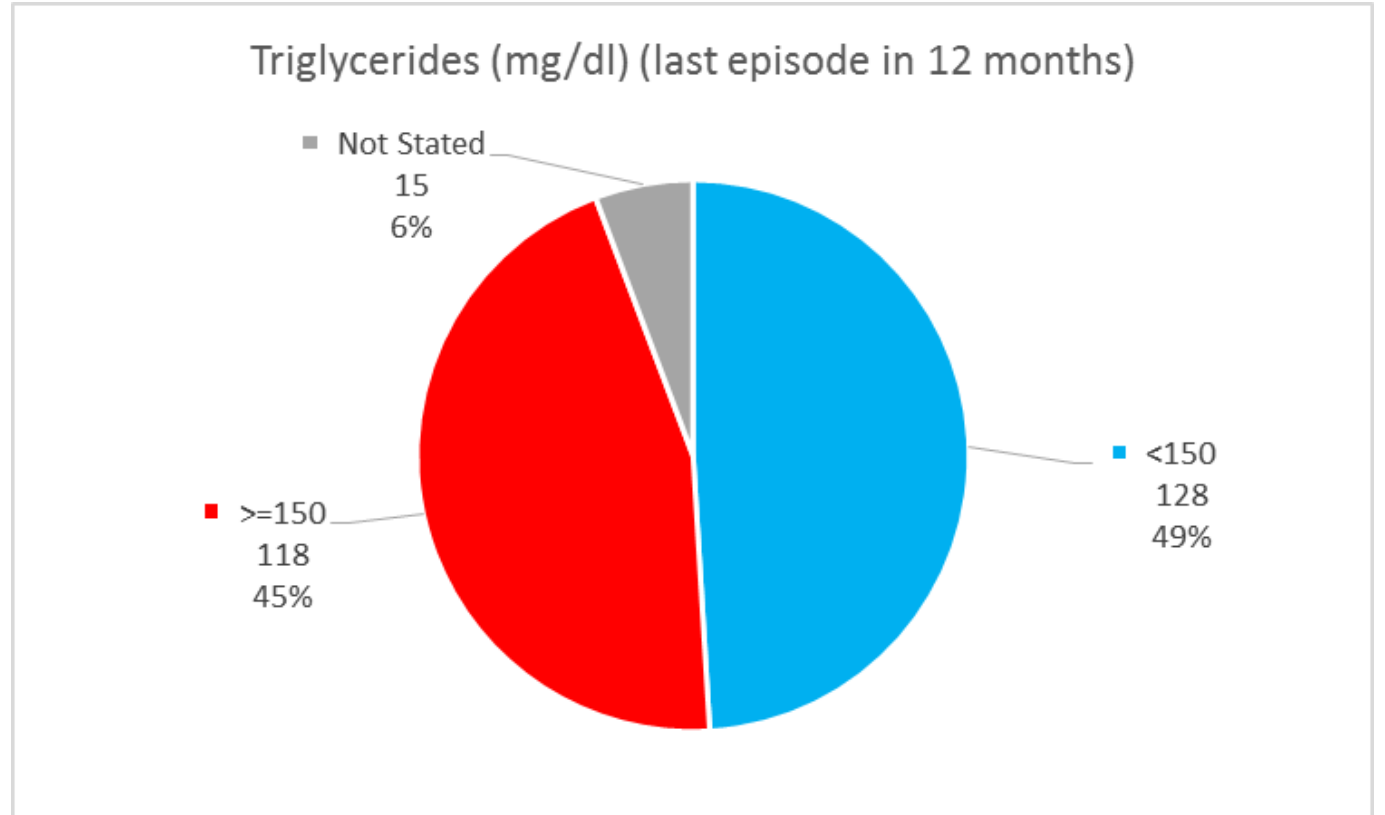
LDL-Cholesterol (last episode in 12 months)

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



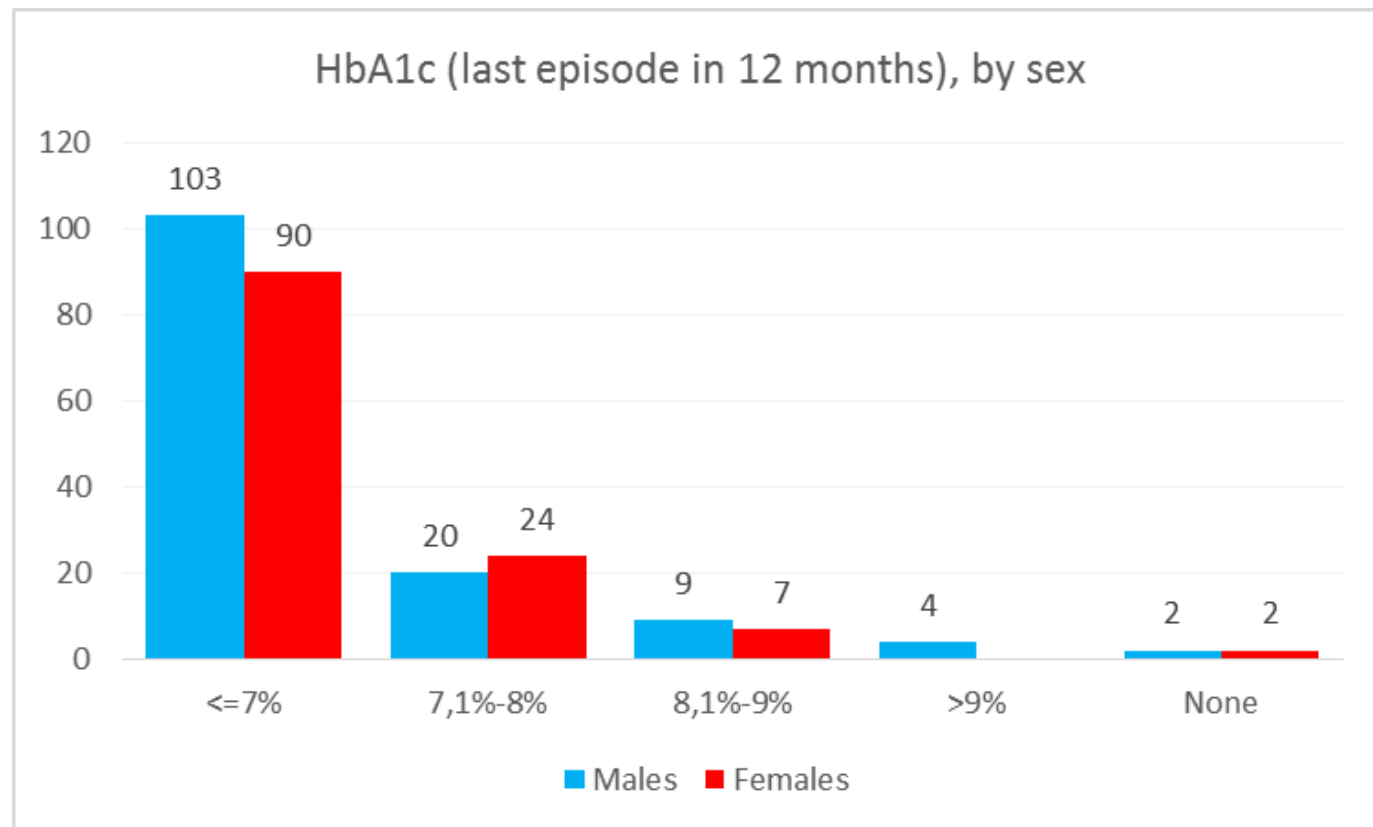
Triglycerides (mg/dL) (last episode in 12 months)

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



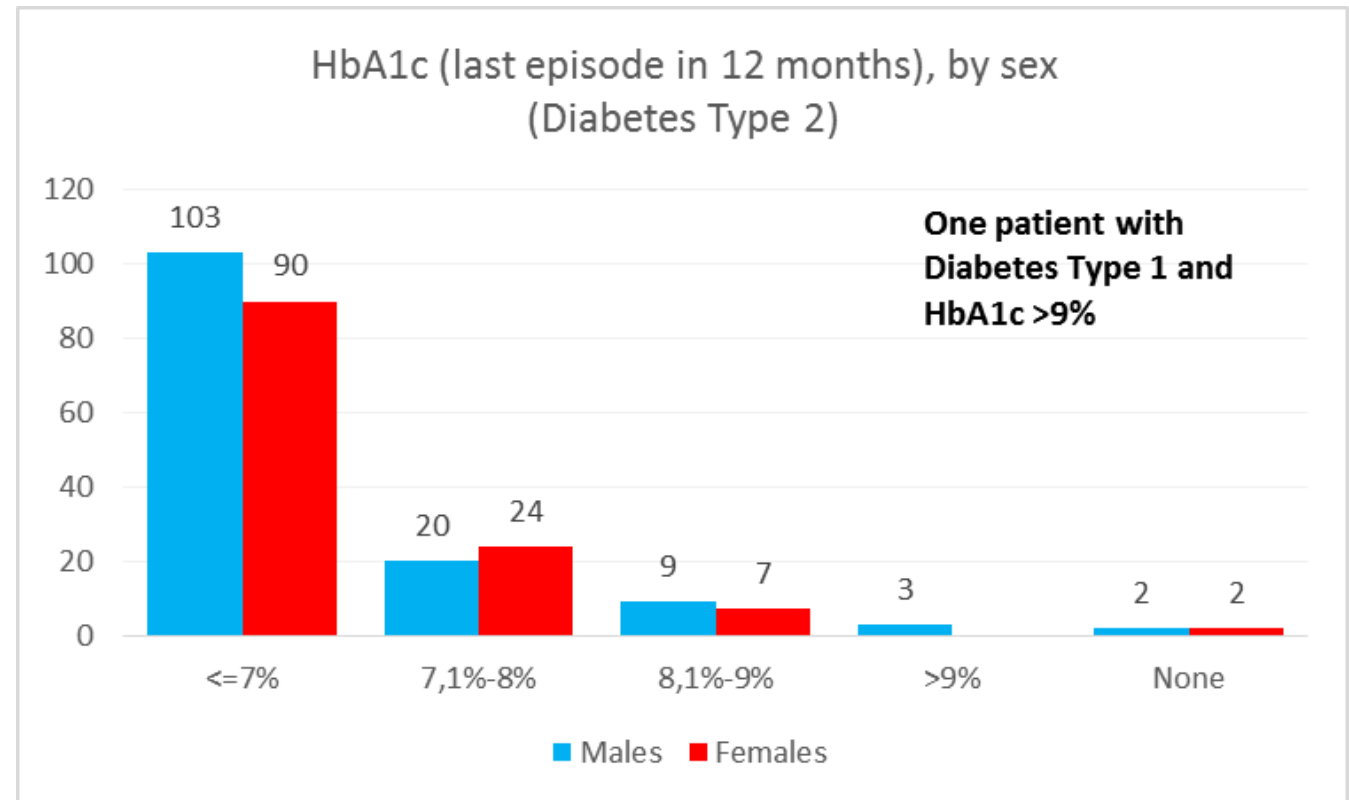
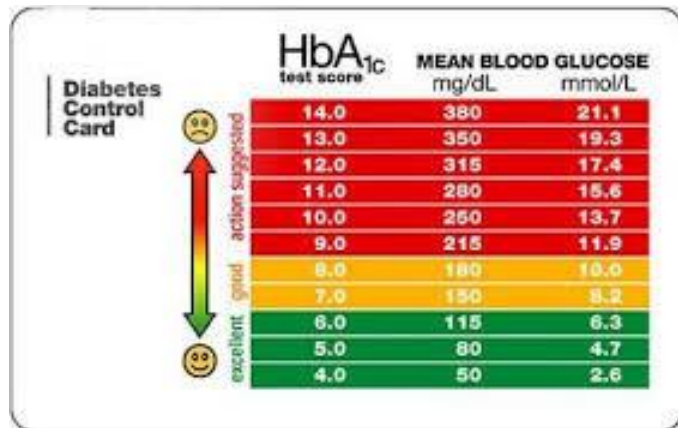
HbA1c (last episode in 12 months), by sex

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



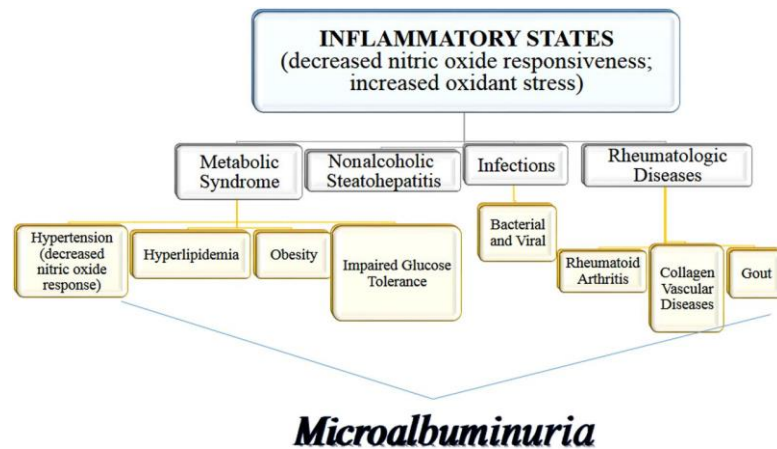
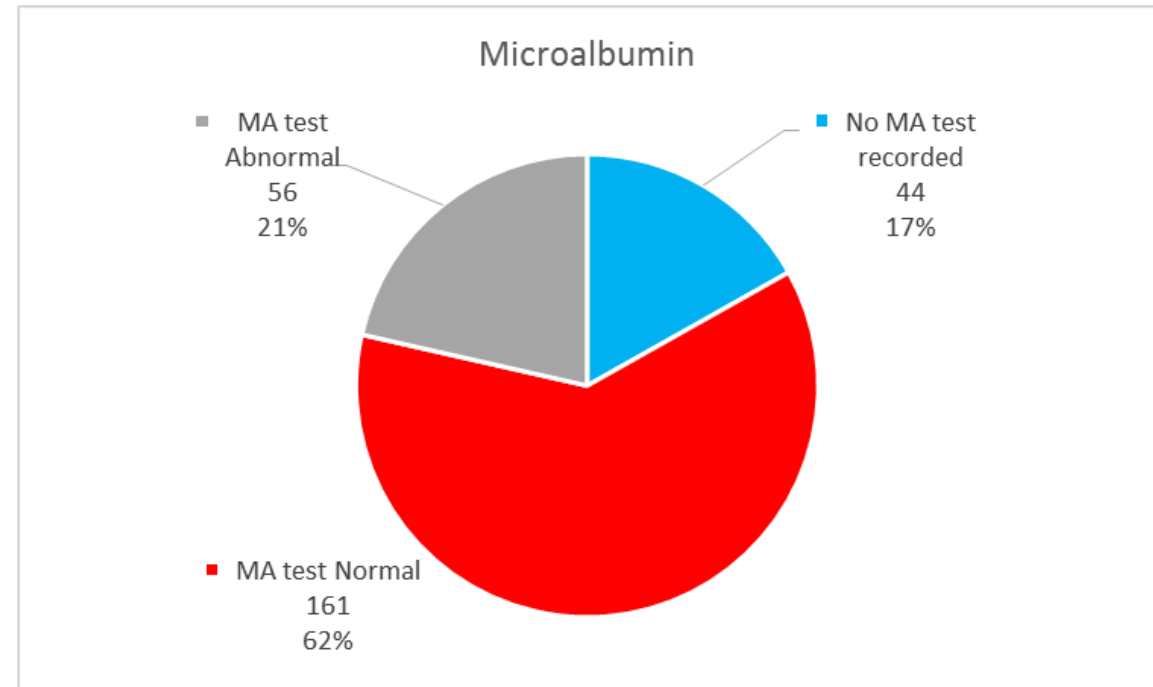
HbA1c (last episode in 12 months), by sex (Diabetes Type 2)

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



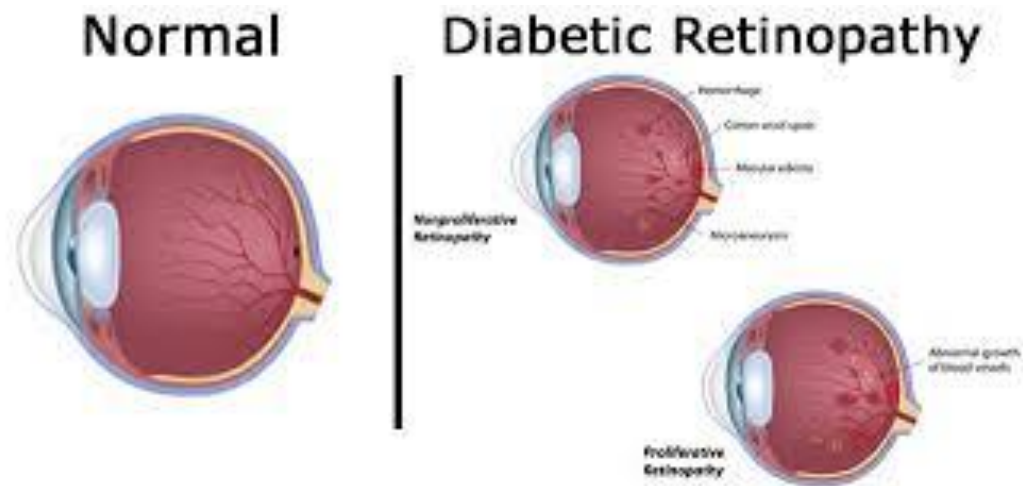
Microalbumin

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



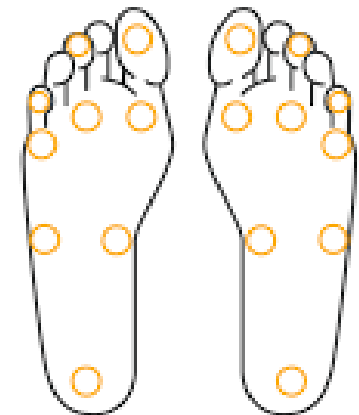
Health System

Processes



Foot Screen Test Sites

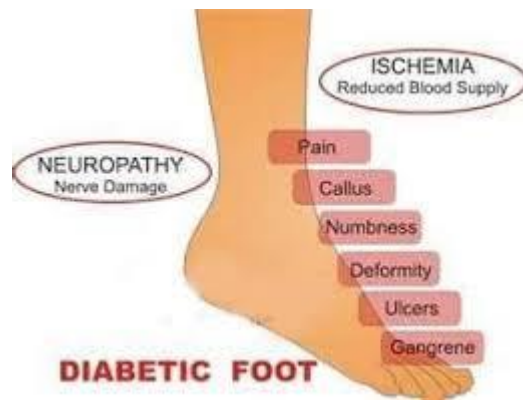
If you have a ⊖ in any circle, discuss it with your diabetes care team as soon as possible.





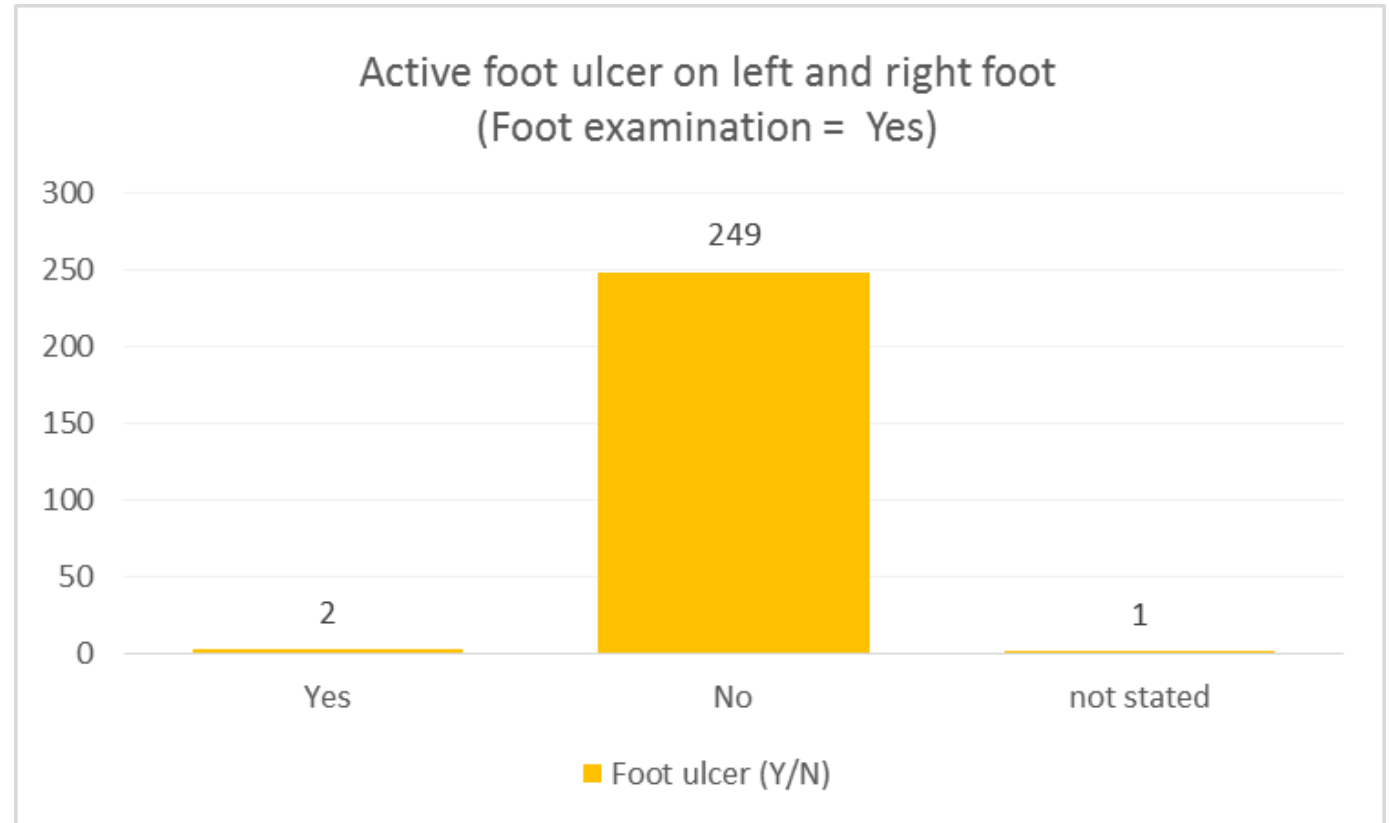
Foot examination

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



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

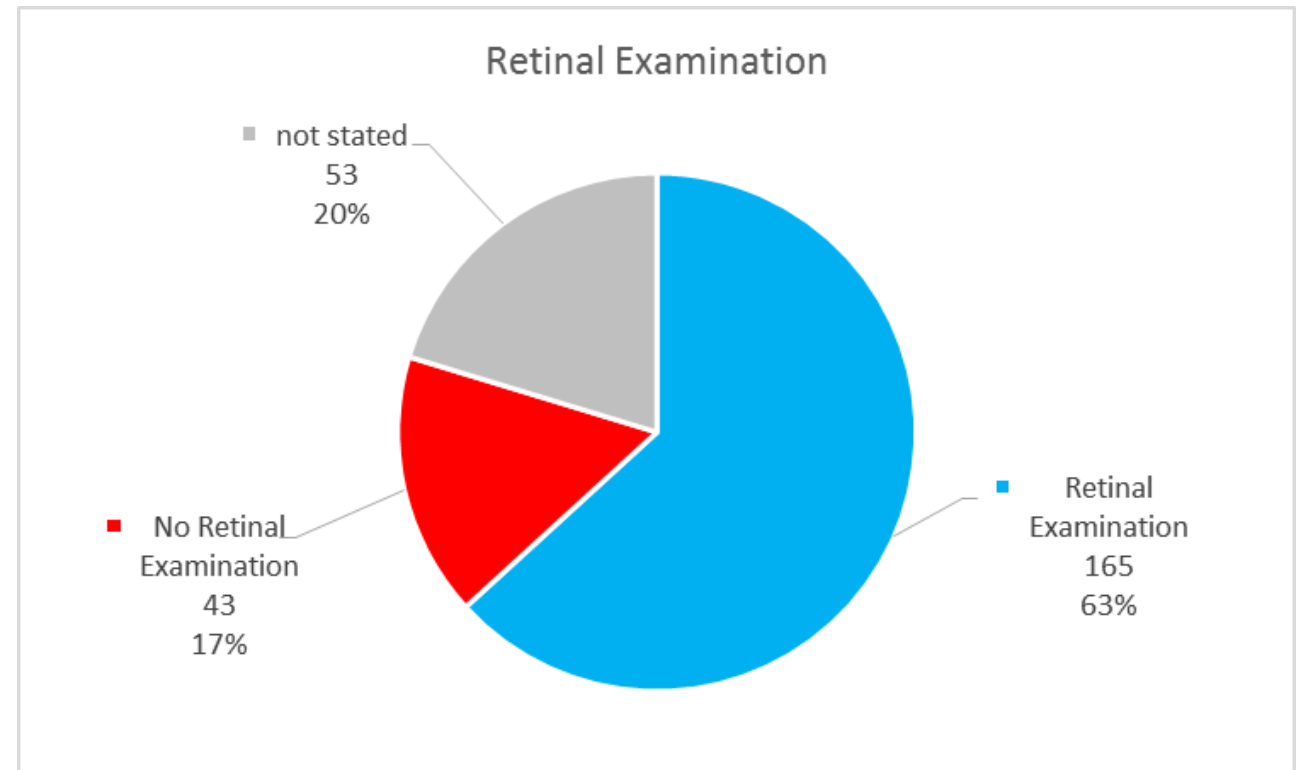
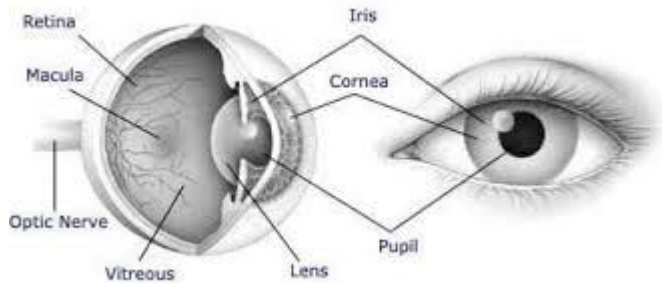
Foot ulcer	Foot ulcer (Y/N)
Yes	2
No	249
not stated	1
Total	252



Retinal Examination



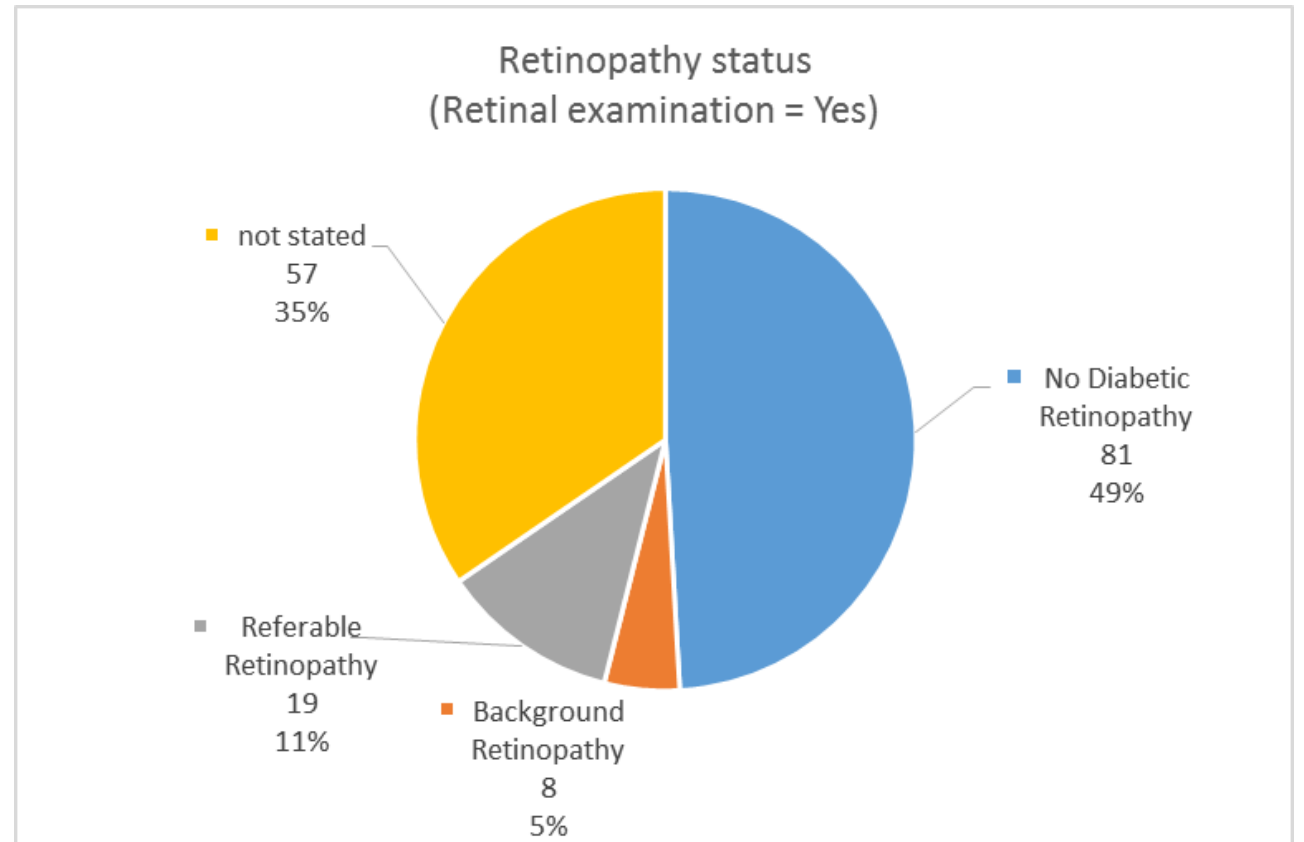
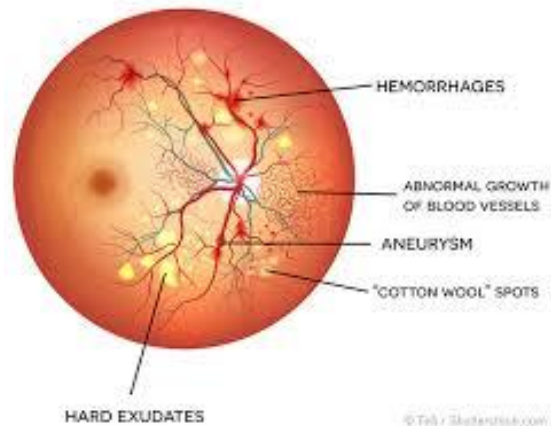
Retinal Examination	Total number of patients	%
Retinal Examination	165	63%
No Retinal Examination	43	16%
not stated	53	20%
Total	261	100%



Retinopathy status (Retinal examination = Yes)

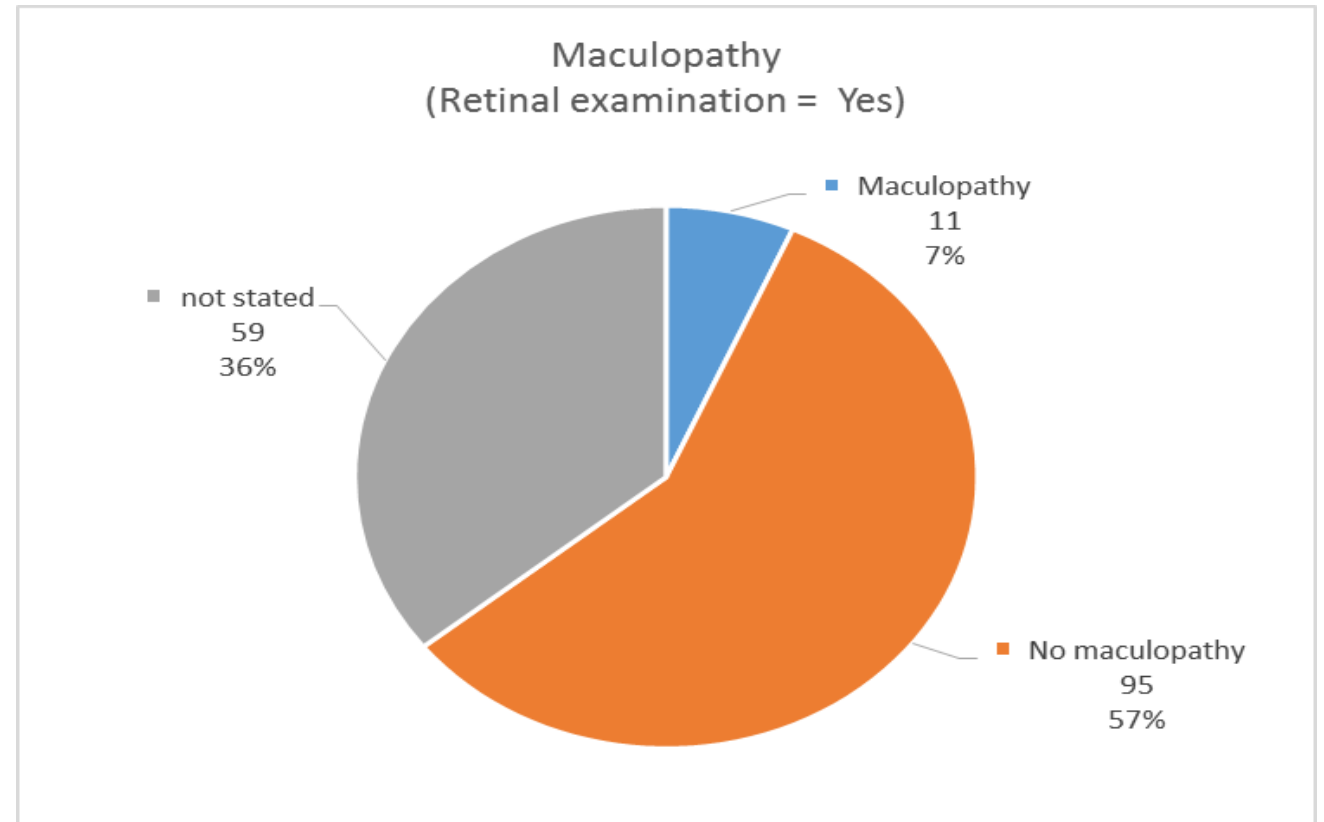
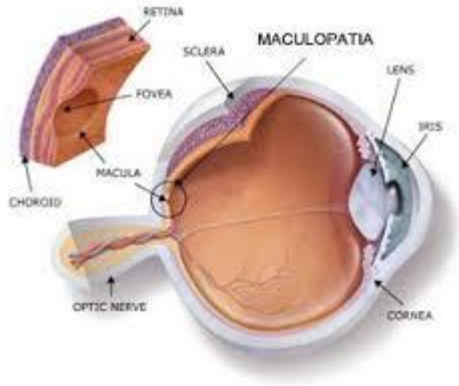
Retinopathy status	Total number of patients	%
No Diabetic Retinopathy	81	49%
Background Retinopathy	8	5%
Referable Retinopathy	19	12%
not stated	57	35%
Total	165	100%

DIABETIC RETINOPATHY



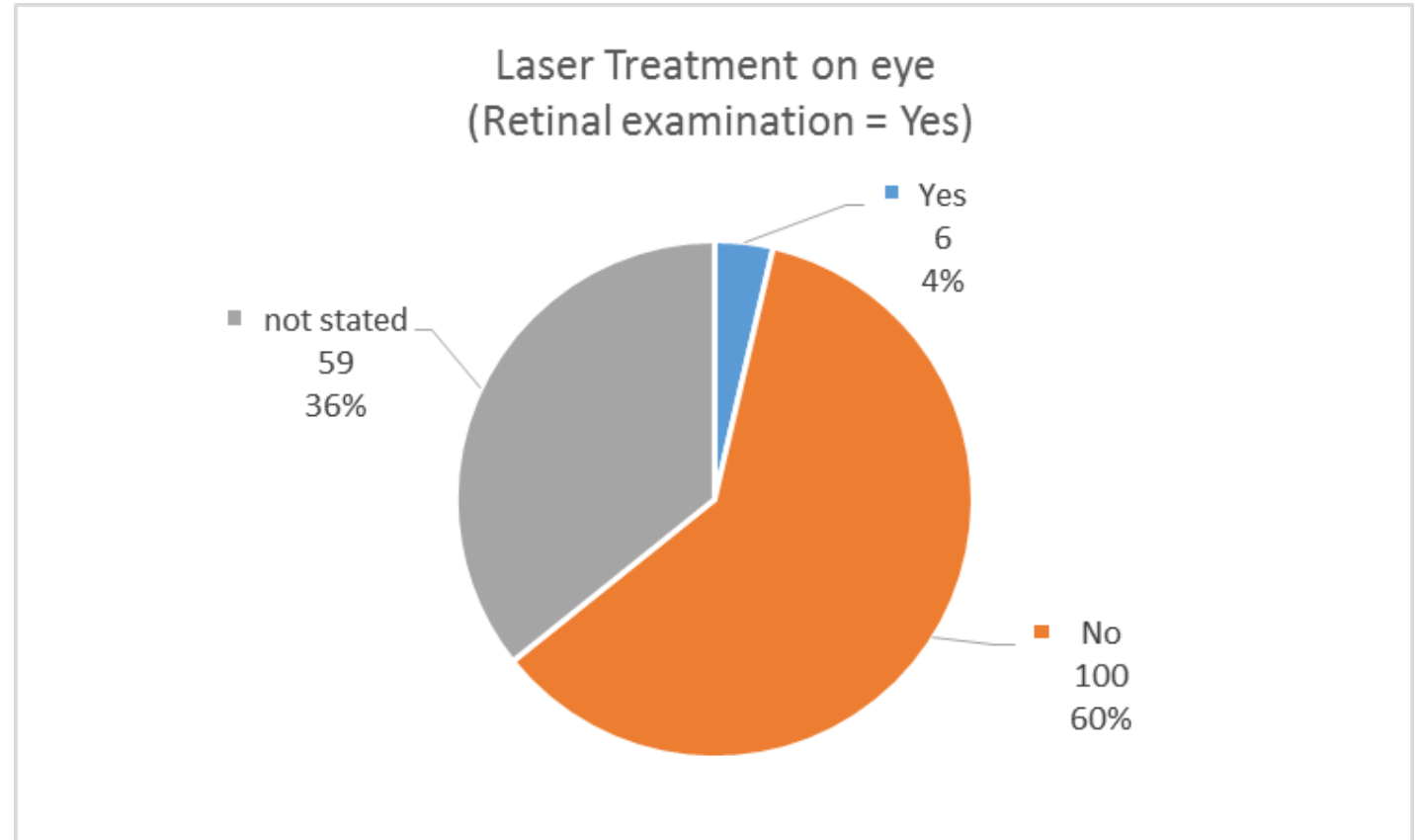
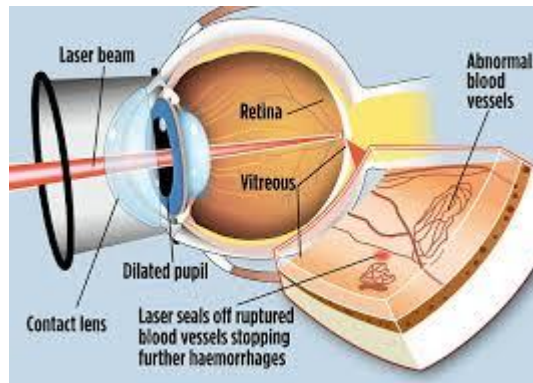
Maculopathy (Retinal examination = Yes)

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



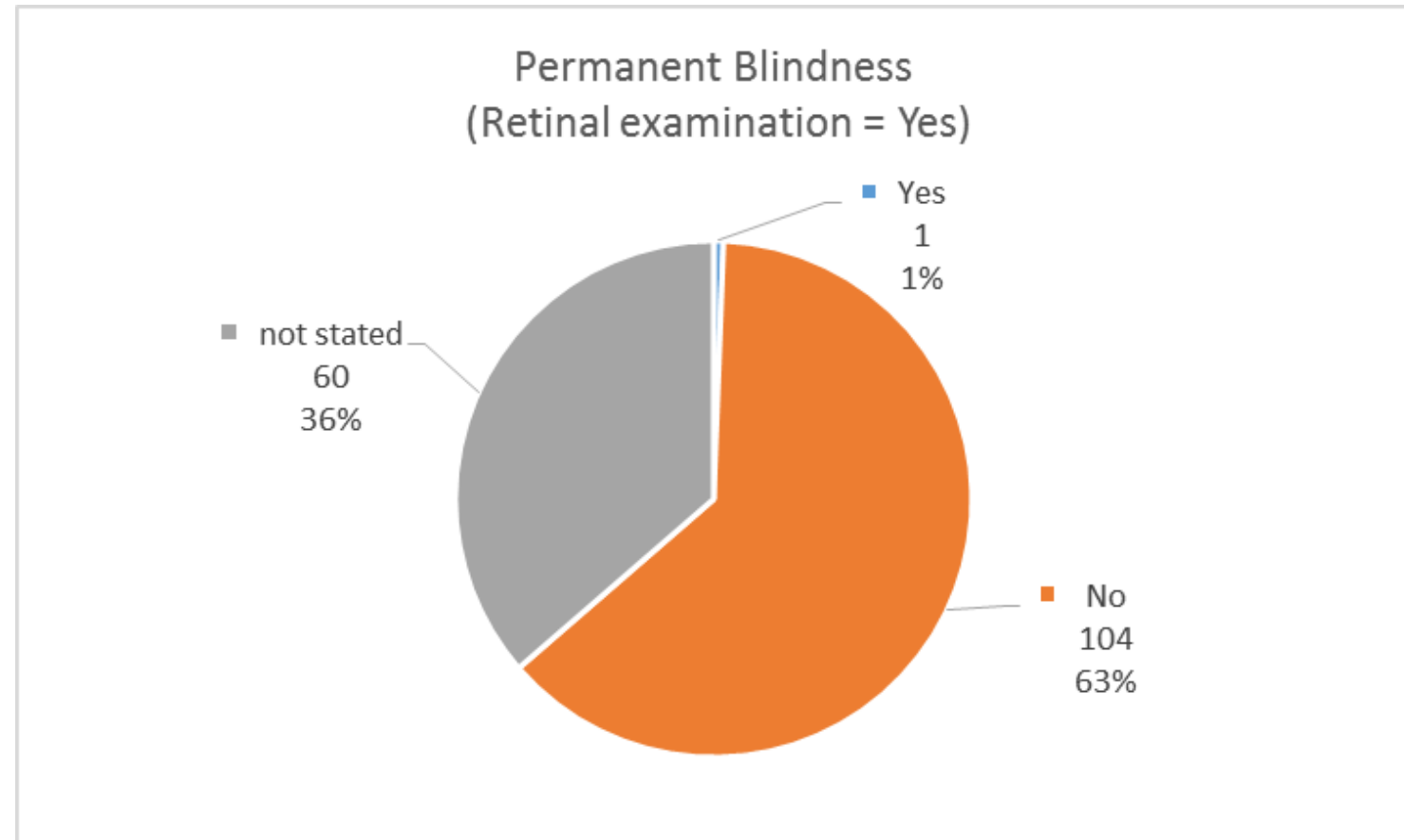
Laser Treatment on eye (Retinal examination = Yes)

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



Permanent Blindness (Retinal examination = Yes)

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



Treatment

Diabetes management program includes:



Natural Diabetes Treatment



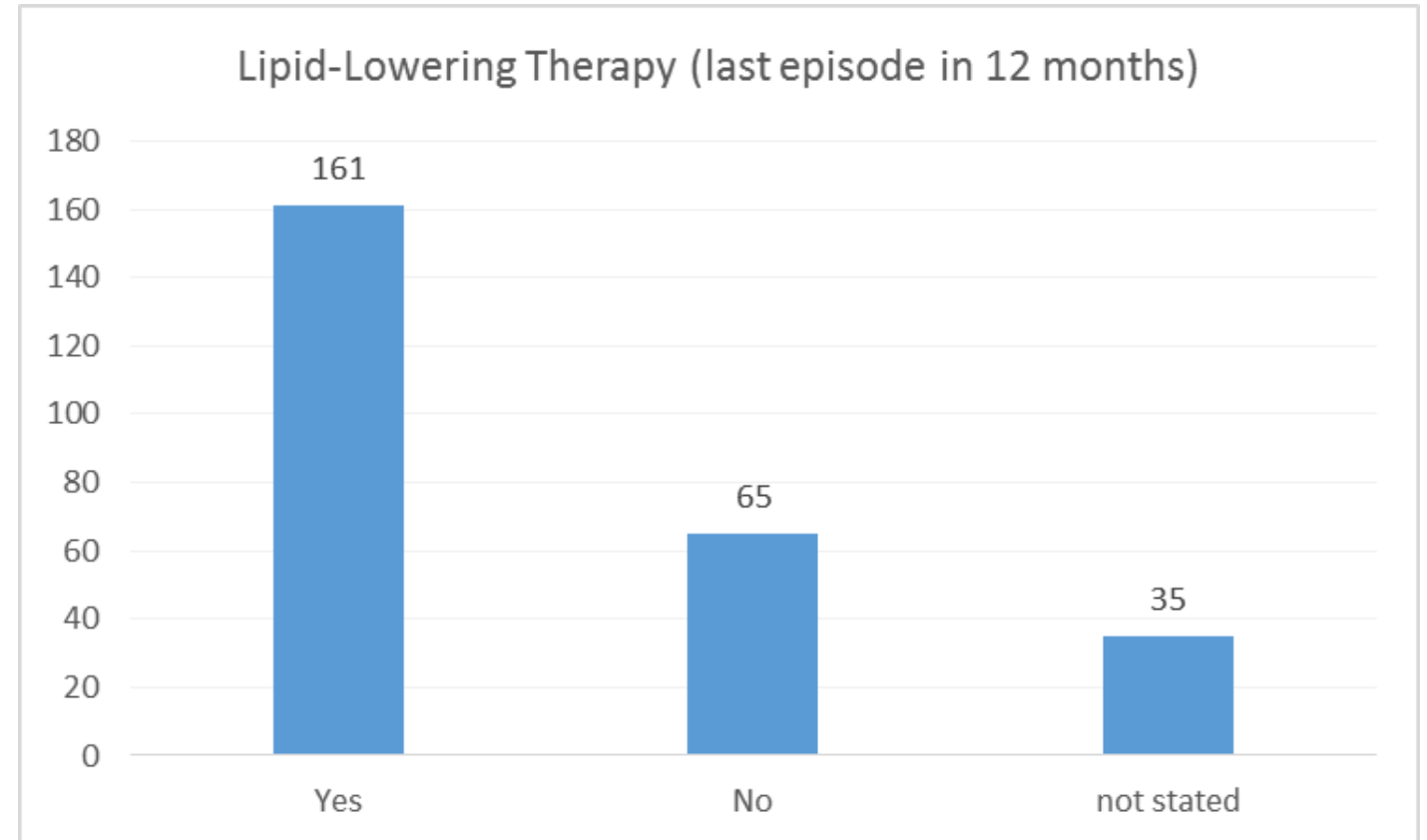
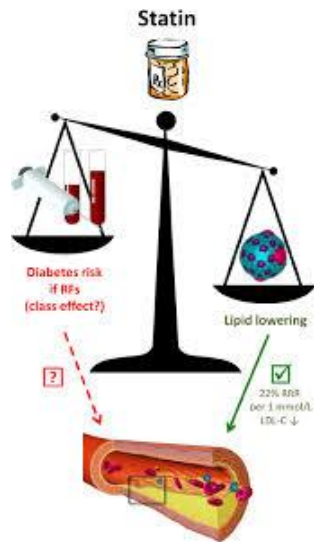
EXERCISE GUIDE FOR DIABETIC FITNESS

- 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



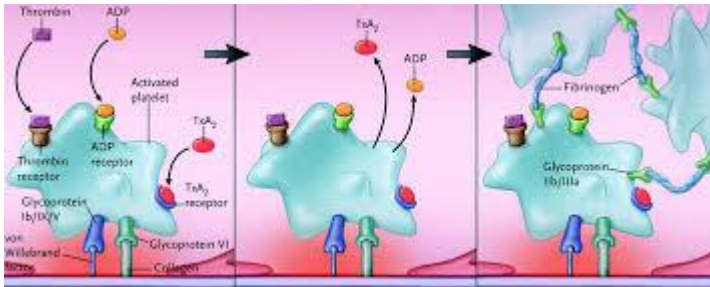
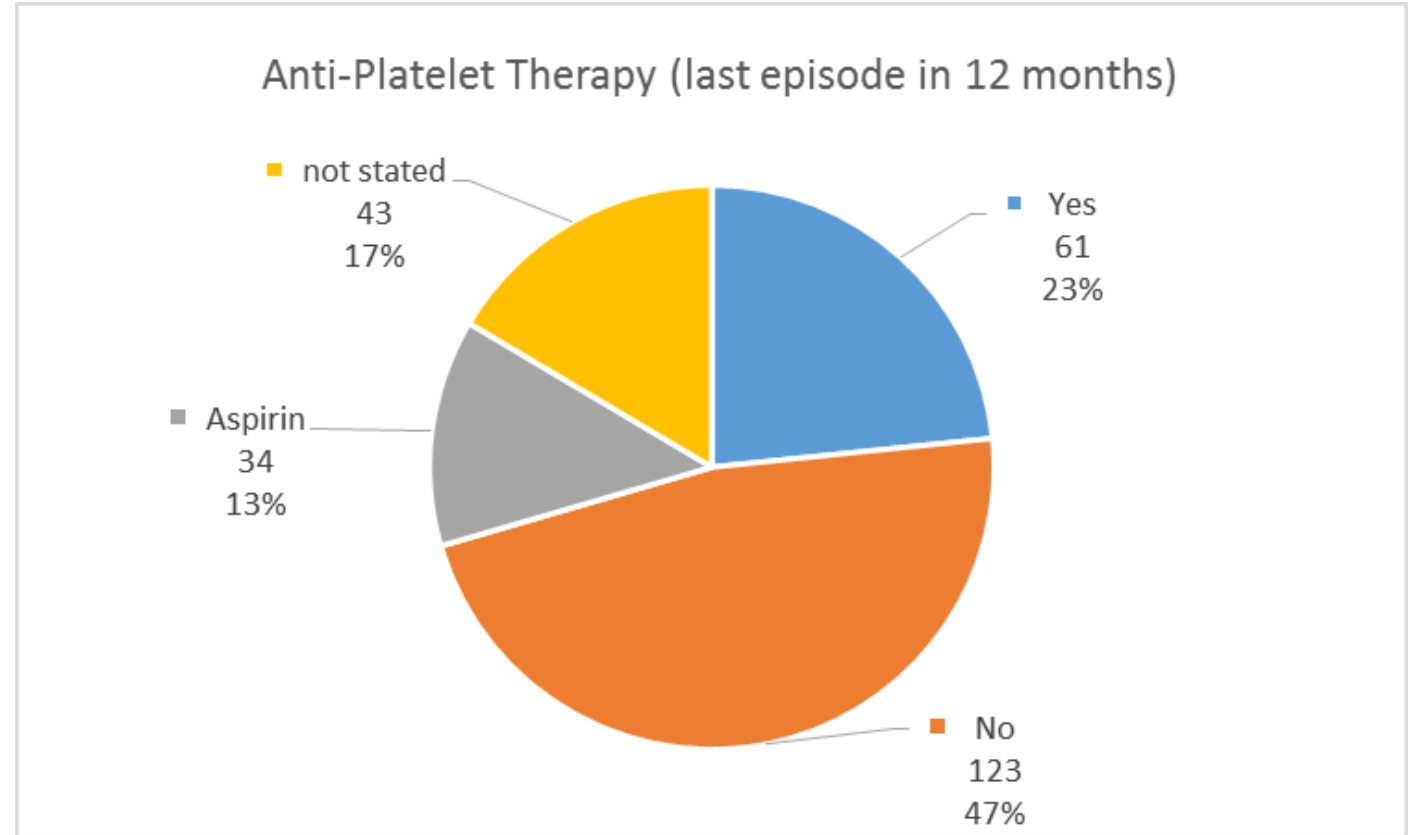
Lipid-Lowering Therapy (last episode in 12 months)

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



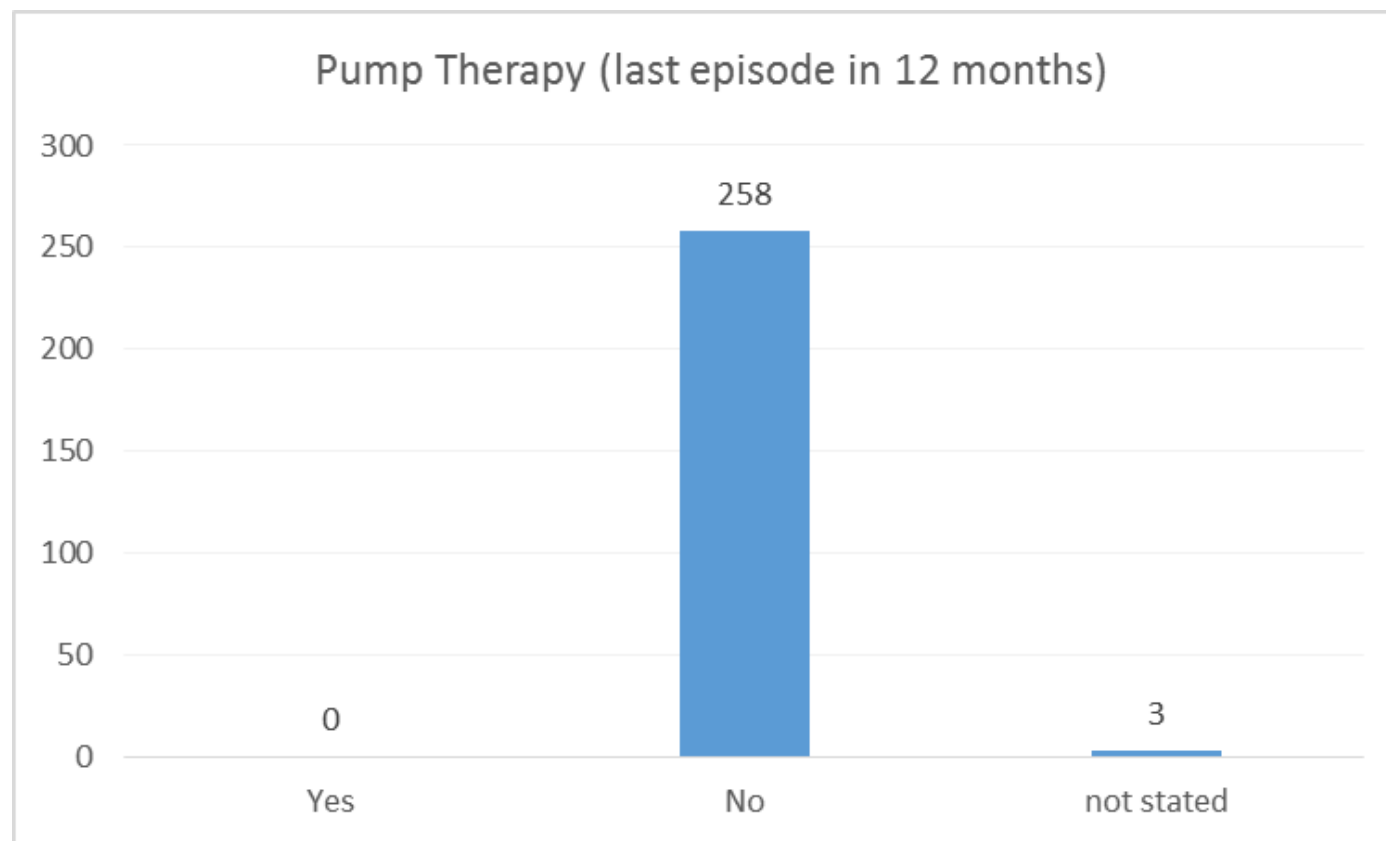
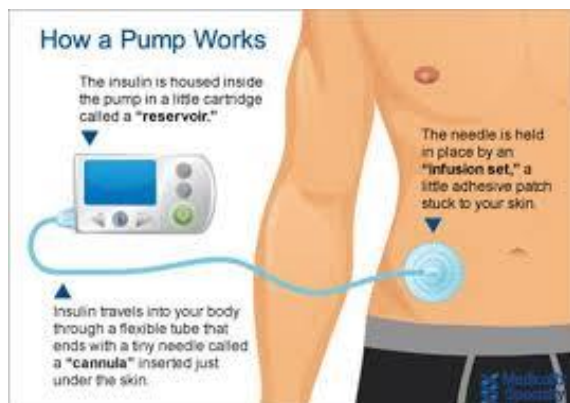
Anti-Platelet Therapy (last episode in 12 months)

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



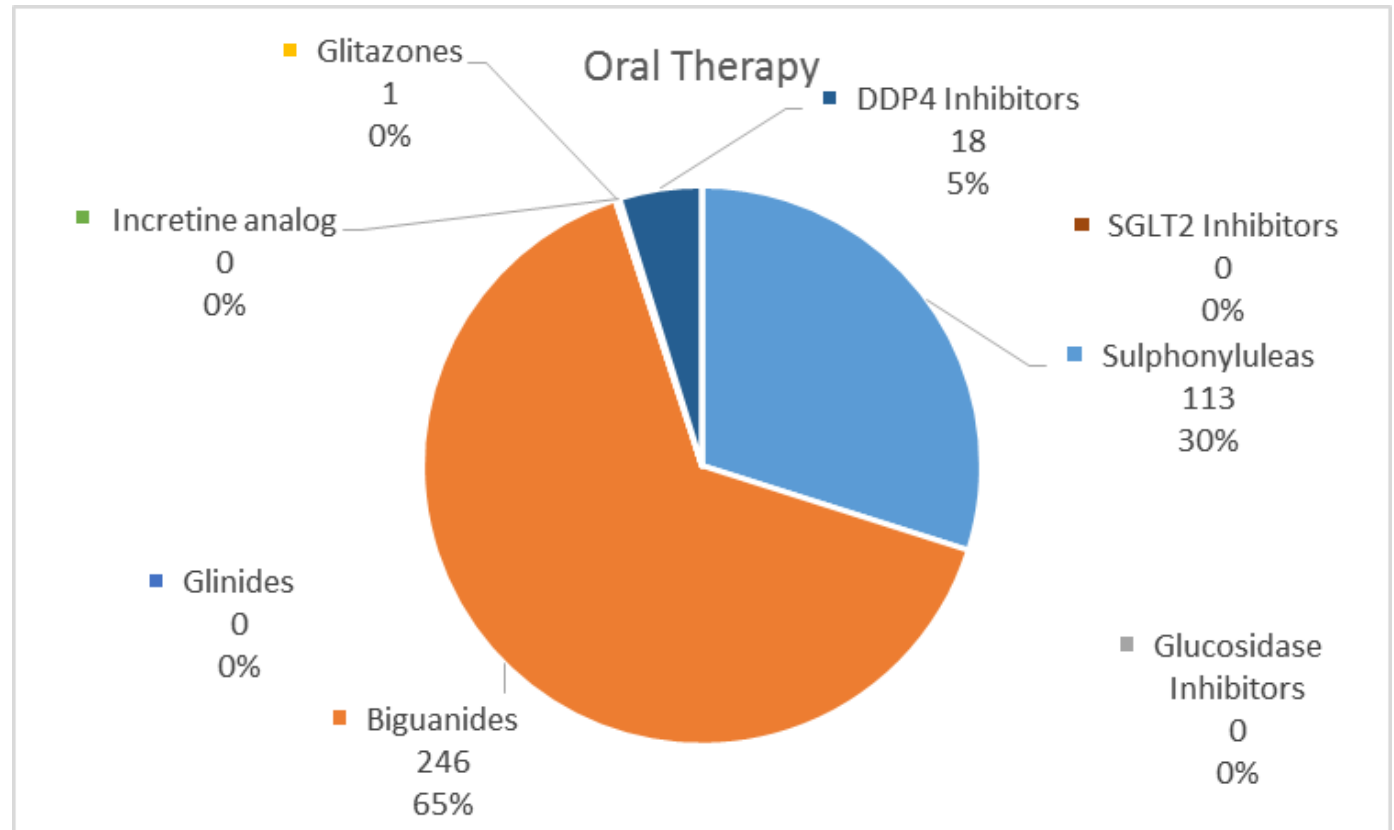
Pump Therapy (last episode in 12 months)

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



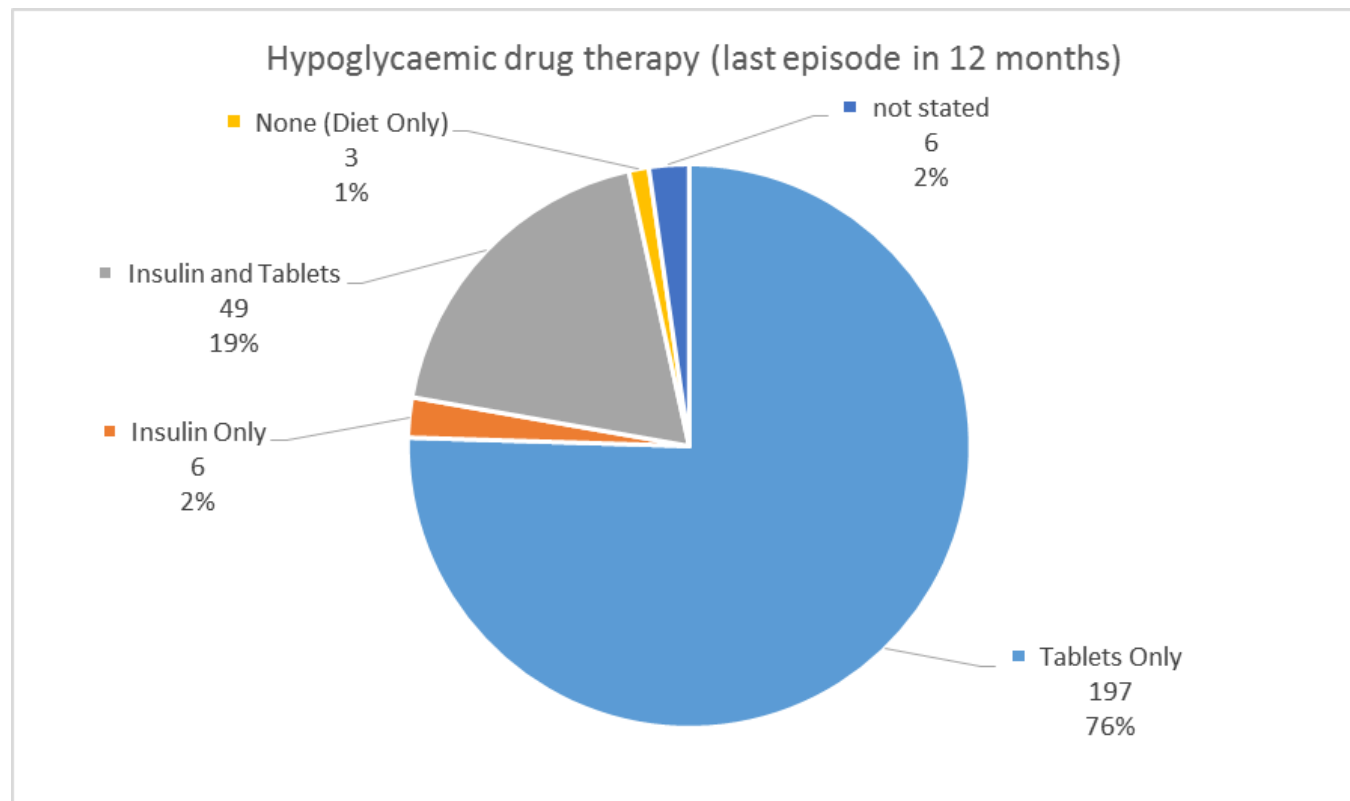
Oral Therapy

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

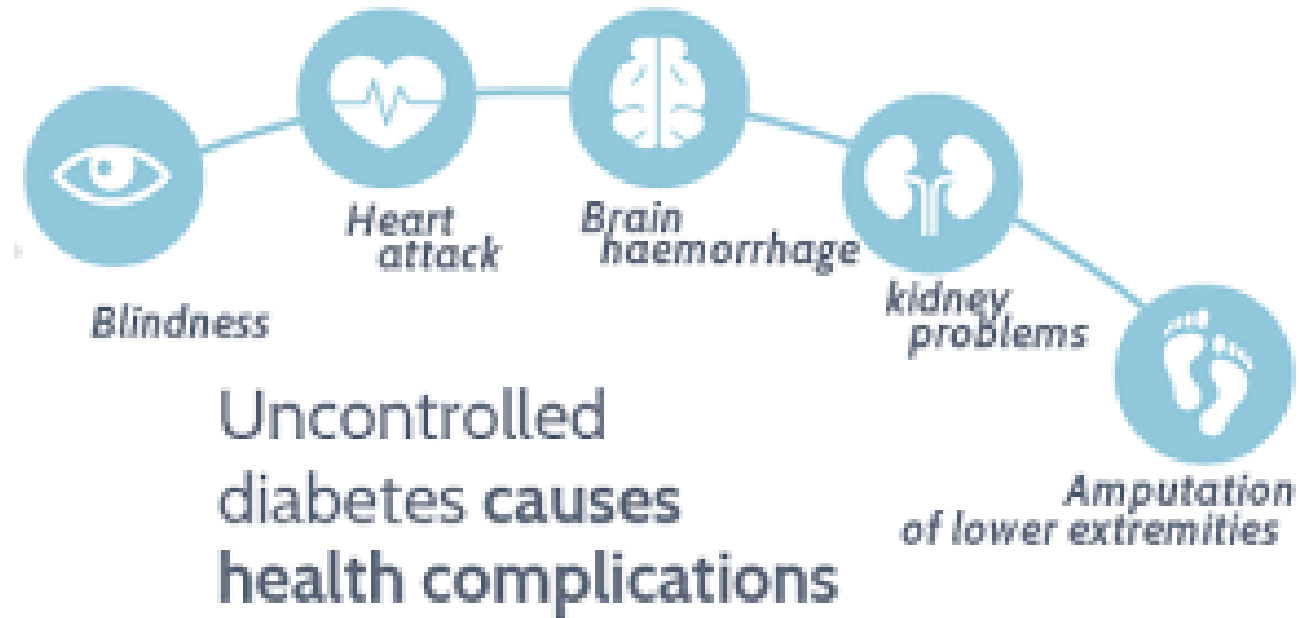


Hypoglycaemic drug therapy (last episode in 12 months)

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%
Total	261	100%

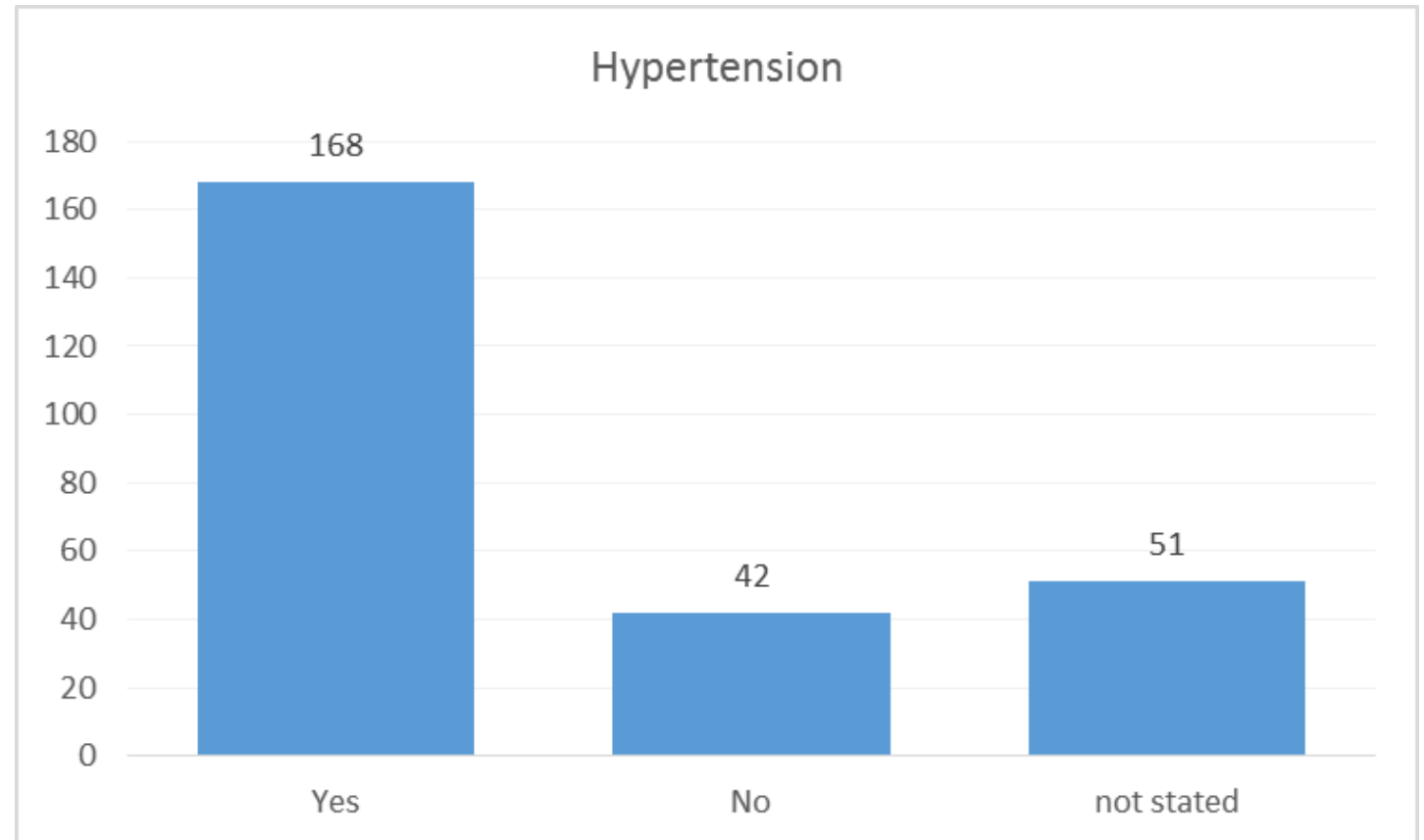


Complications of diabetes



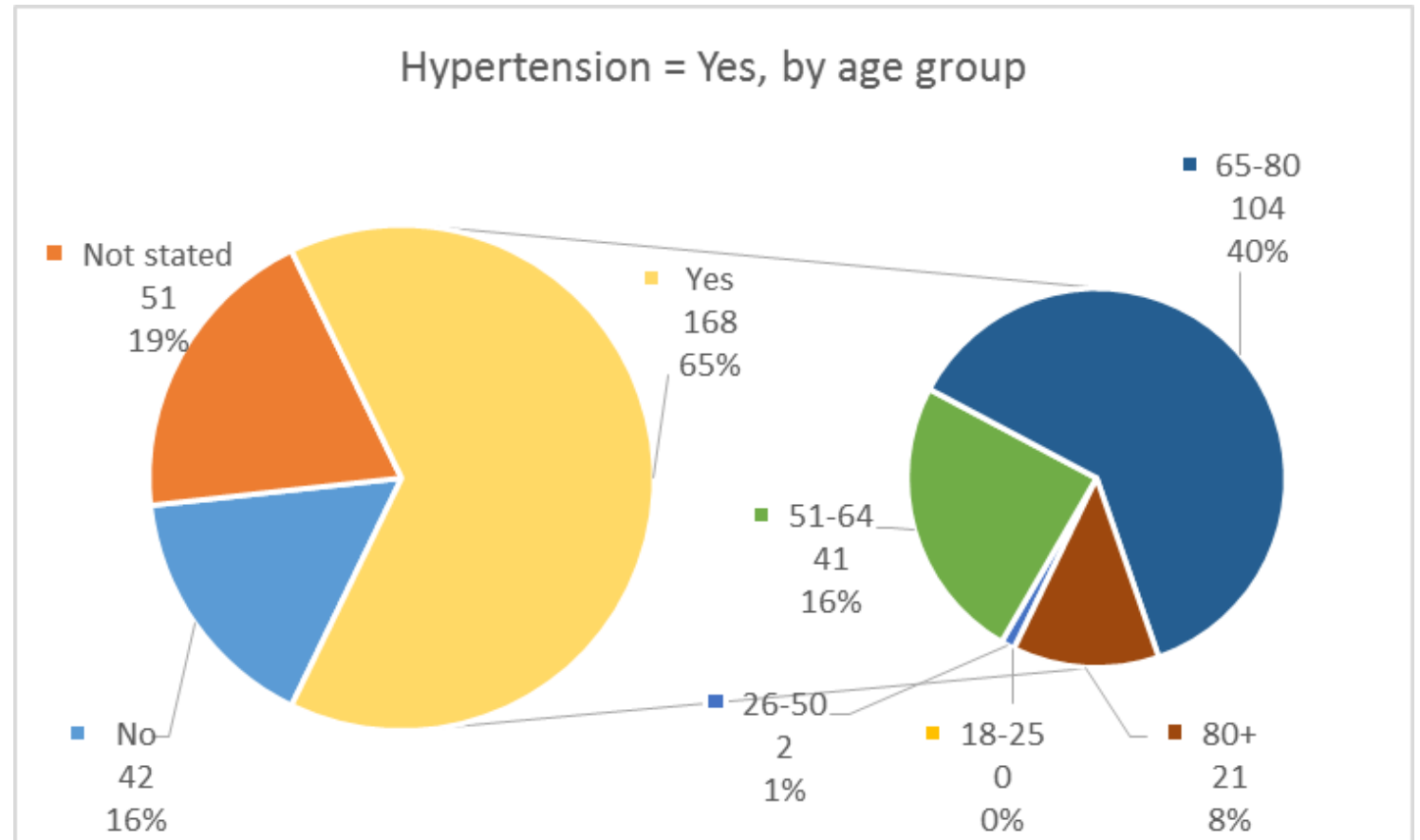
Hypertension

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



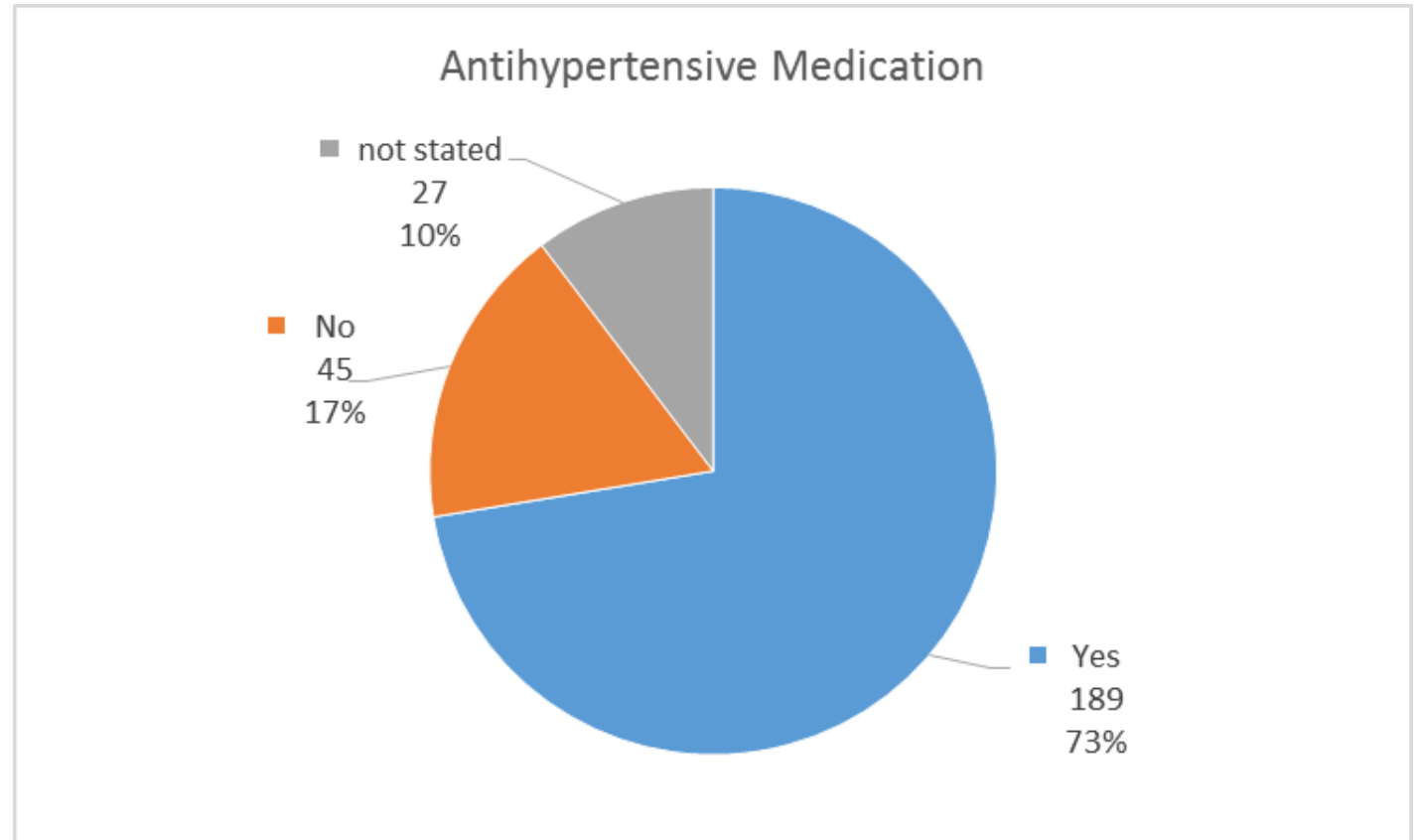
Hypertension = Yes, by age group

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%
Total	261	100%



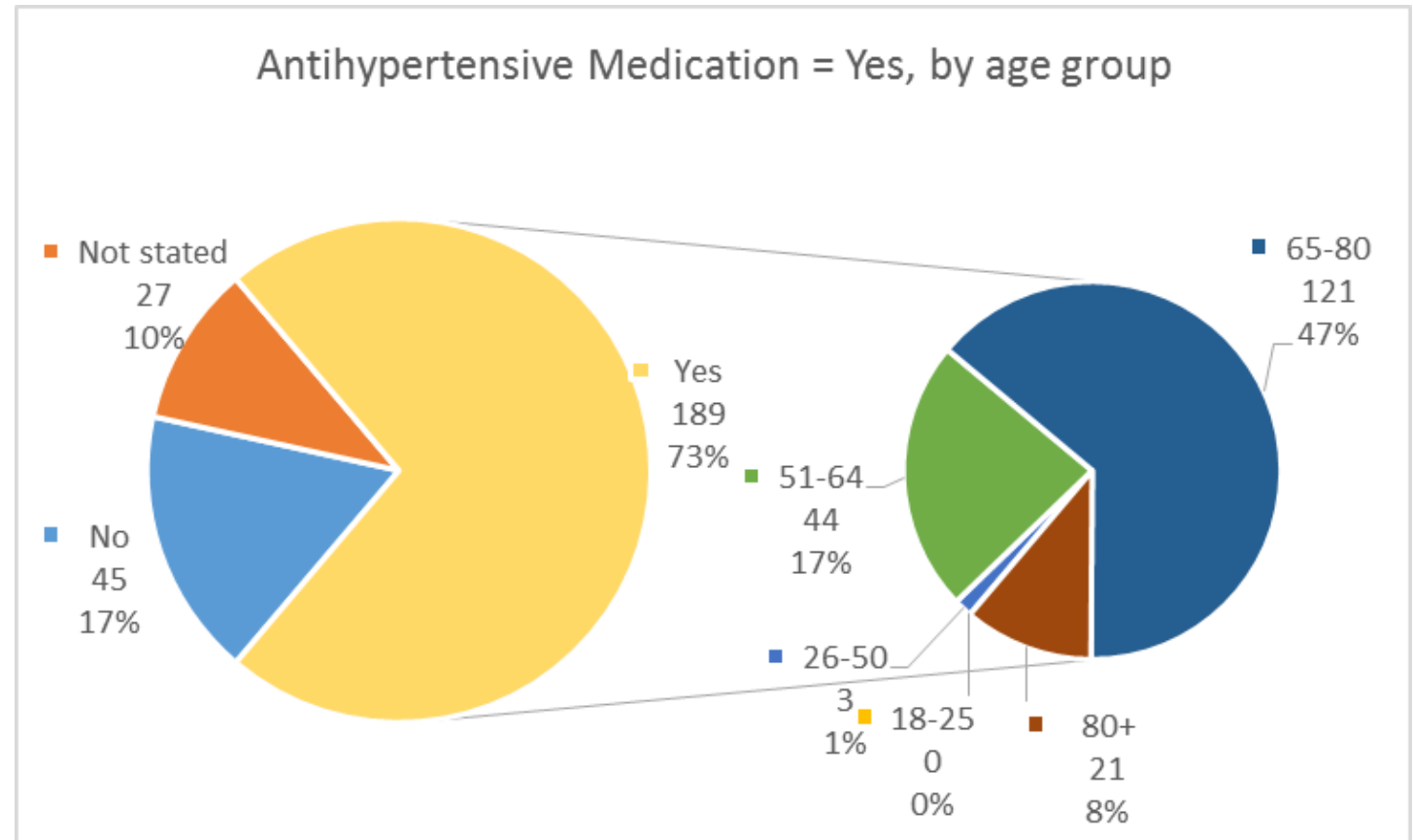
Antihypertensive Medication

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



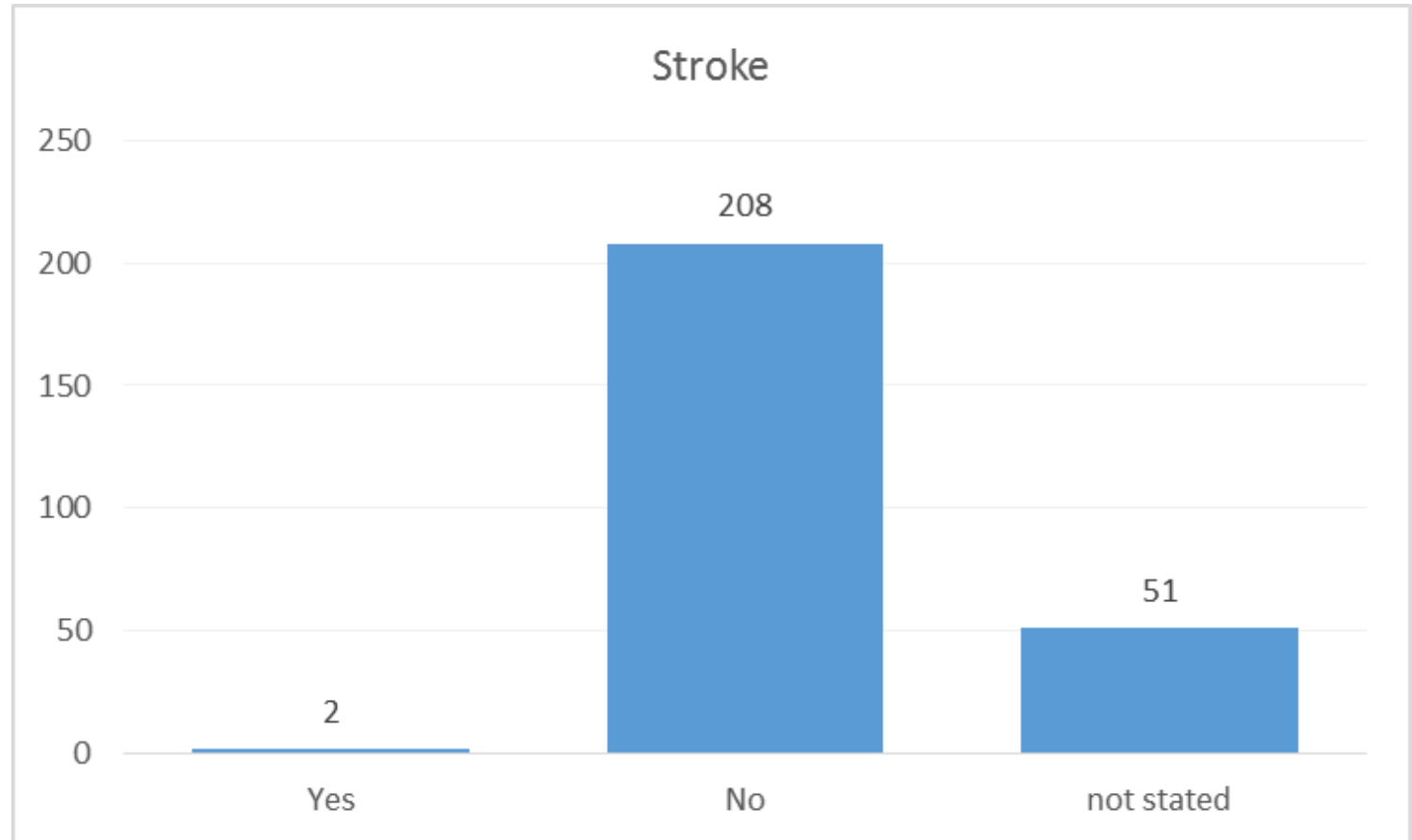
Antihypertensive Medication = Yes, by age group

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%
Total	261	100%



Stroke

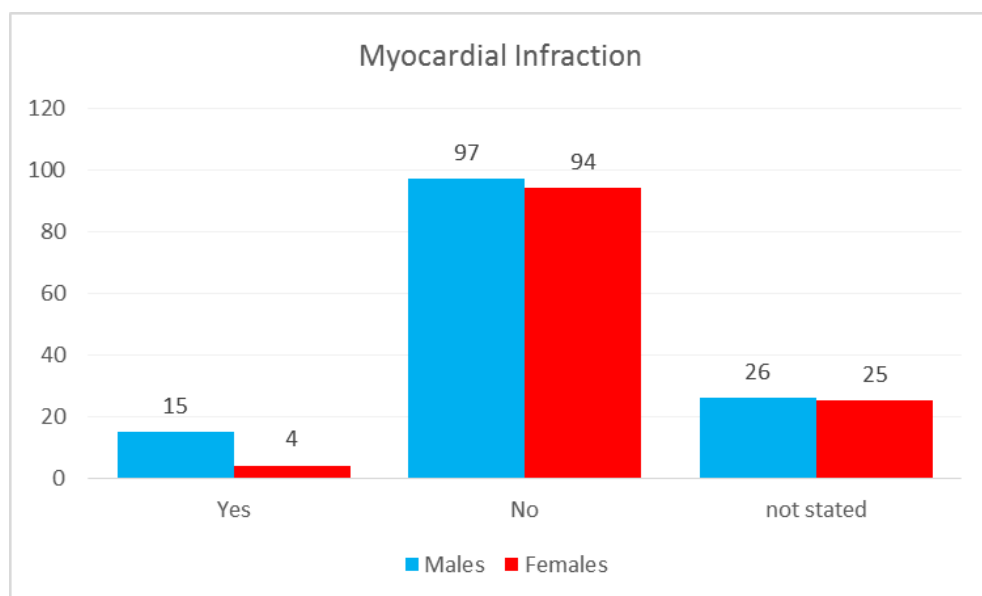
Stroke	Total number of patients	%
Yes	2	1%
No	208	80%
not stated	51	20%
Total	261	100%



Myocardial Infraction

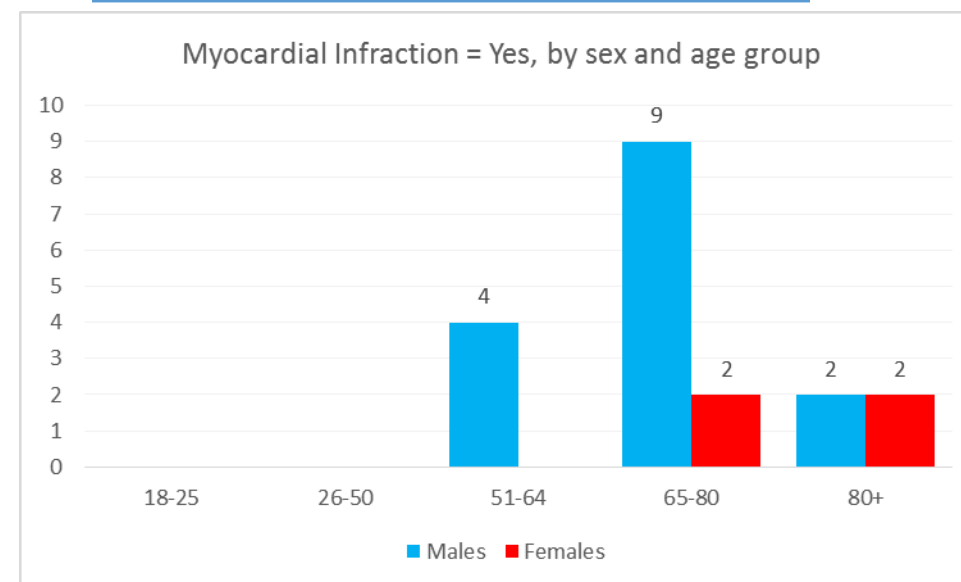
By sex

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



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
Total	15	4	19

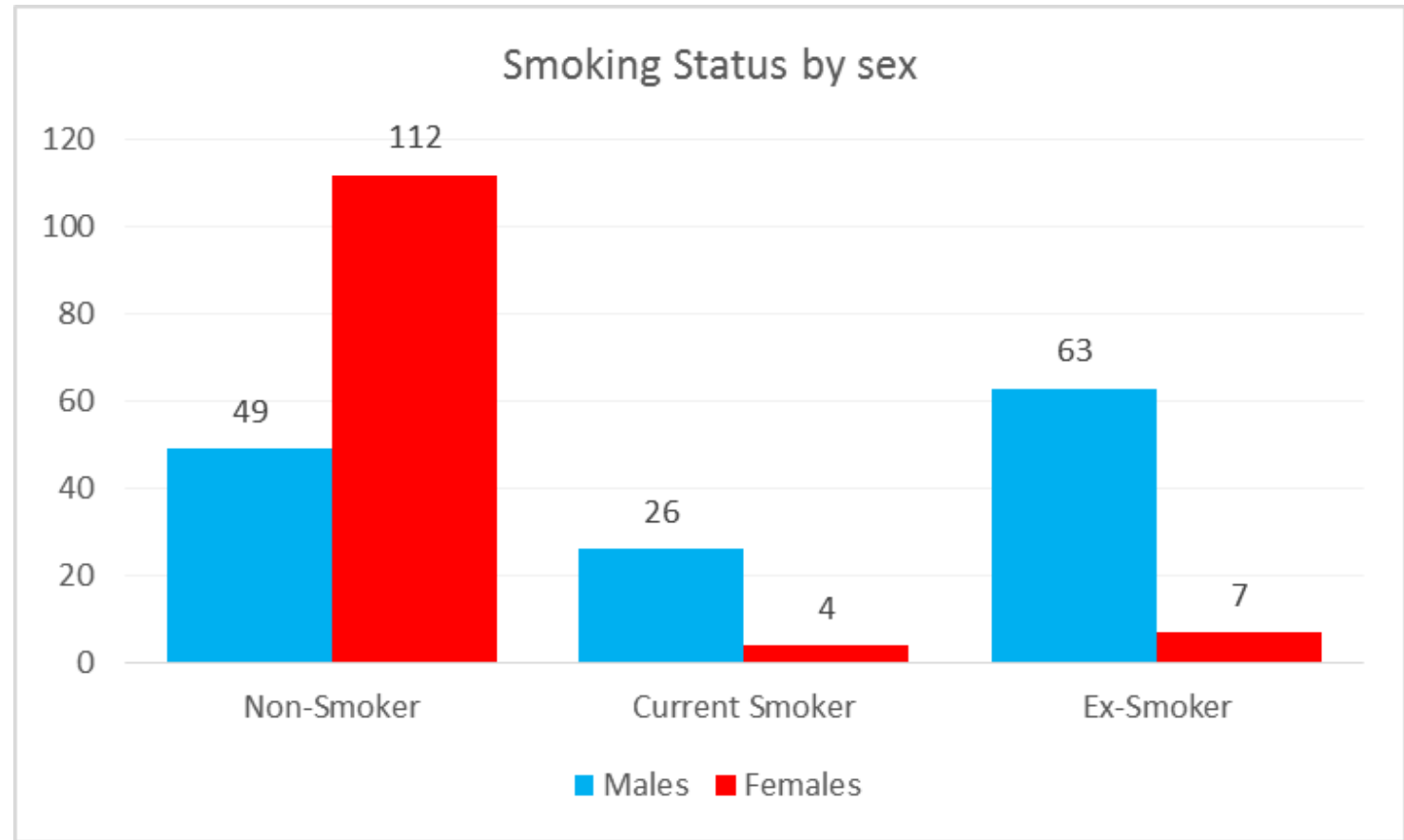


Lifestyle factors



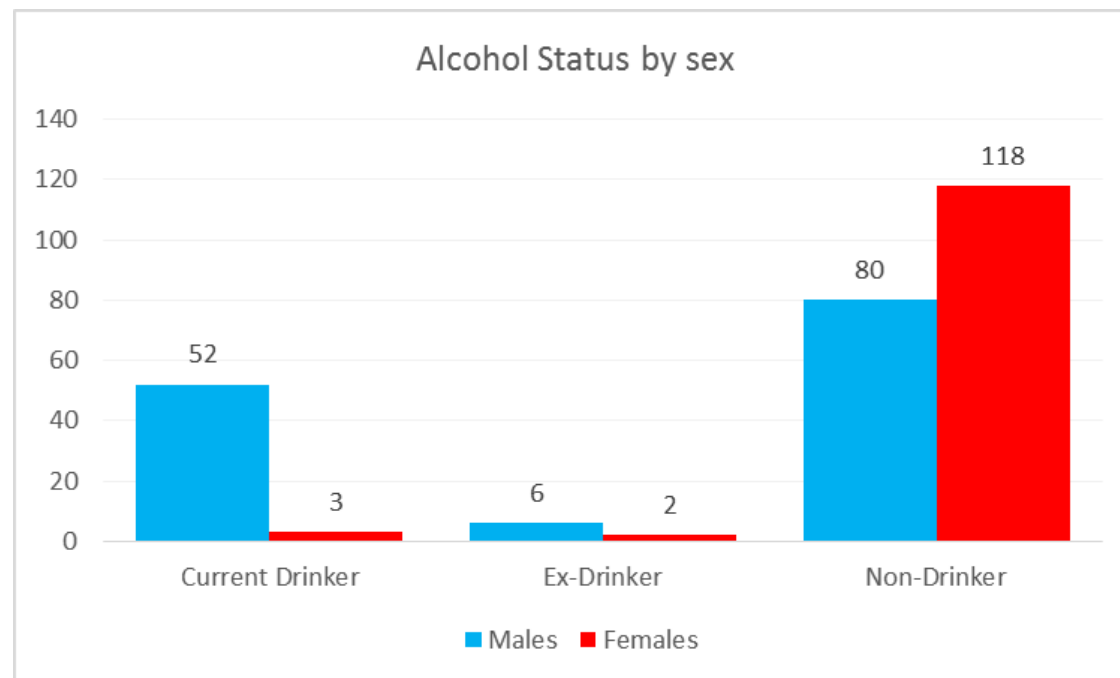
Smoking Status, by sex

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



Alcohol Status by sex

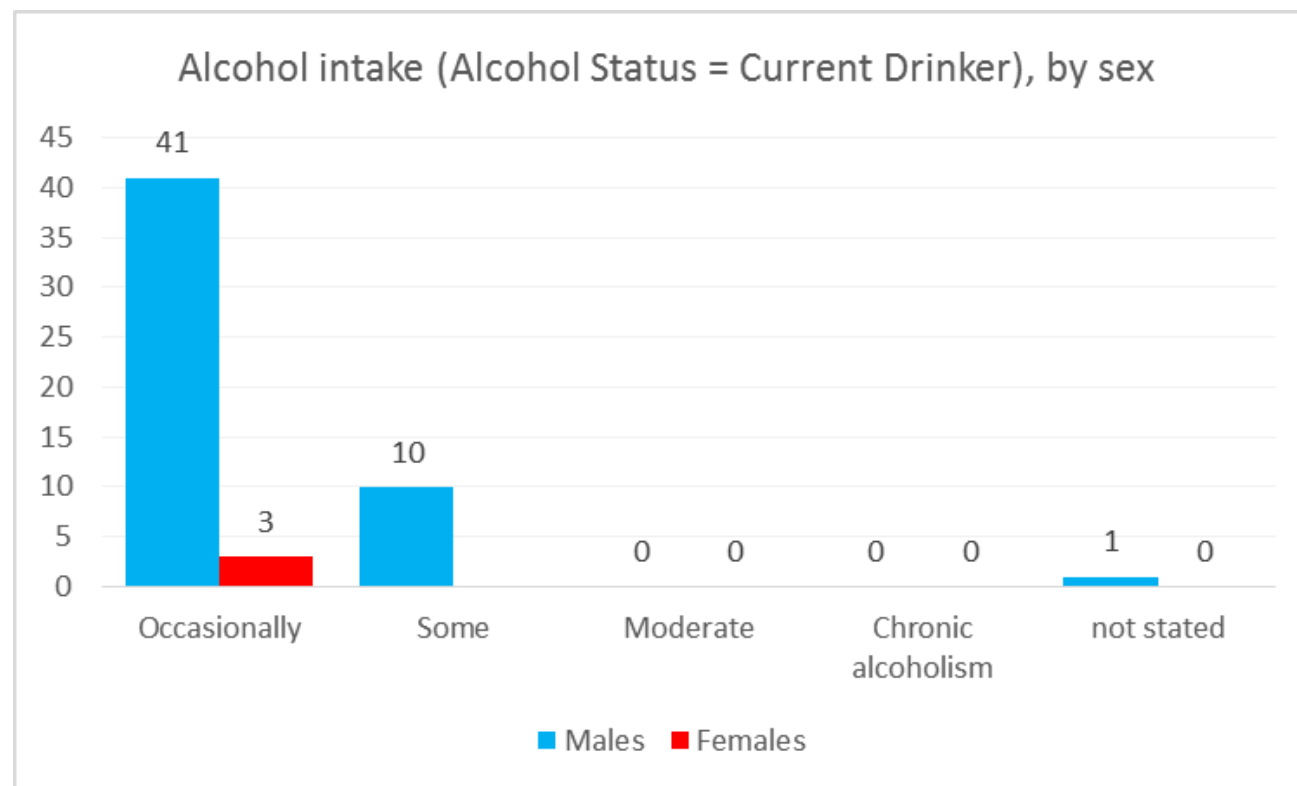
Alcohol Status	Males	Females	Total
Current Drinker	52	3	55
Ex-Drinker	6	2	8
Non-Drinker	80	118	198
Total	138	123	261



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

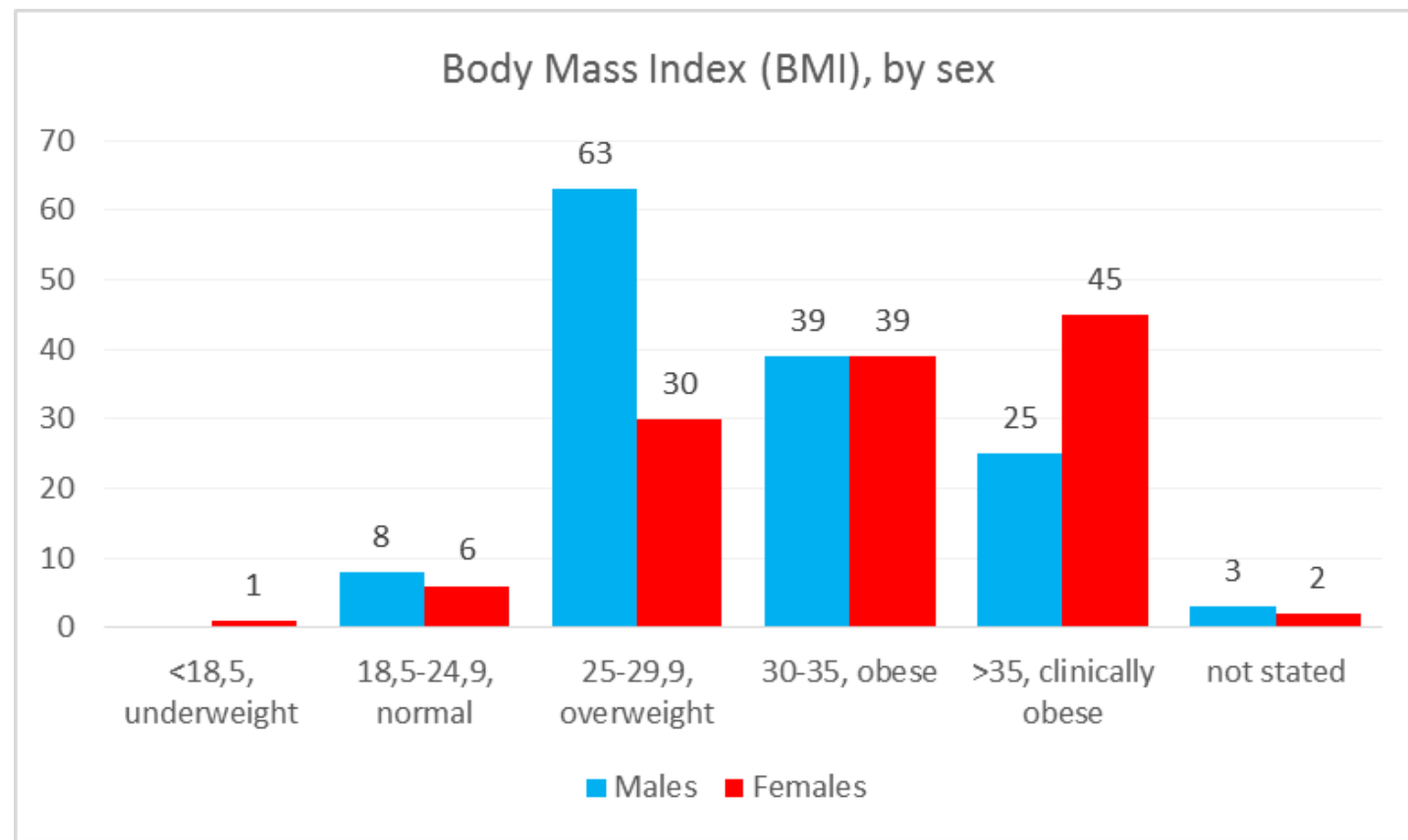
Alcohol intake	Males	Females	Total
Occasionally	41	3	44
Some	10	0	10
Moderate	0	0	0
Chronic alcoholism	0	0	0
not stated	1	0	1
Total	52	3	55

Alcohol Definition of Moderate



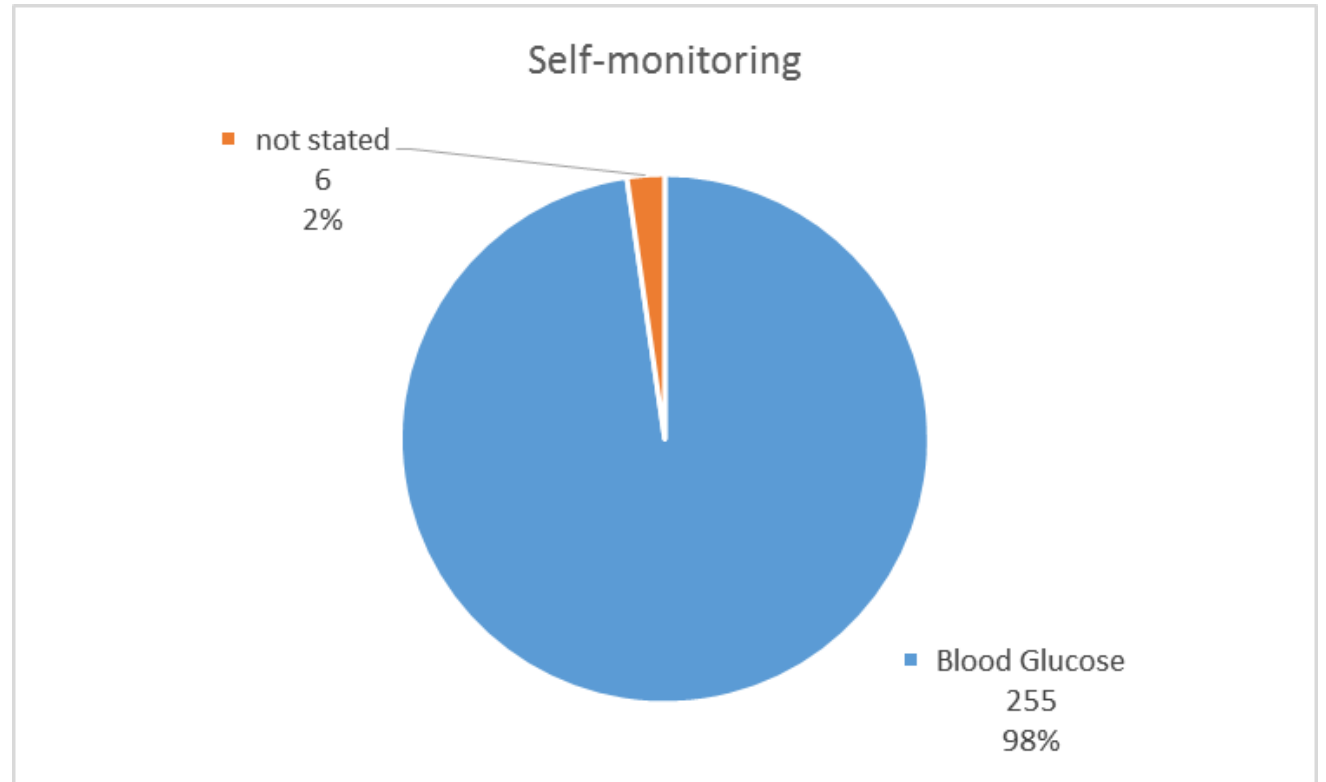
Body Mass Index (BMI), by sex

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%
Total	138	123	261	100%



Self-Monitoring

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



Diabetes Specific Education

Diabetes Education

Listening
=
Learning

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



Diabetes Prevention Education

