

# New Larnaka Hospital Diabetes Clinic

2016



# Demographic characteristics



What is Diabetes?



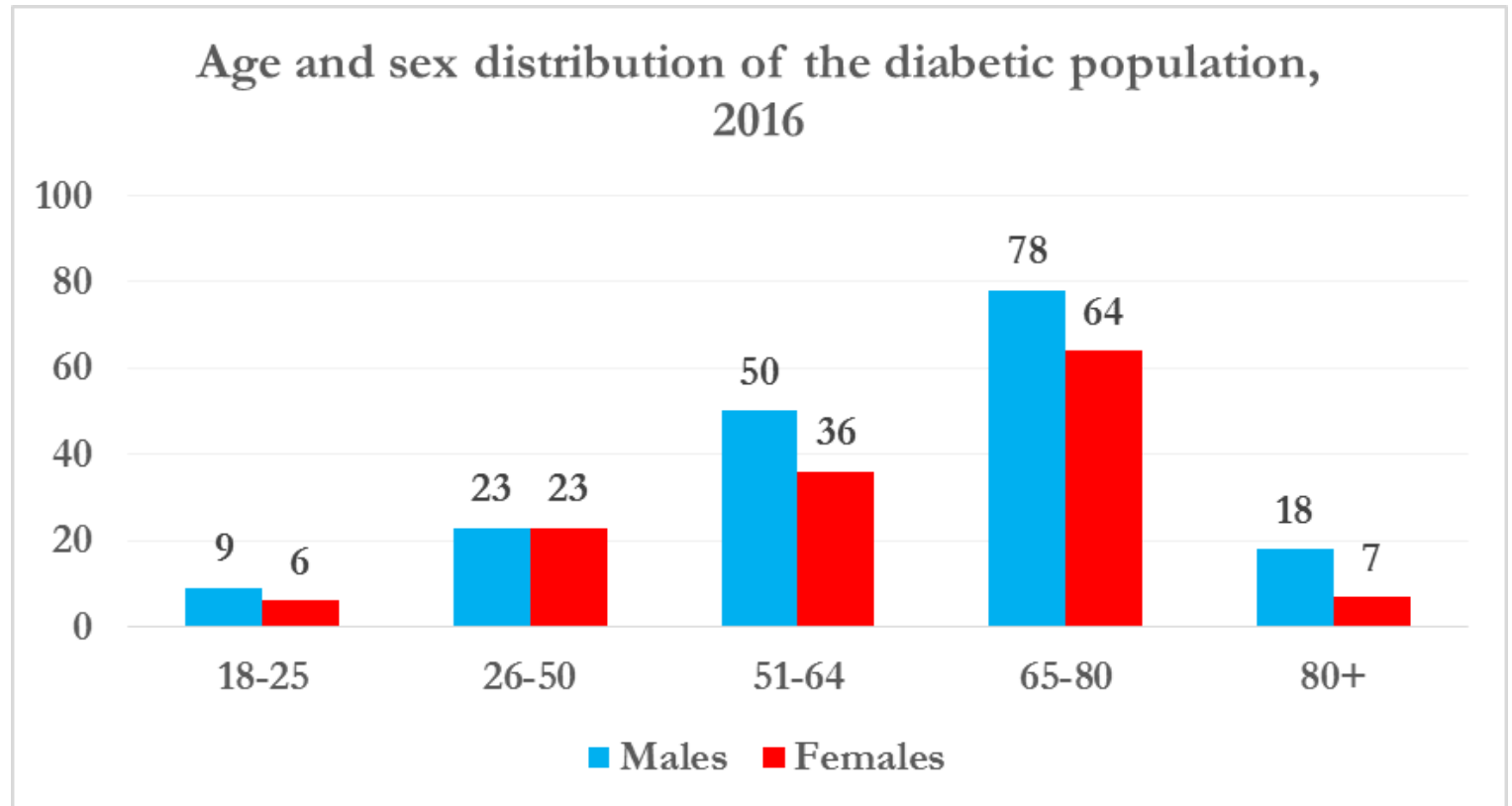
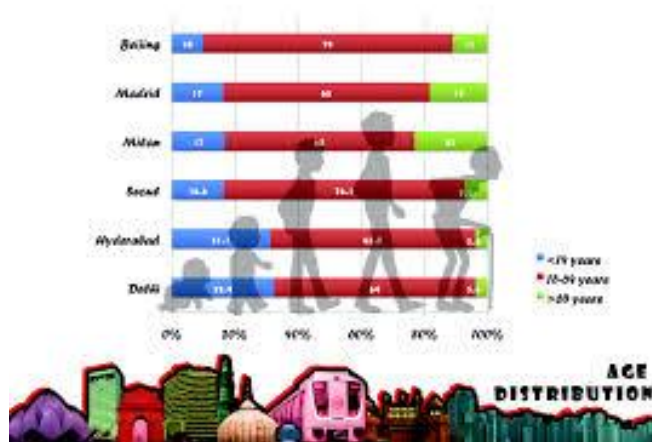
When pancreas doesn't produce insulin (Type 1)



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

# Diabetic Population: Age & sex distribution

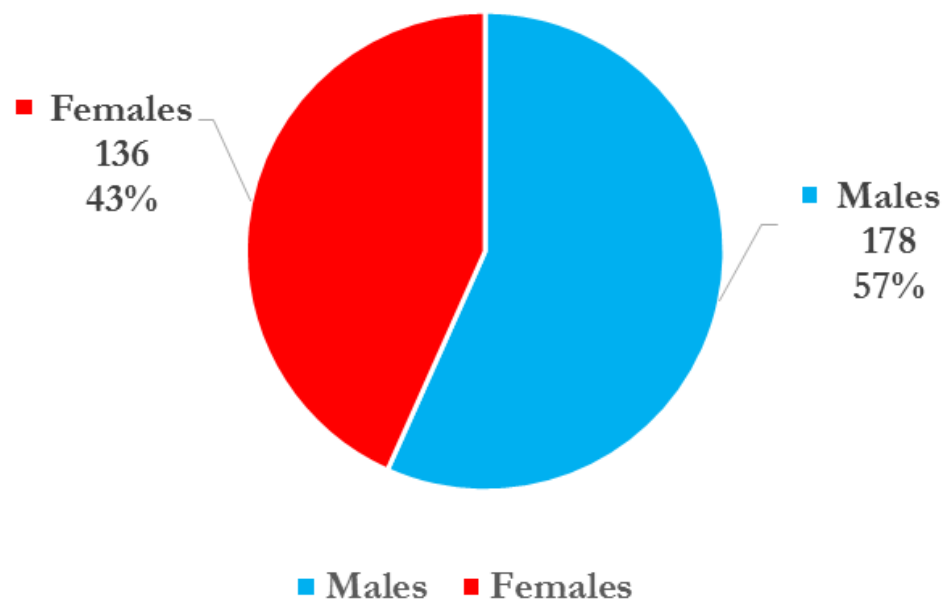
Age groups	Males	Females	Total	% of total
18-25	9	6	15	5%
26-50	23	23	46	15%
51-64	50	36	86	27%
65-80	78	64	142	45%
80+	18	7	25	8%
<b>Total</b>	<b>178</b>	<b>136</b>	<b>314</b>	<b>100%</b>



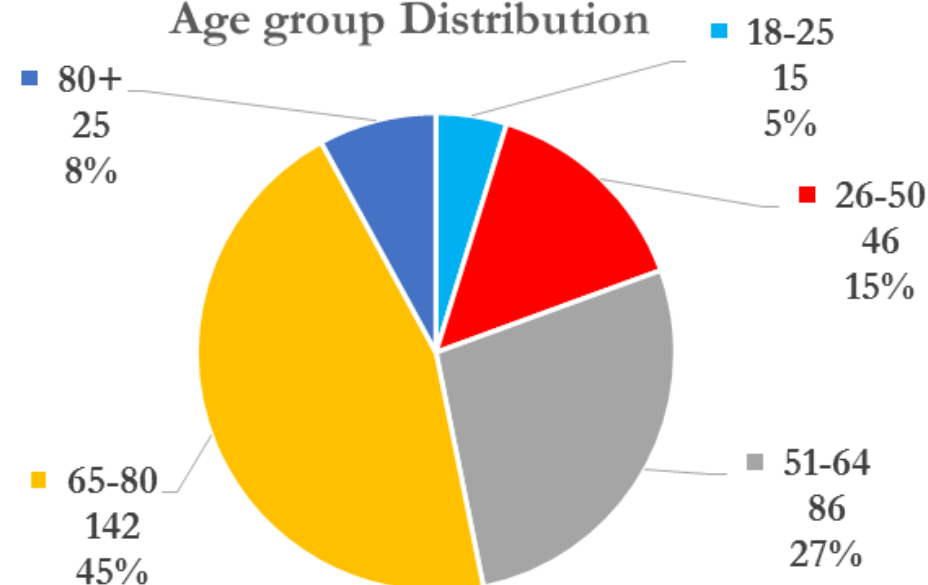
# Diabetic Population: Age & sex distribution



### Sex Distribution, 2016

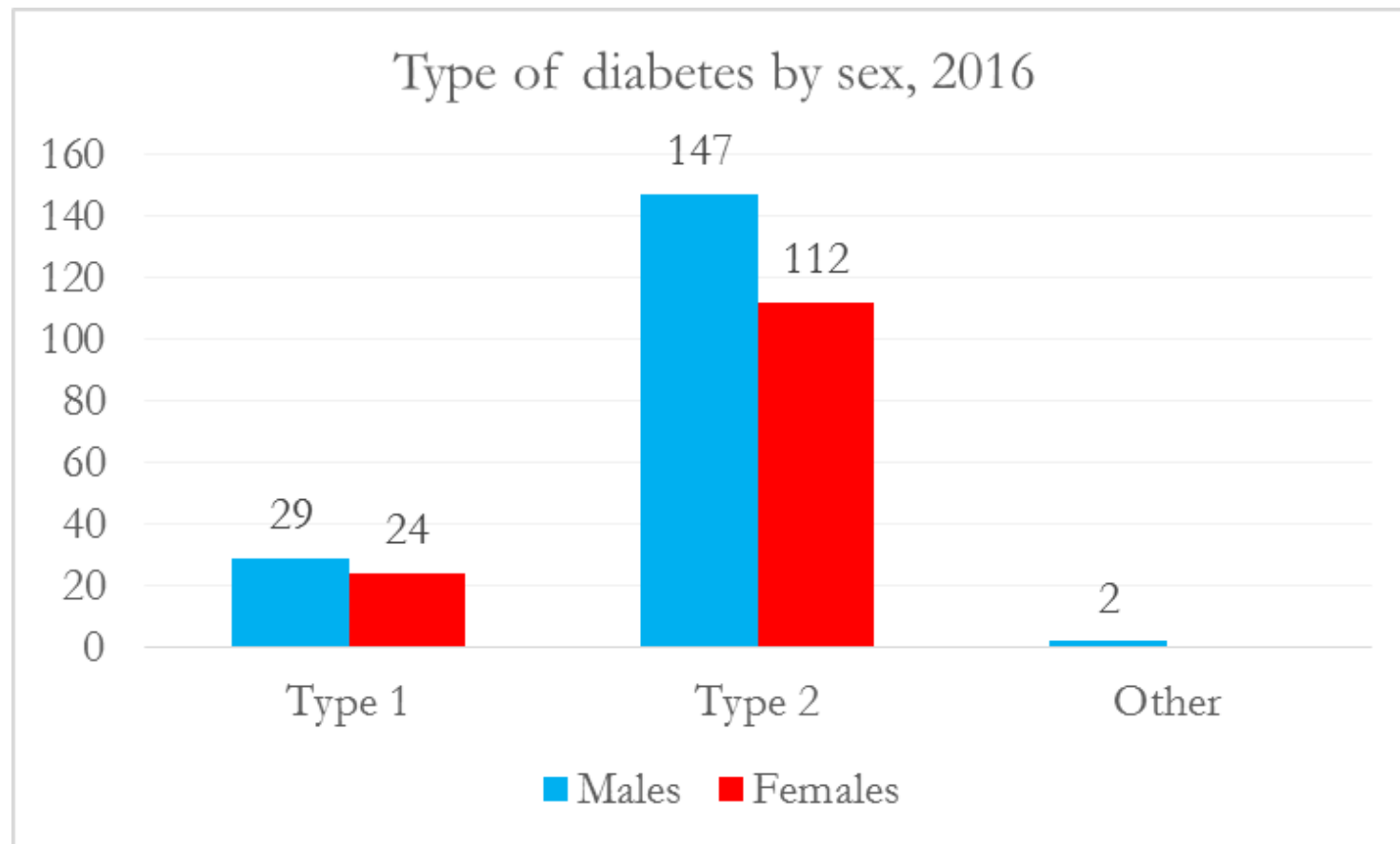


### Age group Distribution



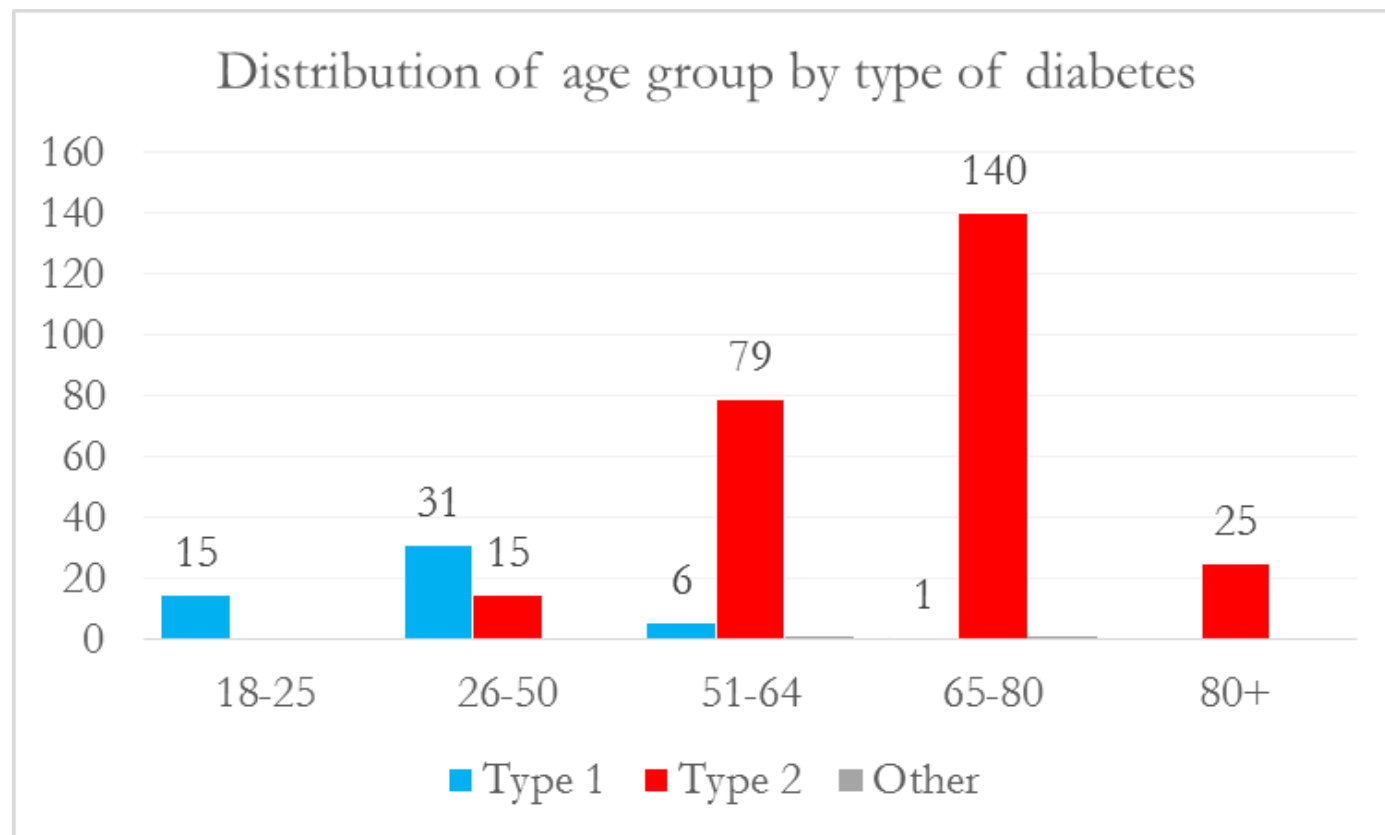
# Type of diabetes, by sex

Type of diabetes	Males	Females	Total
Type 1	29	24	53
Type 2	147	112	259
Other	2		2
<b>Total</b>	<b>178</b>	<b>136</b>	<b>314</b>



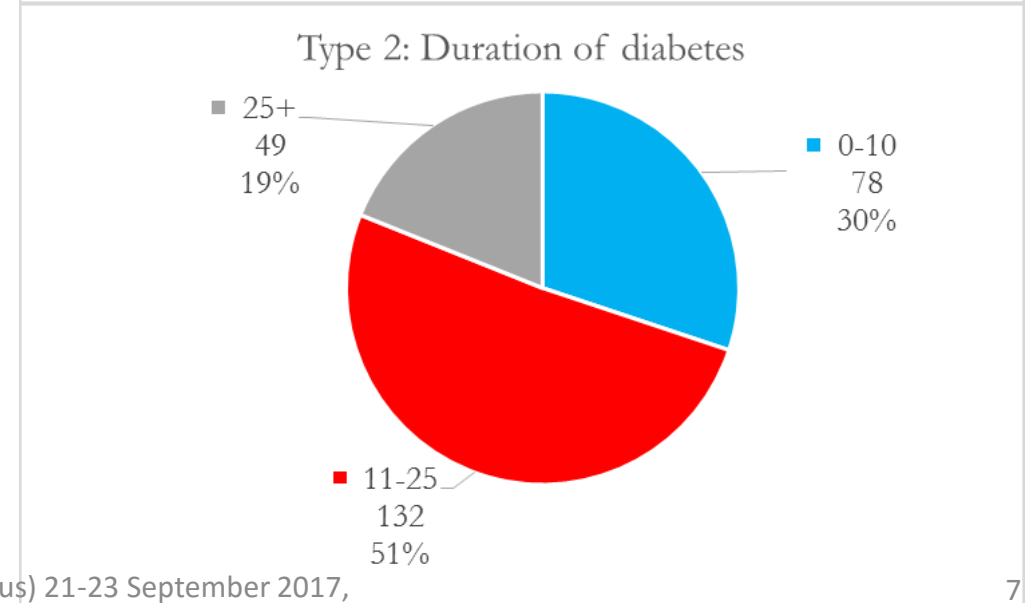
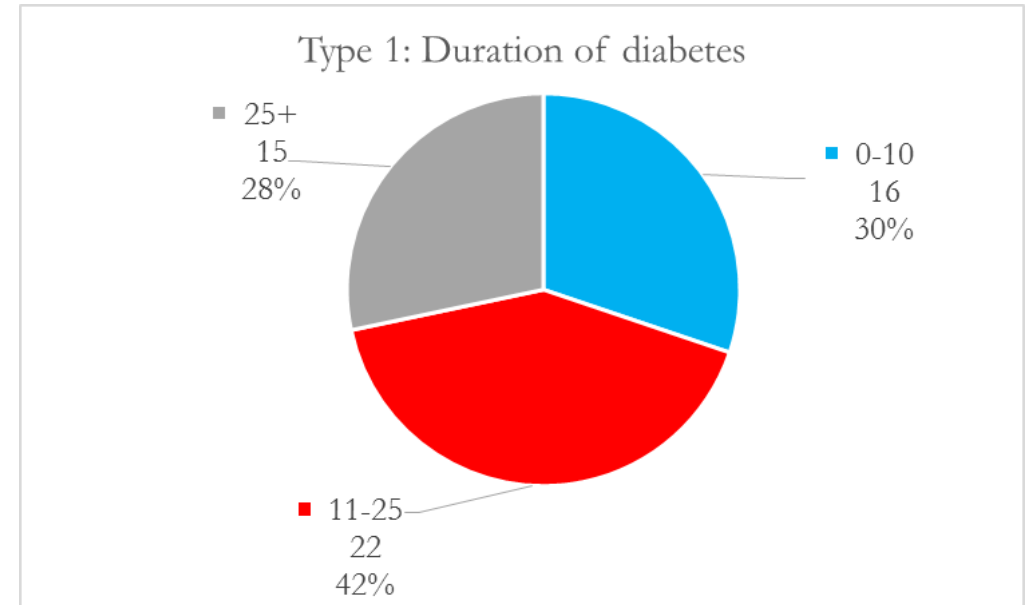
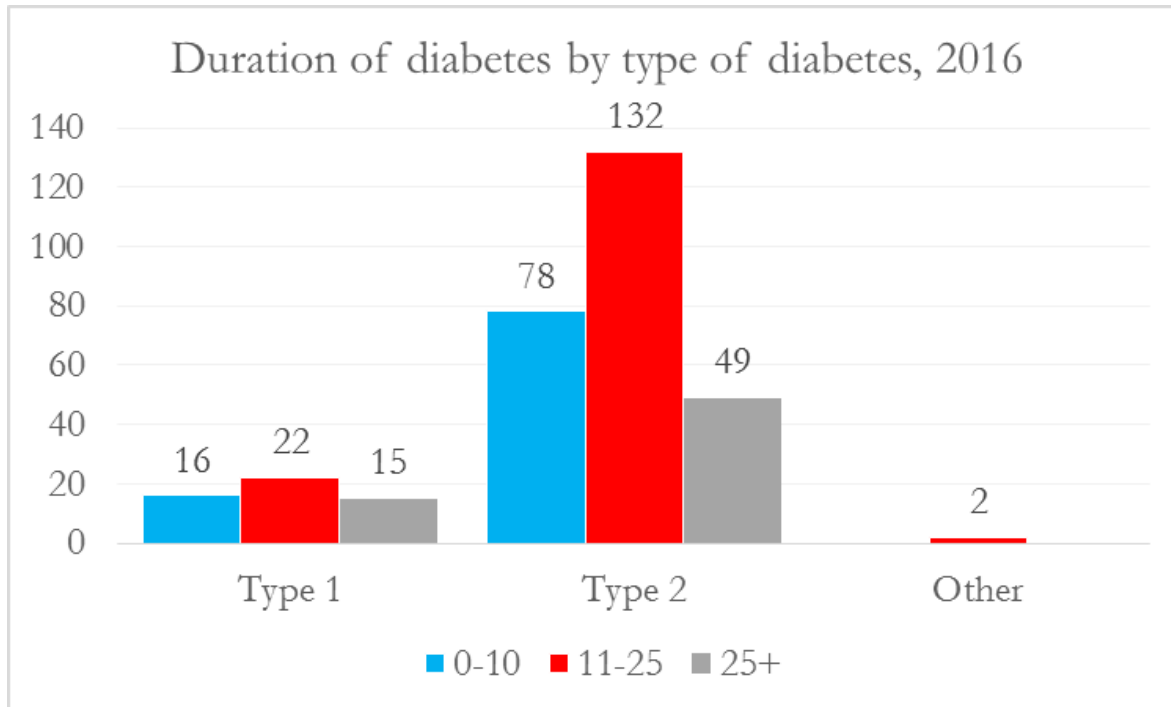
# Distribution of age group by type of diabetes

Age group	Type 1	Type 2	Other	Total
18-25	15			15
26-50	31	15		46
51-64	6	79	1	86
65-80	1	140	1	142
80+		25		25
<b>Total</b>	<b>53</b>	<b>259</b>	<b>2</b>	<b>314</b>

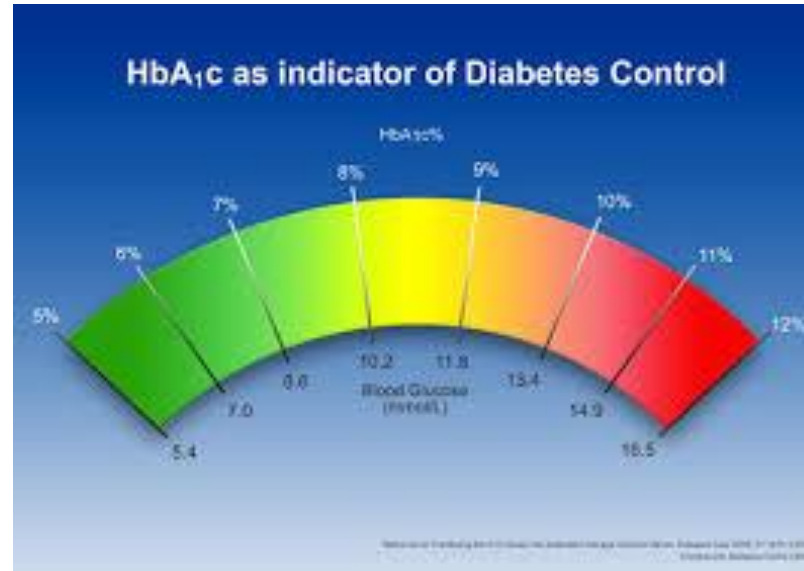


# Duration of diabetes by type of diabetes

Duration of diabetes	Type 1	Type 2	Other	Total
0-10	16	78		94
11-25	22	132	2	156
25+	15	49		64
<b>Total</b>	<b>53</b>	<b>259</b>	<b>2</b>	<b>314</b>



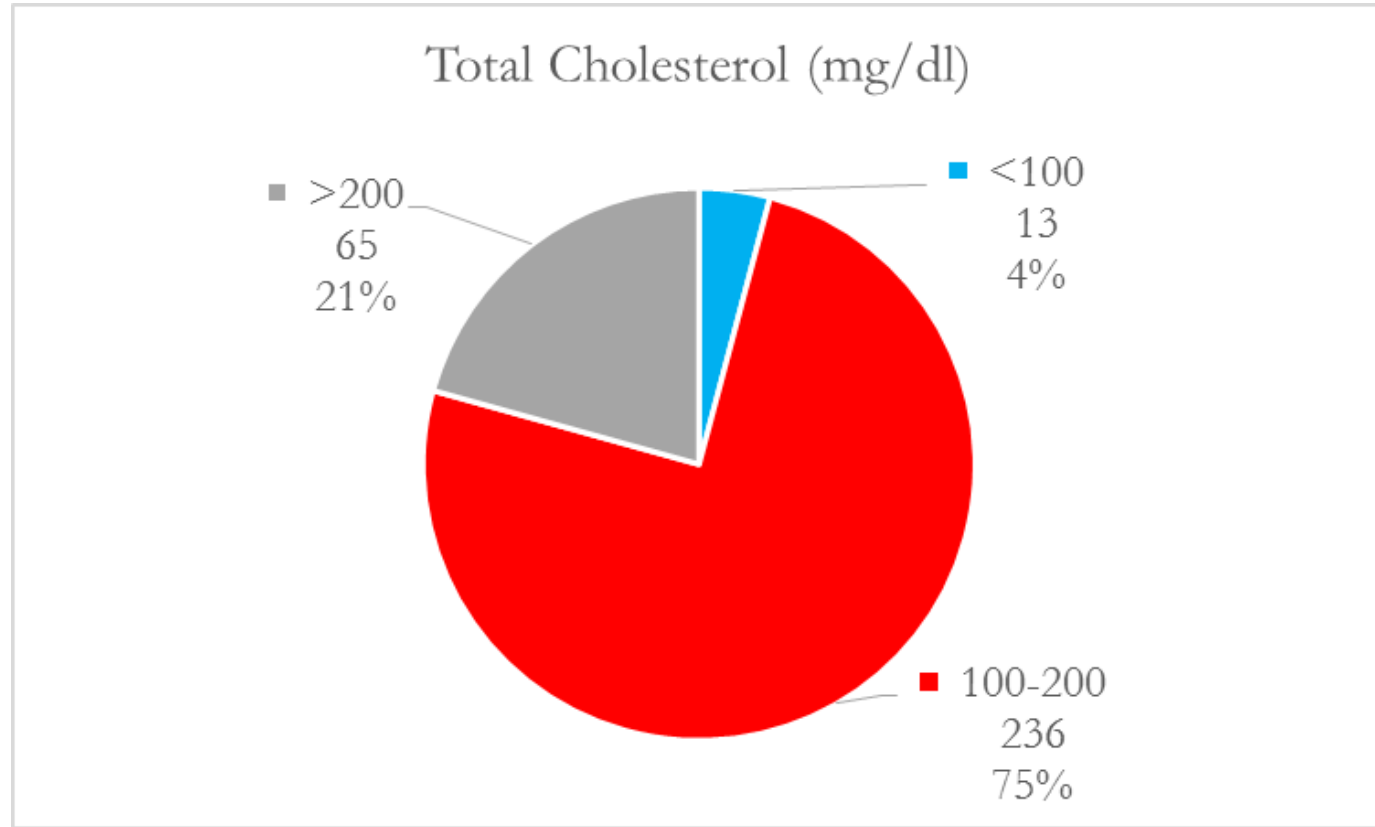
# Risk Factors





# Total Cholesterol (mg/dL)

Total Cholesterol	Total number of patients	%
<100	13	4%
100-200	236	75%
>200	65	21%
<b>Total</b>	<b>314</b>	<b>100%</b>



# HDL-Cholesterol (last episode in 12 months)

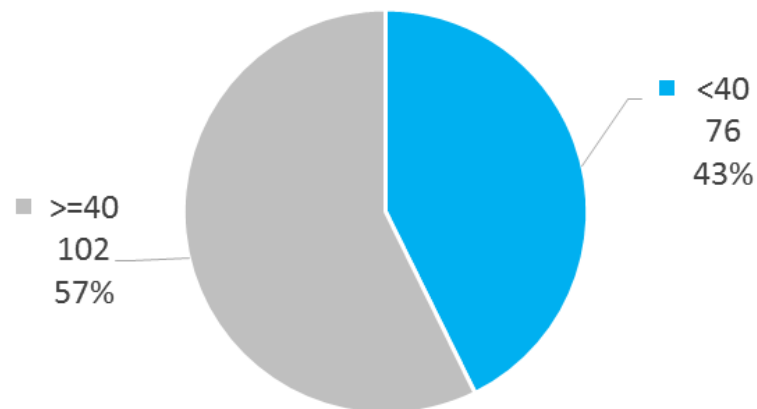
## Males

HDL-Cholesterol	Males	%
<40	76	43%
>=40	102	57%
<b>Total</b>	<b>178</b>	<b>100%</b>

## Females

HDL-Cholesterol	Females	%
<50	69	51%
>=50	67	49%
<b>Total</b>	<b>136</b>	<b>100%</b>

HDL-Cholesterol (last episode in 12 months),  
males

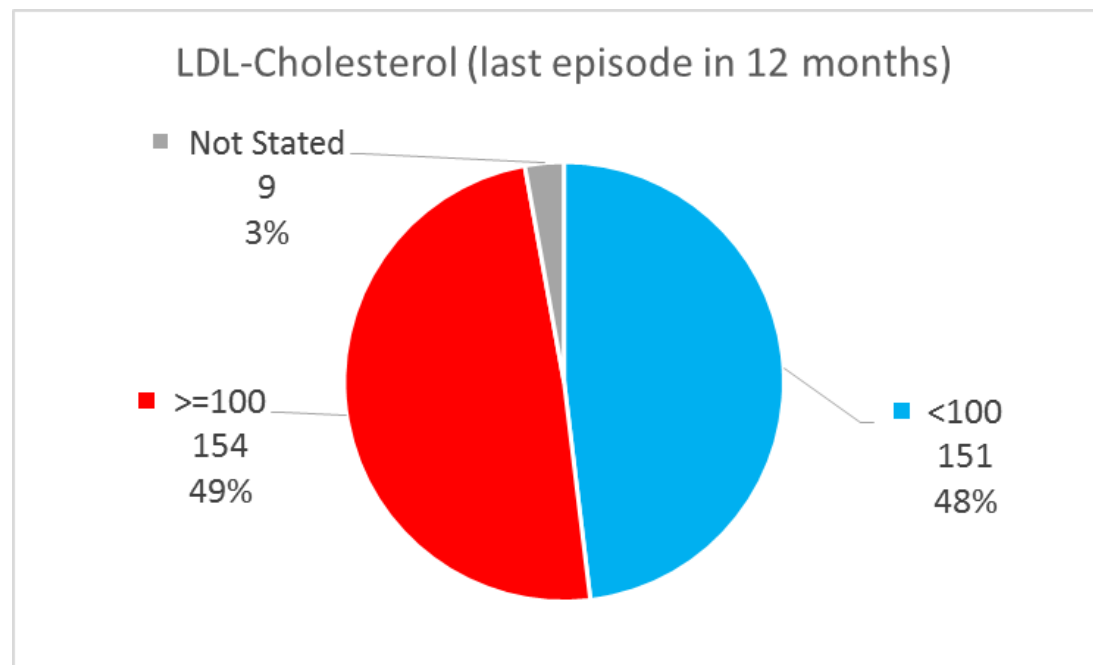


HDL-Cholesterol (last episode in 12 months),  
females



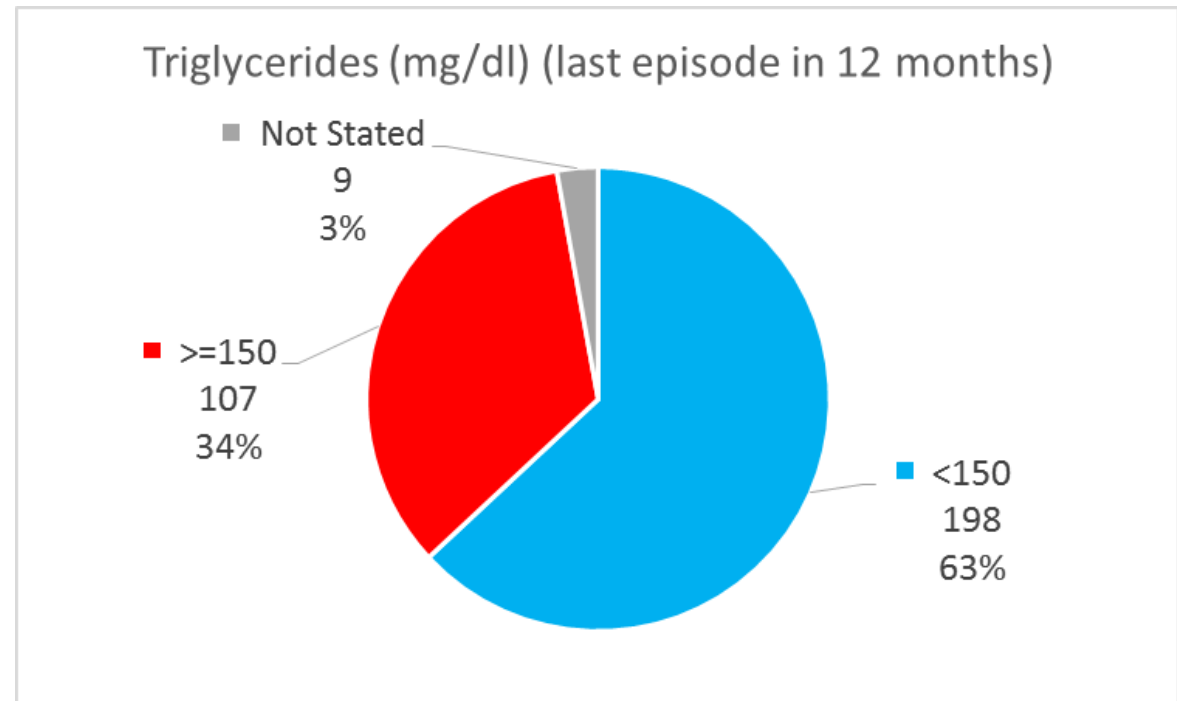
# LDL-Cholesterol (last episode in 12 months)

LDL-Cholesterol (mg/dL)	Total number of patients	%
<100	151	48%
>=100	154	49%
Not Stated	9	3%
<b>Total</b>	<b>314</b>	<b>100%</b>



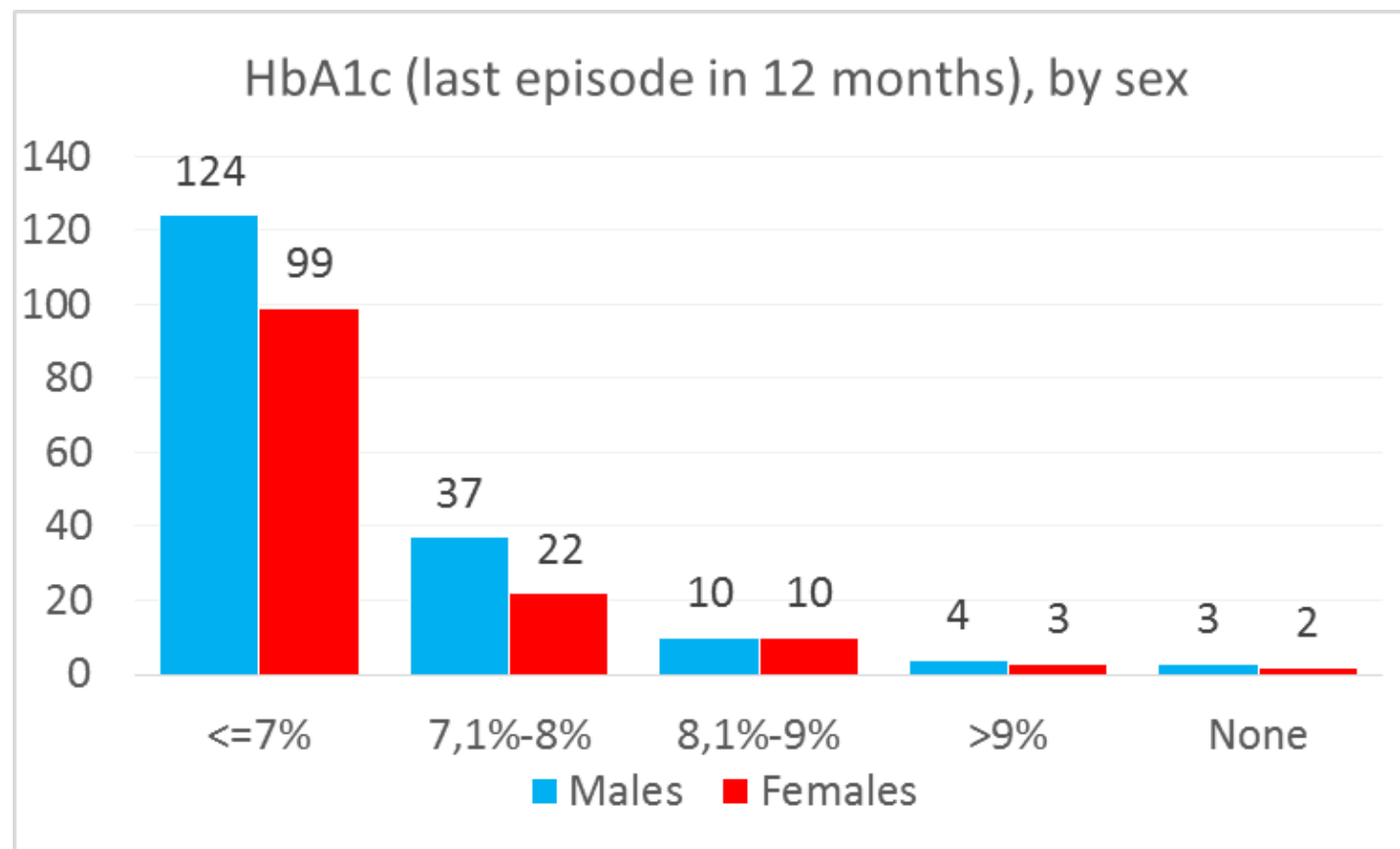
# Triglycerides (mg/dL) (last episode in 12 months)

Triglycerides (mg/dL)	Total number of patients	%
<150	198	63%
>=150	107	34%
Not Stated	9	3%
<b>Total</b>	<b>314</b>	<b>100%</b>



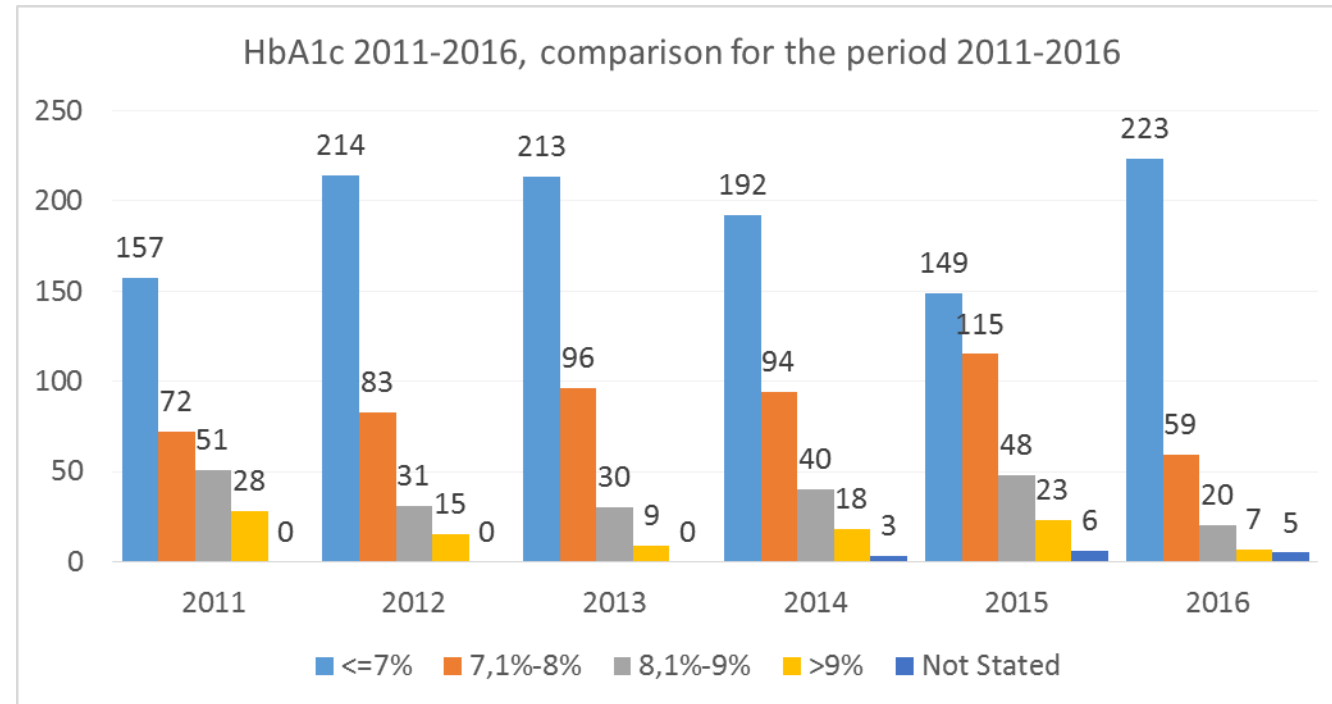
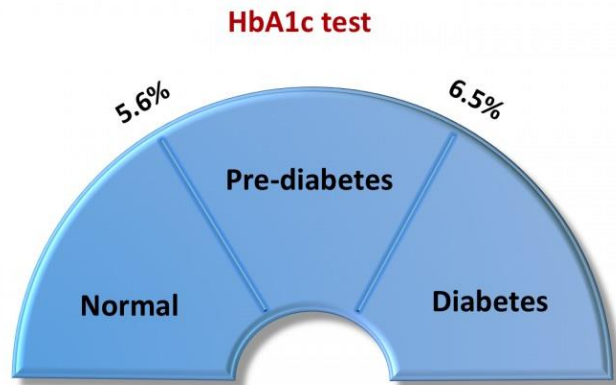
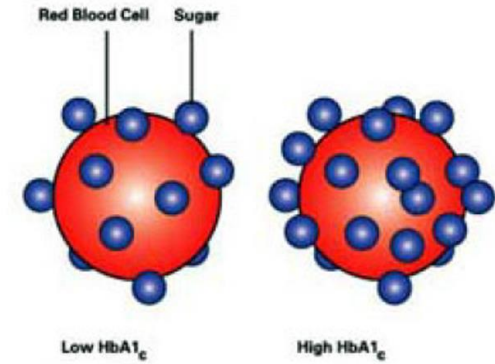
# HbA1c, by sex (last episode in 12 months)

HbA1c	Males	Females	Total	% of total
<=7%	124	99	223	<b>71%</b>
7,1%-8%	37	22	59	<b>19%</b>
8,1%-9%	10	10	20	<b>6%</b>
>9%	4	3	7	<b>2%</b>
None	3	2	5	<b>2%</b>
<b>Total</b>	<b>178</b>	<b>136</b>	<b>314</b>	<b>100%</b>



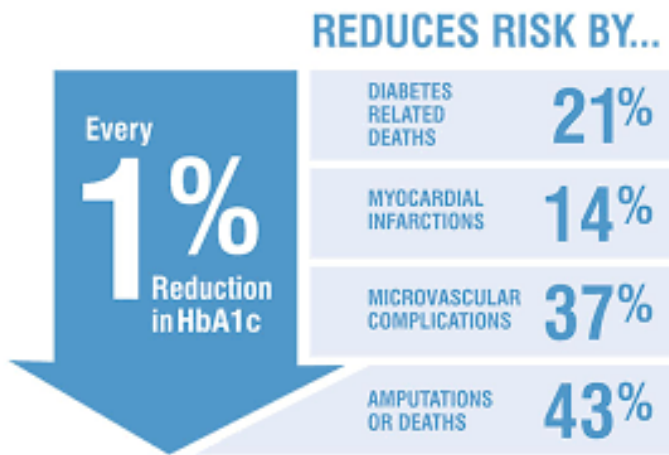
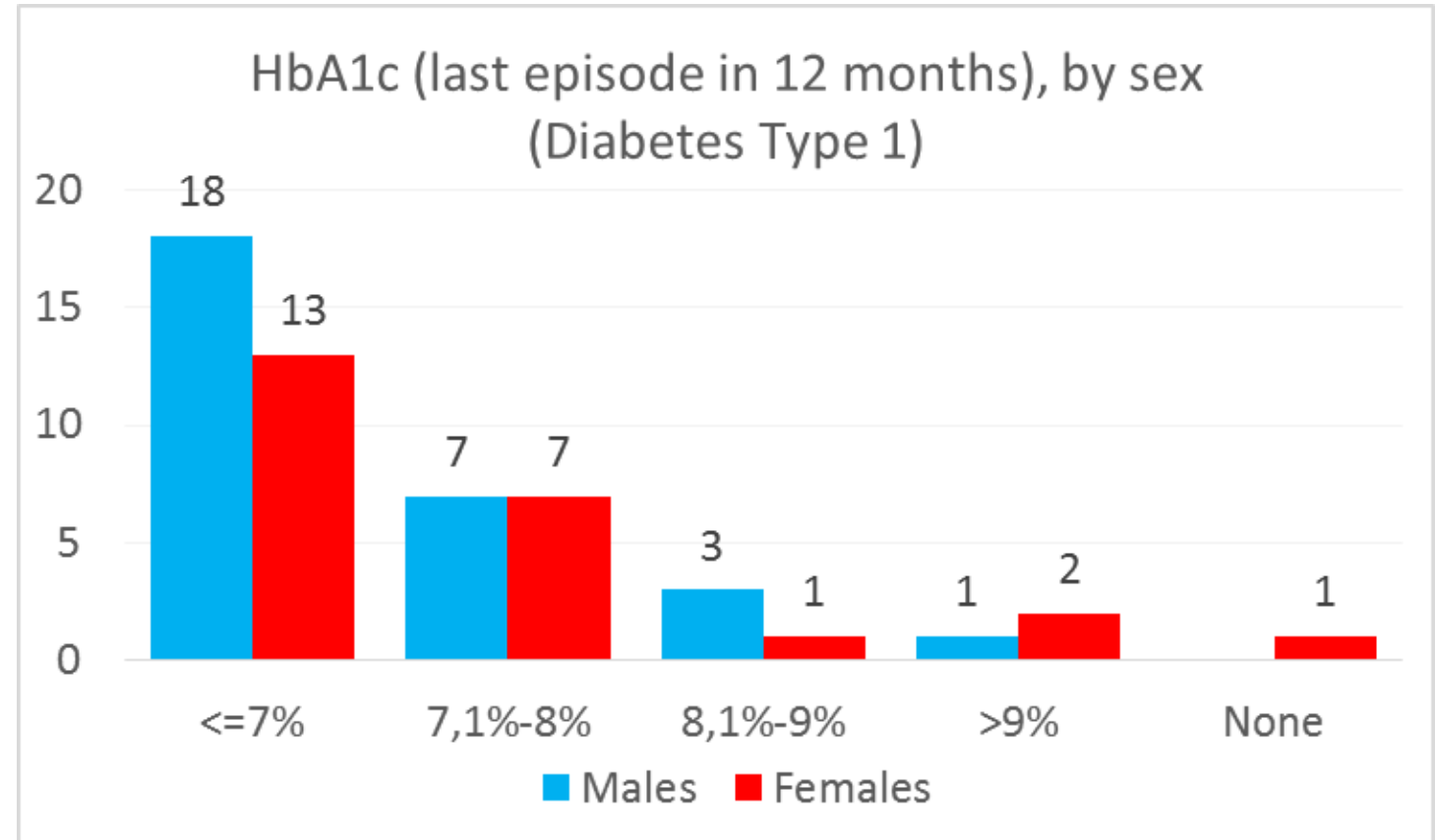
# HbA1c, comparison for the period 2011-2016

HbA1c	2011	2012	2013	2014	2015	2016
<=7%	157 (51%)	214 (62%)	213 (61%)	192 (55%)	149 (44%)	223 (71%)
7,1%-8%	72 (23%)	83 (24%)	96 (28%)	94 (27%)	115 (34%)	59 (19%)
8,1%-9%	51 (17%)	31 (9%)	30 (9%)	40 (12%)	48 (14%)	20 (6%)
>9%	28 (9%)	15 (4%)	9 (3%)	18 (5%)	23 (7%)	7 (2%)
Not Stated	0 (0%)	0 (0%)	0 (0%)	3 (1%)	6 (2%)	5 (2%)
<b>Total</b>	<b>308 (100%)</b>	<b>343 (100%)</b>	<b>348 (100%)</b>	<b>347 (100%)</b>	<b>341 (100%)</b>	<b>314 (100%)</b>



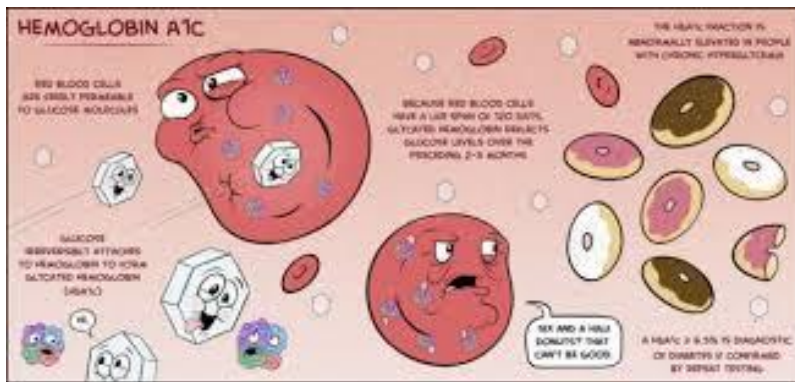
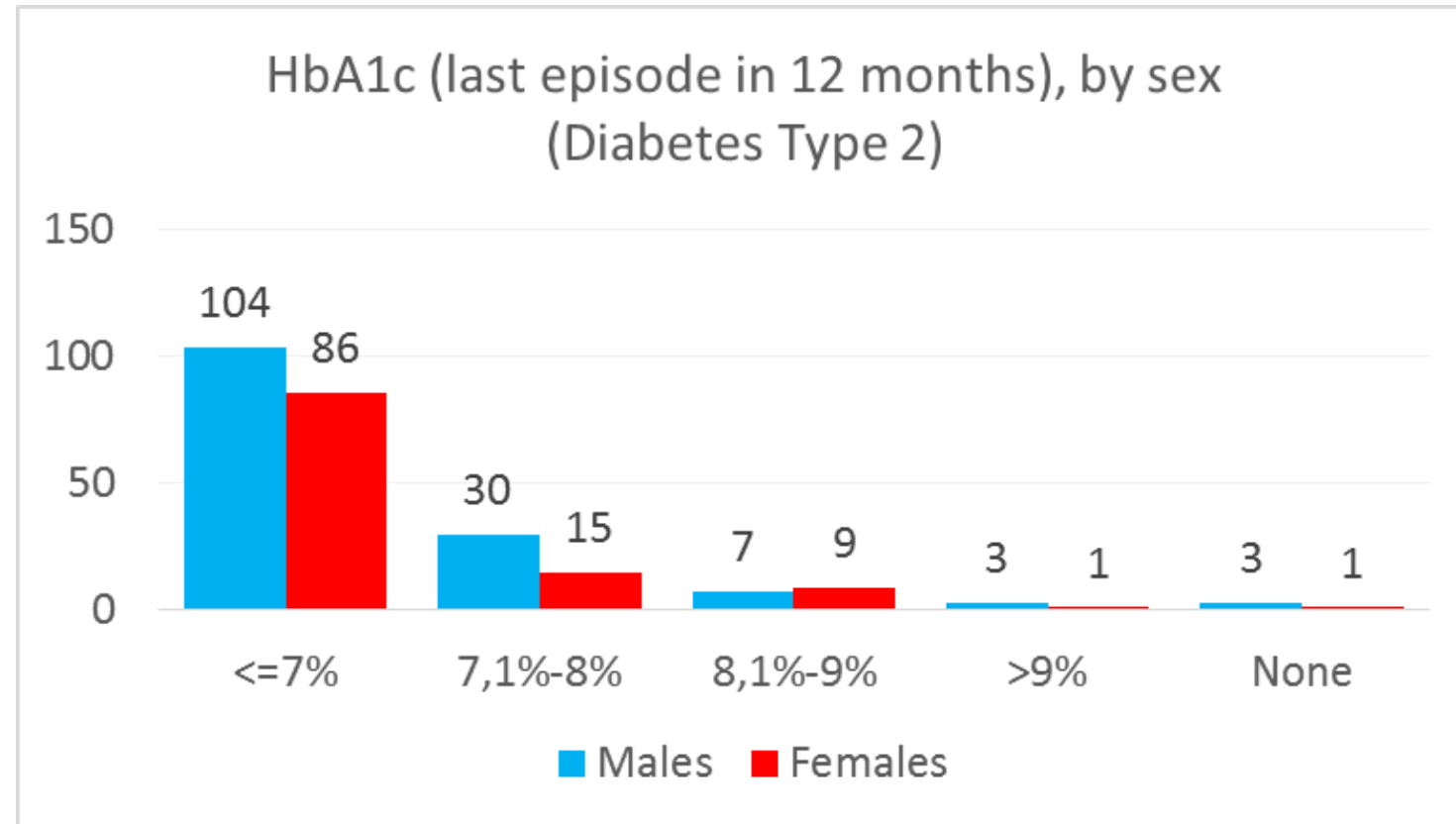
# HbA1c, by sex (last episode in 12 months) (Diabetes Type 1)

HbA1c	Males	Females	Total	% of total
<=7%	18	13	31	58%
7,1%-8%	7	7	14	26%
8,1%-9%	3	1	4	8%
>9%	1	2	3	6%
None		1	1	2%
<b>Total</b>	<b>29</b>	<b>24</b>	<b>53</b>	<b>100%</b>



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

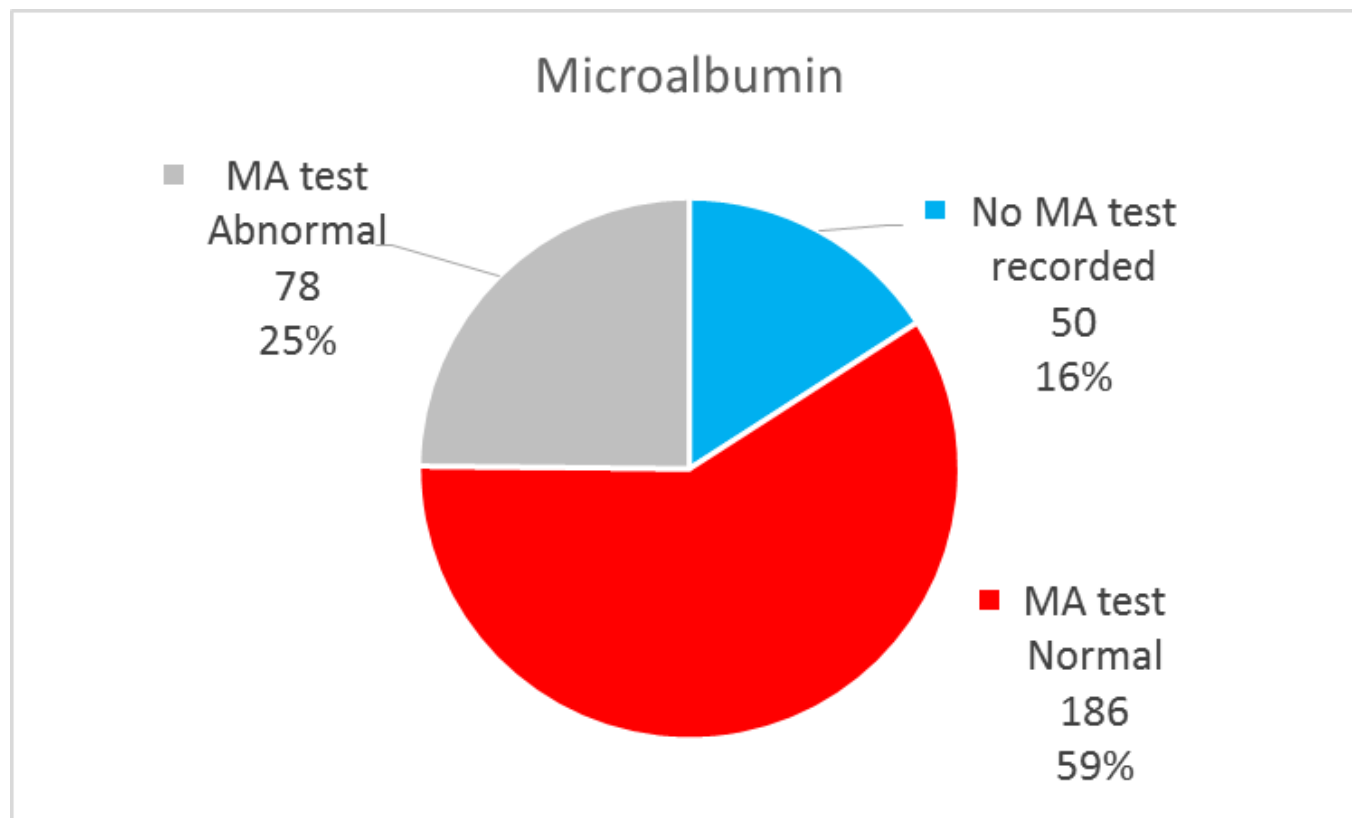
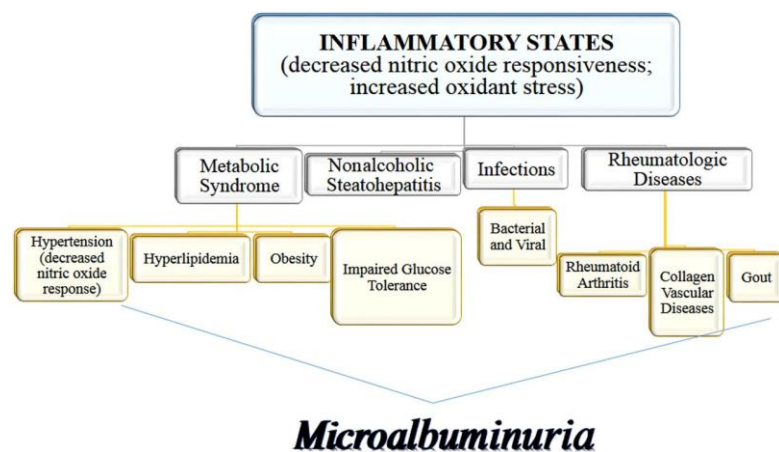
HbA1c	Males	Females	Total	% of total
<=7%	104	86	190	73%
7,1%-8%	30	15	45	17%
8,1%-9%	7	9	16	6%
>9%	3	1	4	2%
None	3	1	4	2%
<b>Total</b>	<b>147</b>	<b>112</b>	<b>259</b>	<b>100%</b>





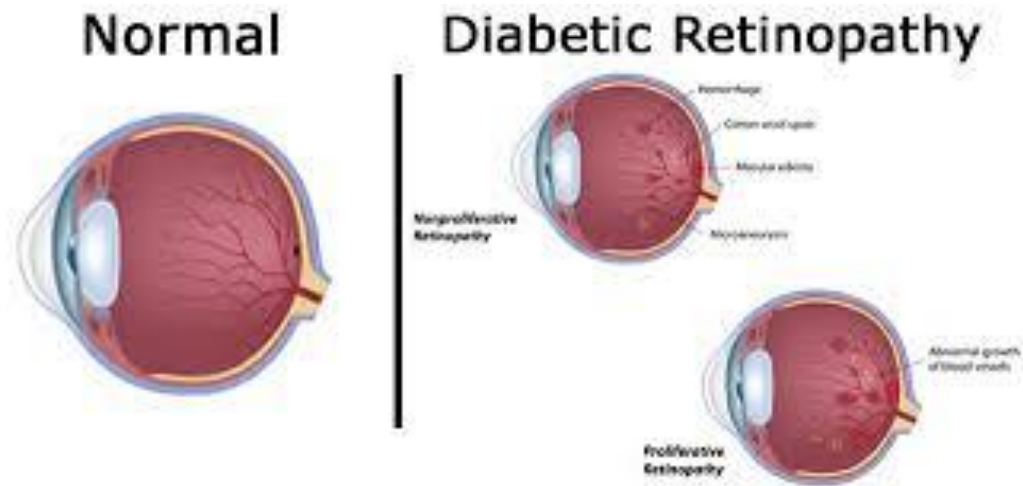
# Microalbumin

Microalbumin	Total number of patients	%
No MA test recorded	50	16%
MA test Normal	186	59%
MA test Abnormal	78	25%
<b>Total</b>	<b>314</b>	<b>100%</b>



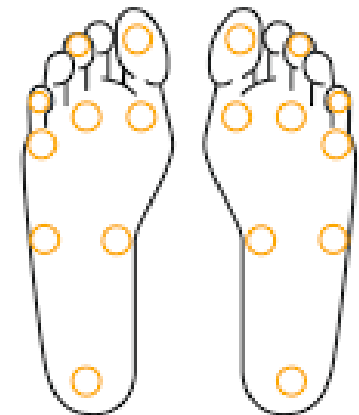
# Health System

## 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

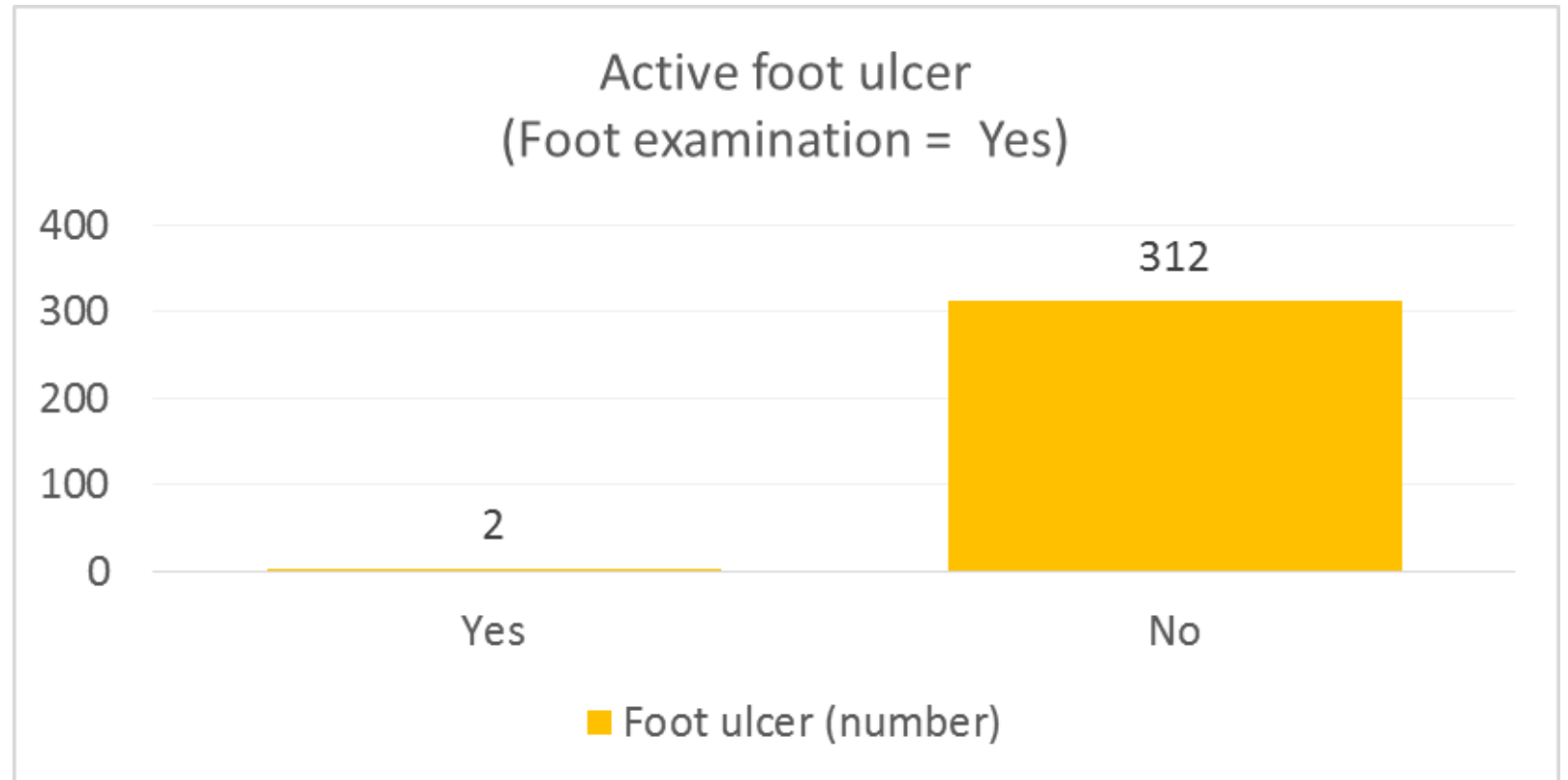


- Diabetes population (314 patients in 2016): all had their feet examined



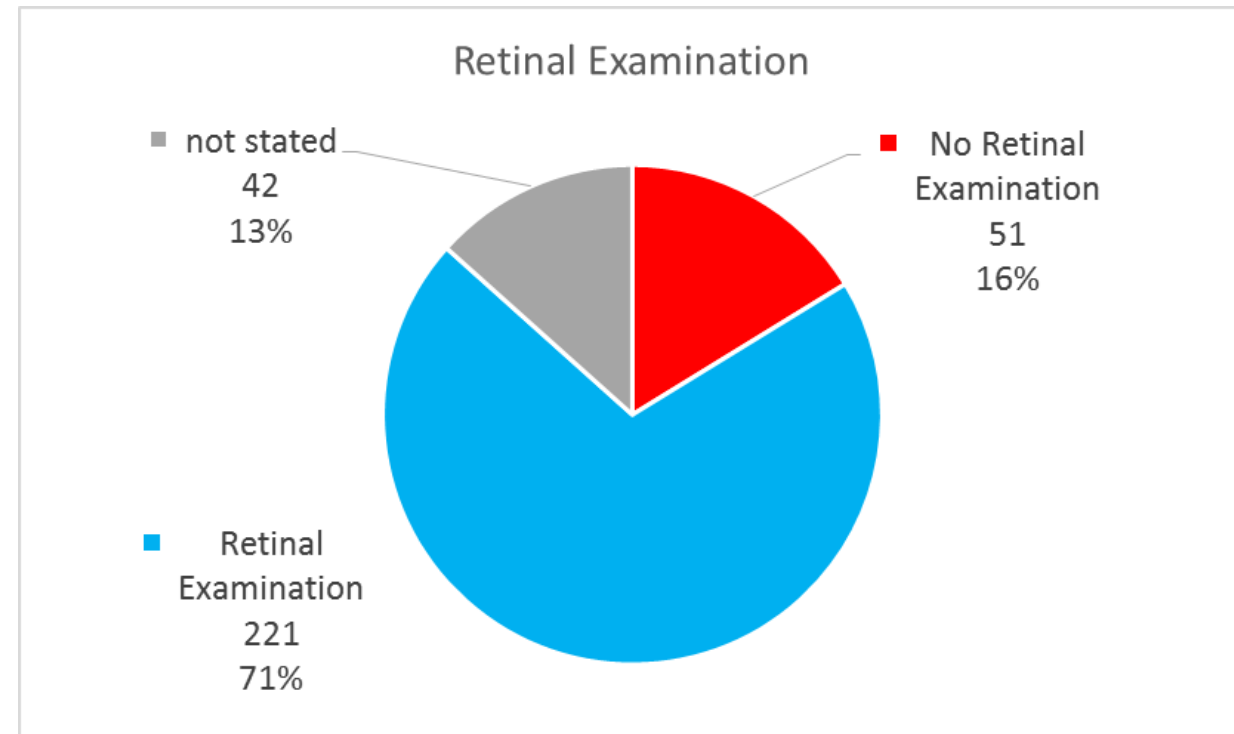
# Active foot ulcer (Foot examination = Yes)

Foot ulcer	N
Yes	2
No	312
<b>Total</b>	<b>314</b>



# Retinal Examination

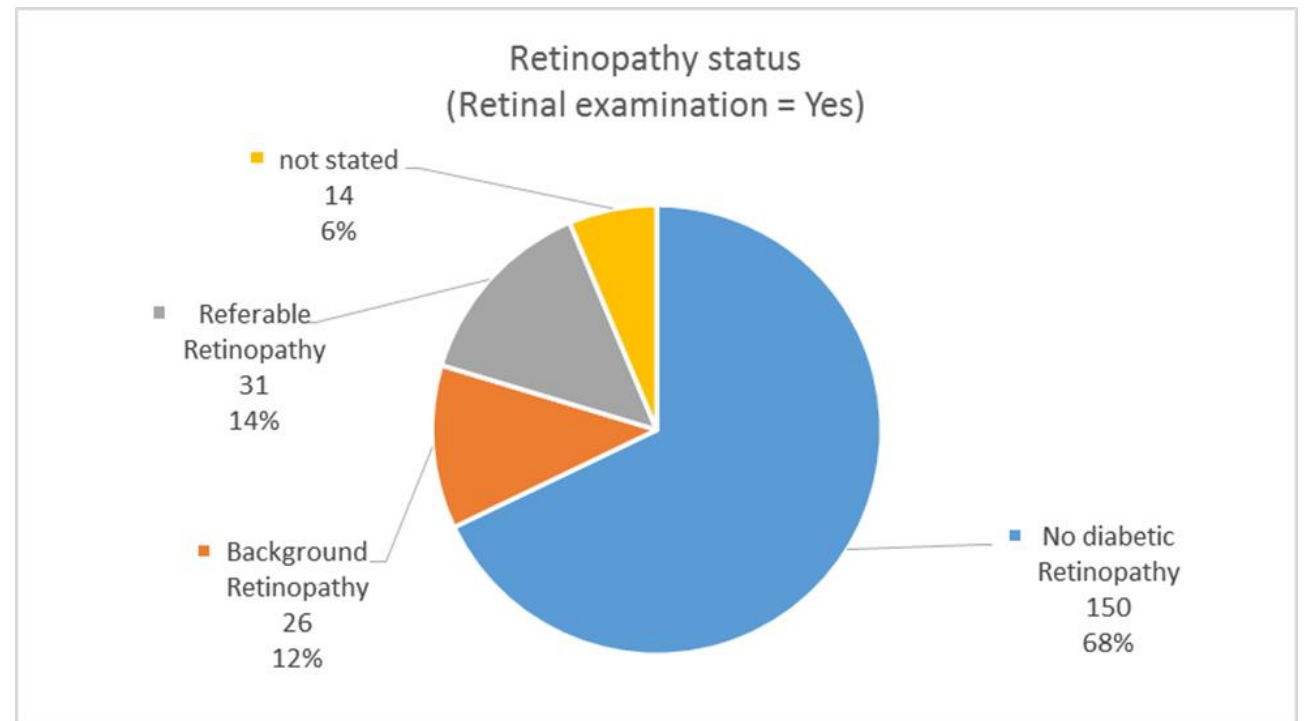
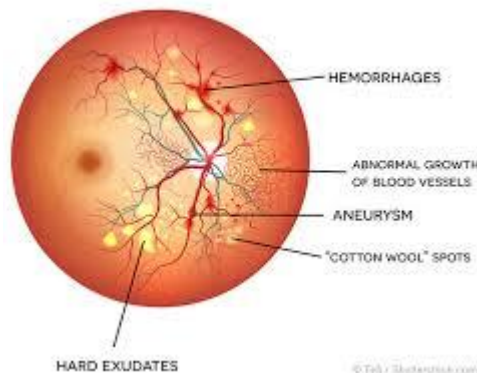
Retinal Examination	Total number of patients	%
Retinal Examination	221	<b>70%</b>
No Retinal Examination	51	<b>16%</b>
not stated	42	<b>13%</b>
<b>Total</b>	<b>314</b>	<b>100%</b>



# Retinopathy status (Retinal examination = Yes)

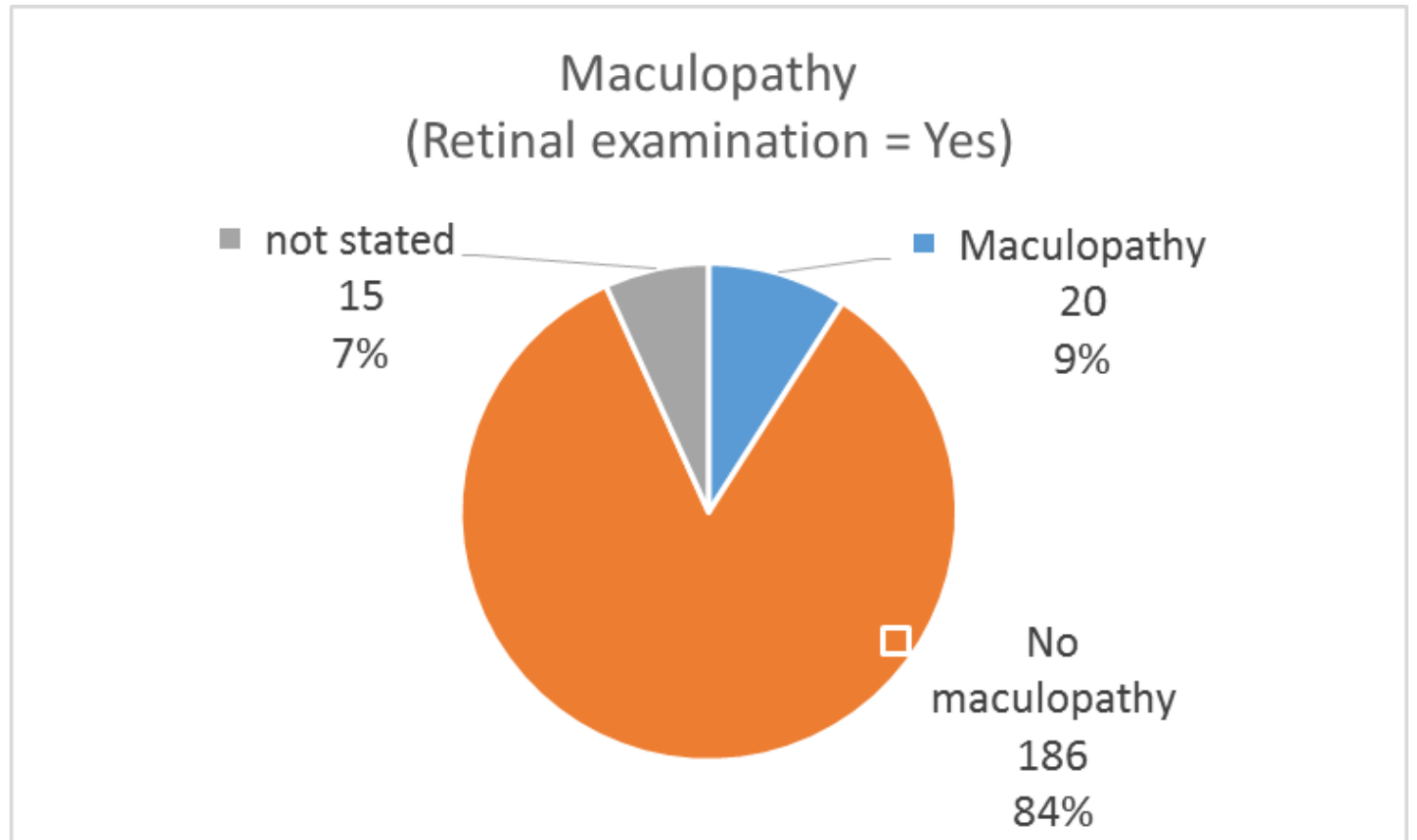
Retinopathy status	Total number of patients	%
No diabetic Retinopathy	150	68%
Background Retinopathy	26	12%
Referable Retinopathy	31	14%
not stated	14	6%
<b>Total</b>	<b>221</b>	<b>100%</b>

## DIABETIC RETINOPATHY



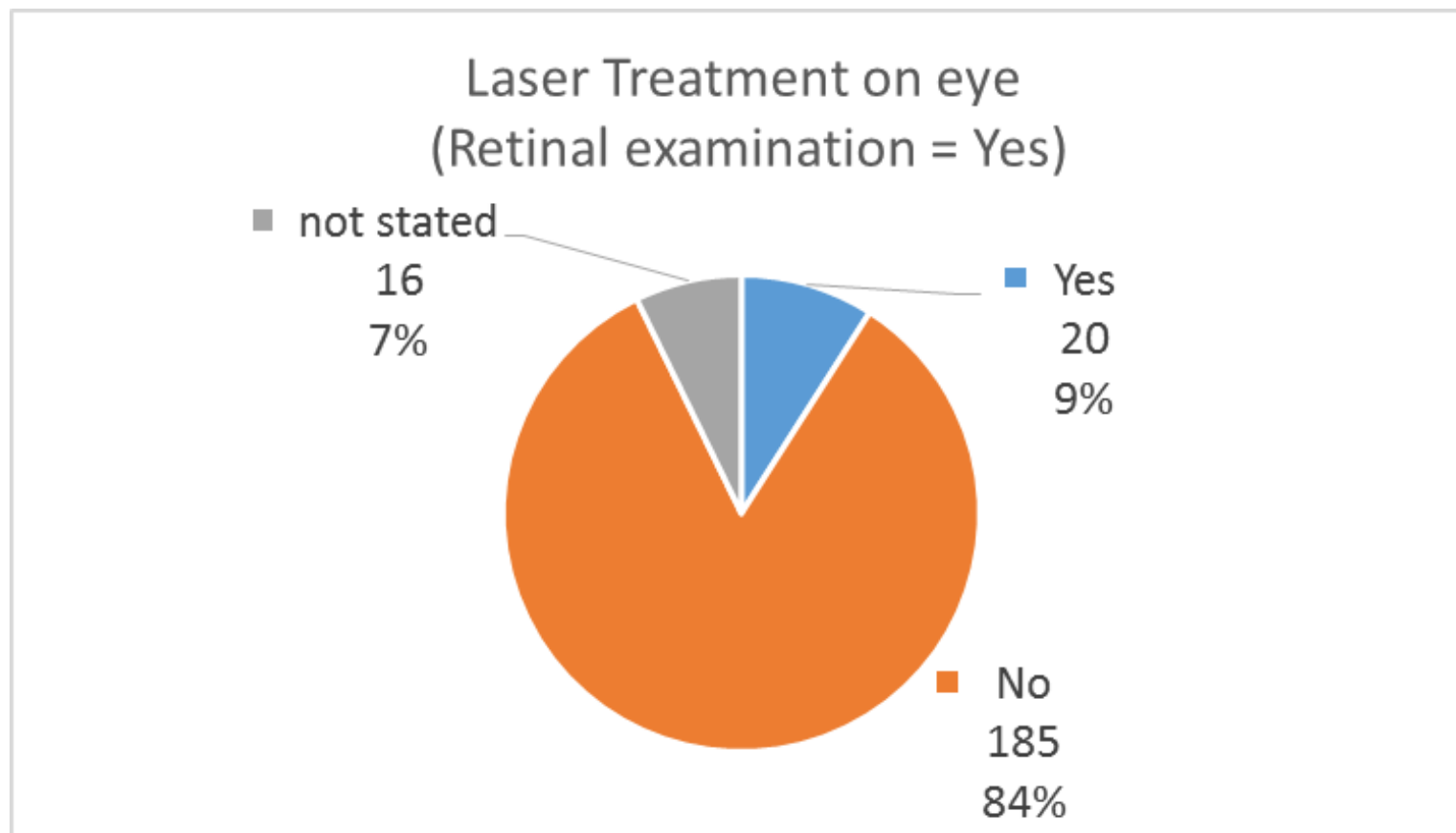
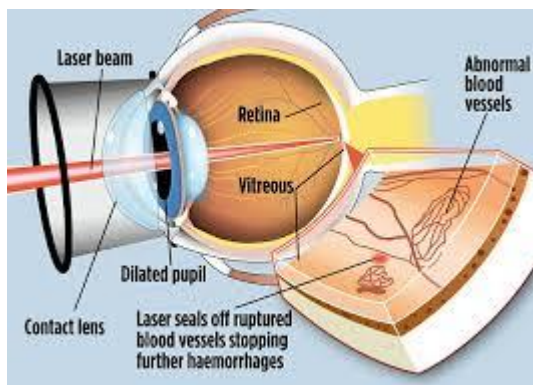
# Maculopathy (Retinal examination = Yes)

Maculopathy	Total number of patients	%
Maculopathy	20	9%
No maculopathy	186	84%
not stated	15	7%
<b>Total</b>	<b>221</b>	<b>100%</b>



# Laser Treatment on eye (Retinal examination = Yes)

Laser Treatment	Total number of patients	%
Yes	20	9%
No	185	84%
not stated	16	7%
<b>Total</b>	<b>221</b>	<b>100%</b>

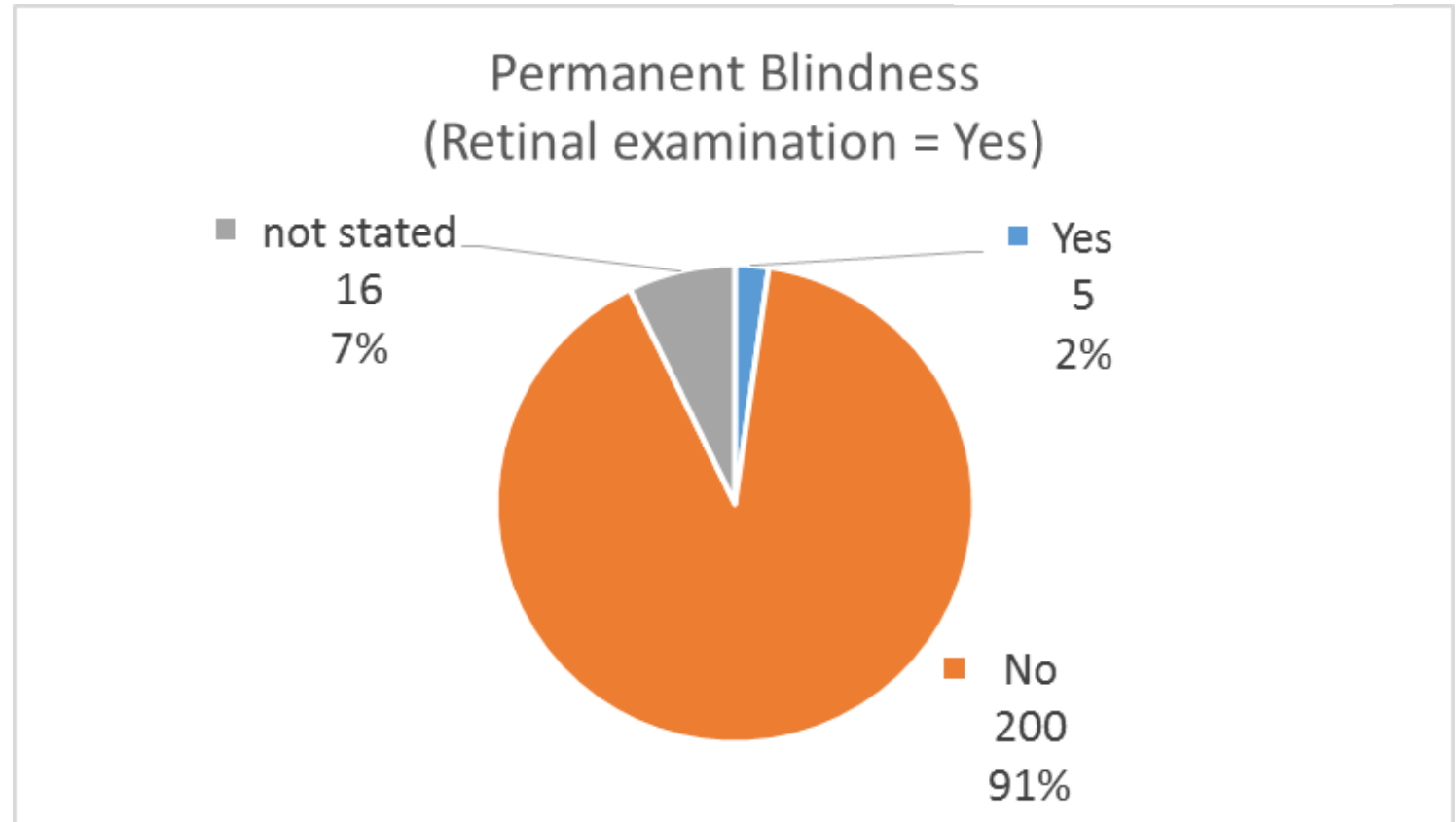




# Permanent Blindness (Retinal examination = Yes)



Permanent Blindness	Total number of patients	%
Yes	5	2%
No	200	90%
not stated	16	7%
<b>Total</b>	<b>221</b>	<b>100%</b>



# Treatment

Diabetes management program includes:



## Natural Diabetes Treatment

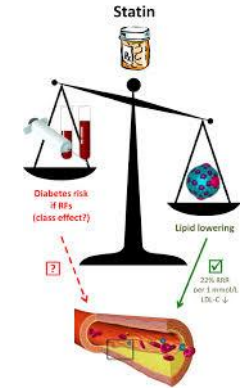


### EXERCISE GUIDE FOR DIABETIC FITNESS

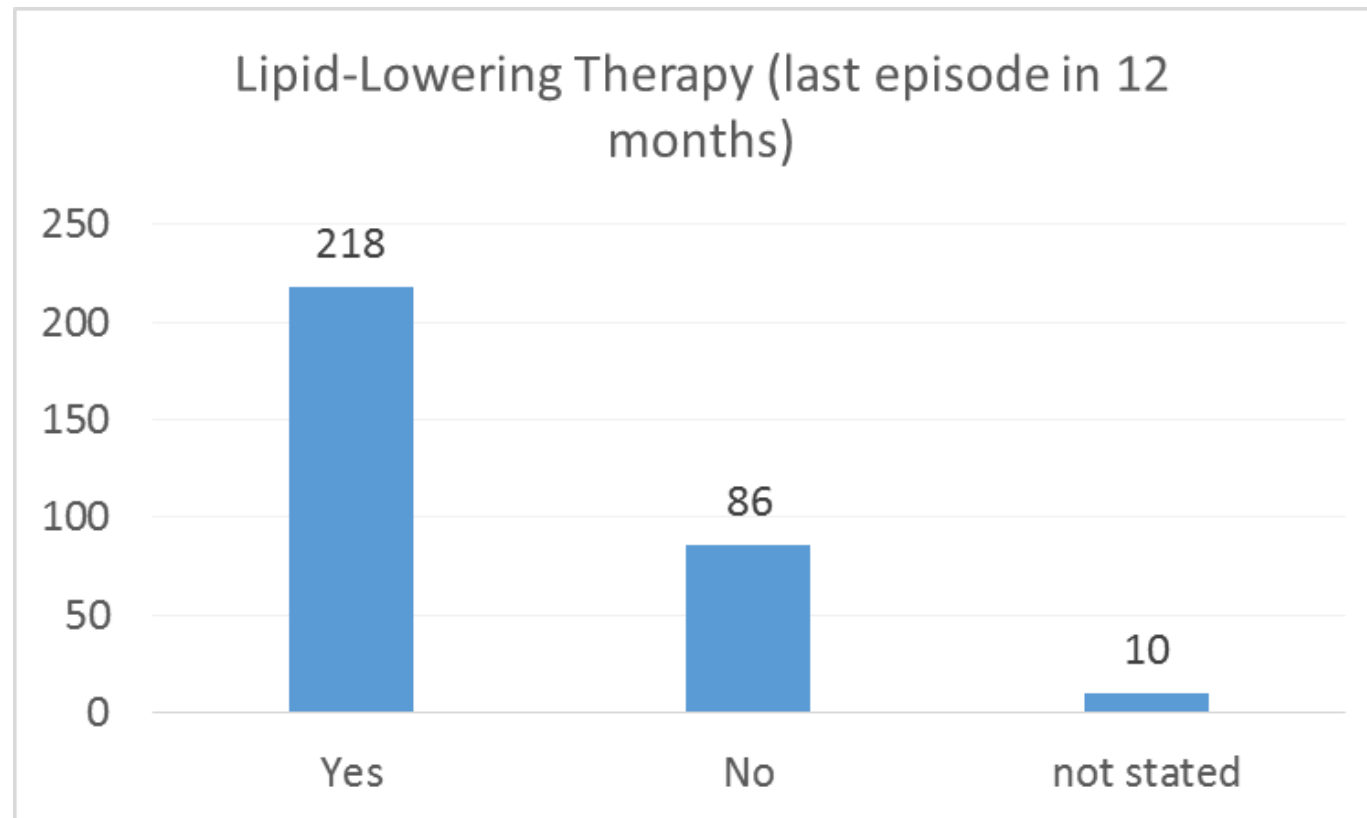
- F** Frequency  
Regular (2x to 4x Per Week)
- I** Intensity  
60-80% Of Maximal Heart Rate
- T** Time  
Aerobic Activity  
20-30 Min.  
With 5-10 Min.  
Warm Up



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

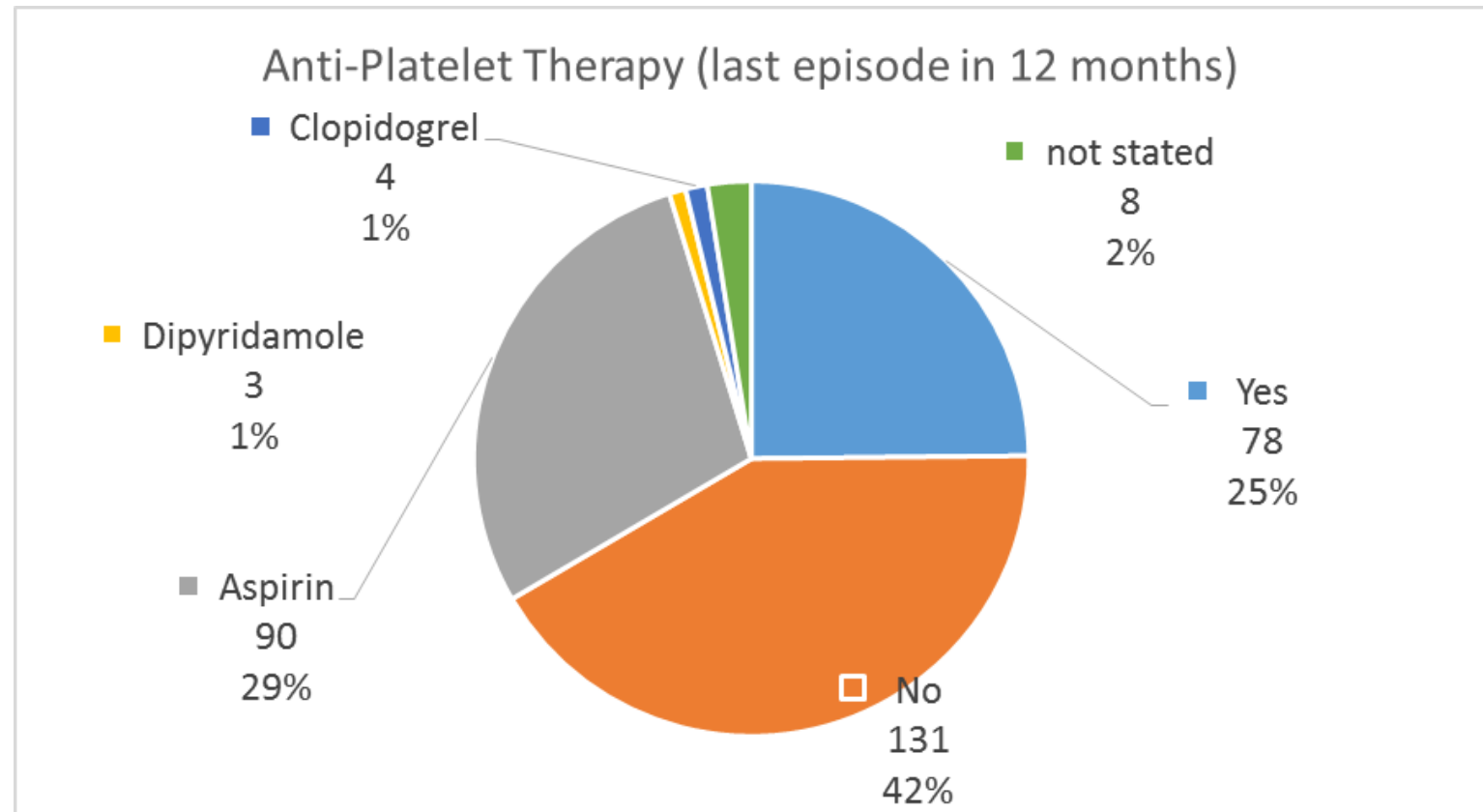
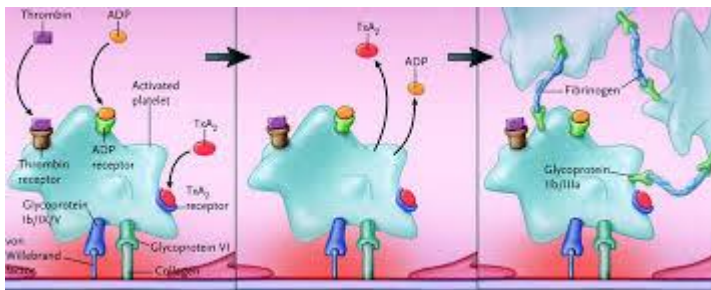


lipid-Lowering Therapy	Total number of patients	%
Yes	218	69%
No	86	27%
not stated	10	3%
<b>Total</b>	<b>314</b>	<b>100%</b>



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

Anti-Platelet Therapy	Total number of patients	%
Yes	78	25%
No	131	42%
Aspirin	90	29%
Dipyridamole	3	1%
Clopidogrel	4	1%
not stated	8	3%
<b>Total</b>	<b>314</b>	<b>100%</b>

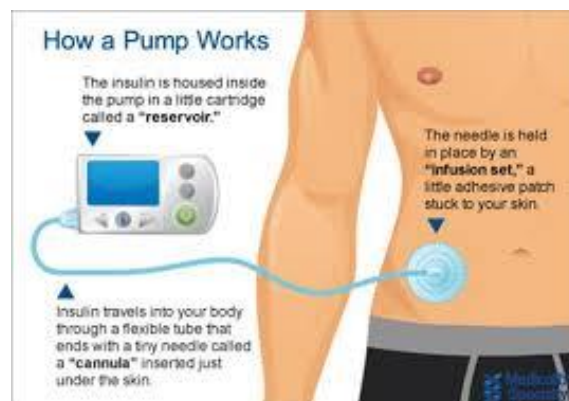


# Pump Therapy (last episode in 12 months)

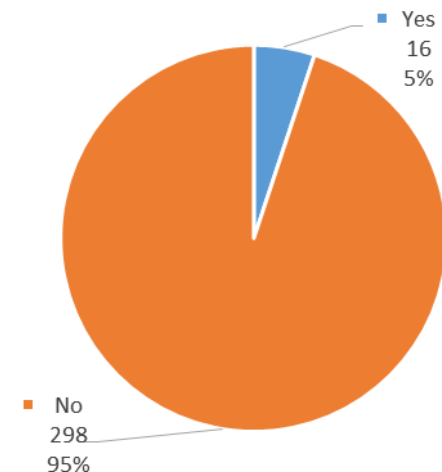
Pump Therapy	Total number of patients	%
Yes	16	5%
No	298	95%
<b>Total</b>	<b>314</b>	<b>100%</b>

## 16 people on Pump therapy:

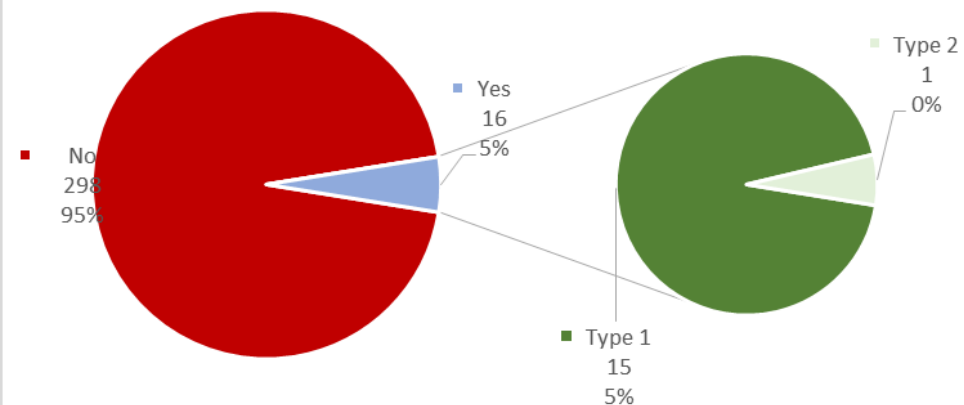
- 15 with Type 1 Diabetes
- 1 with Type 2 Diabetes.



Pump Therapy (last episode in 12 months)

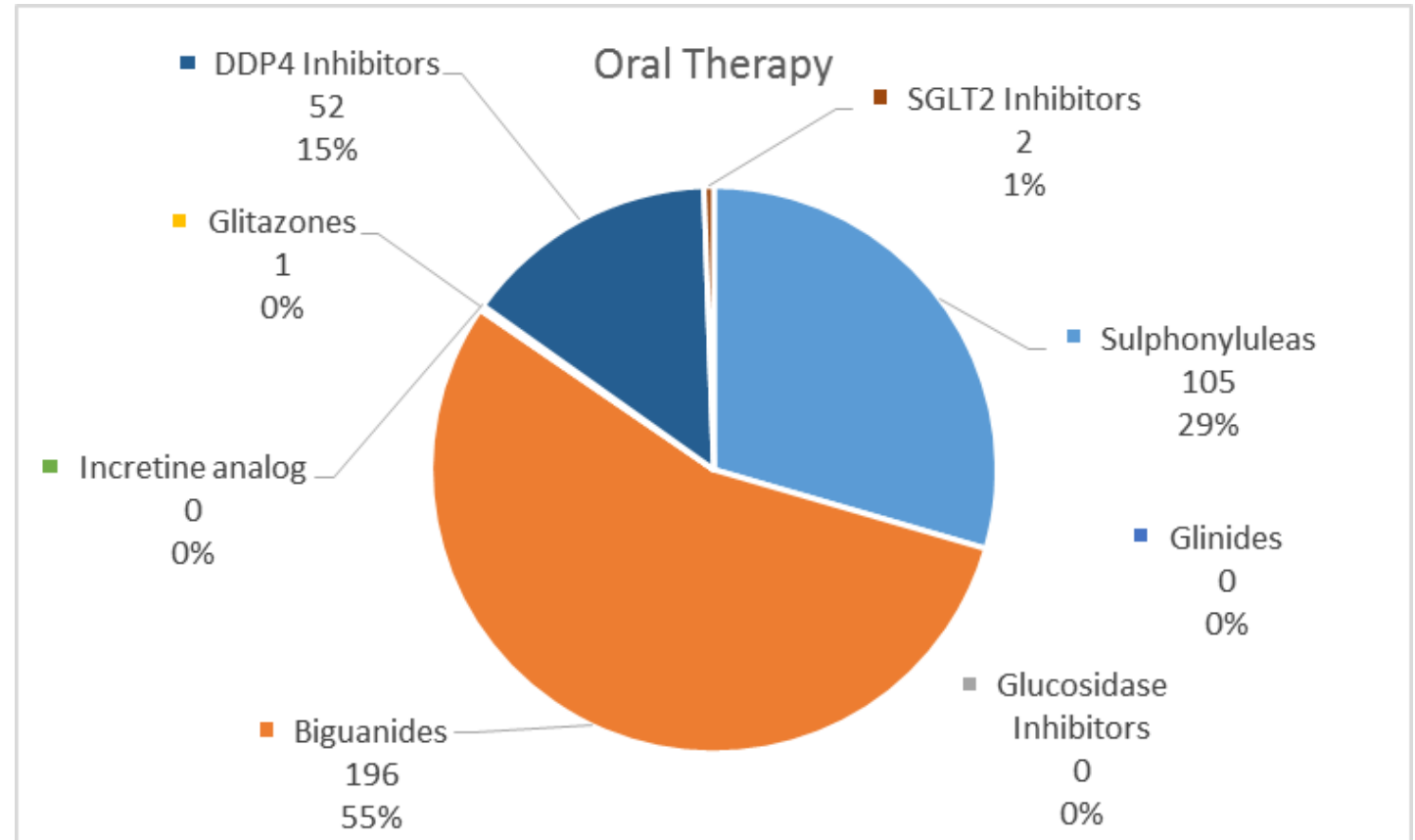
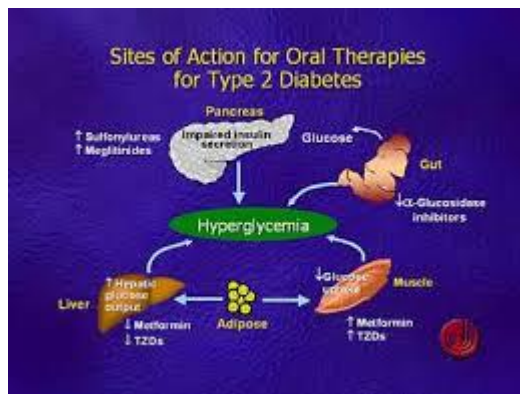


Pump Therapy by type of diabetes



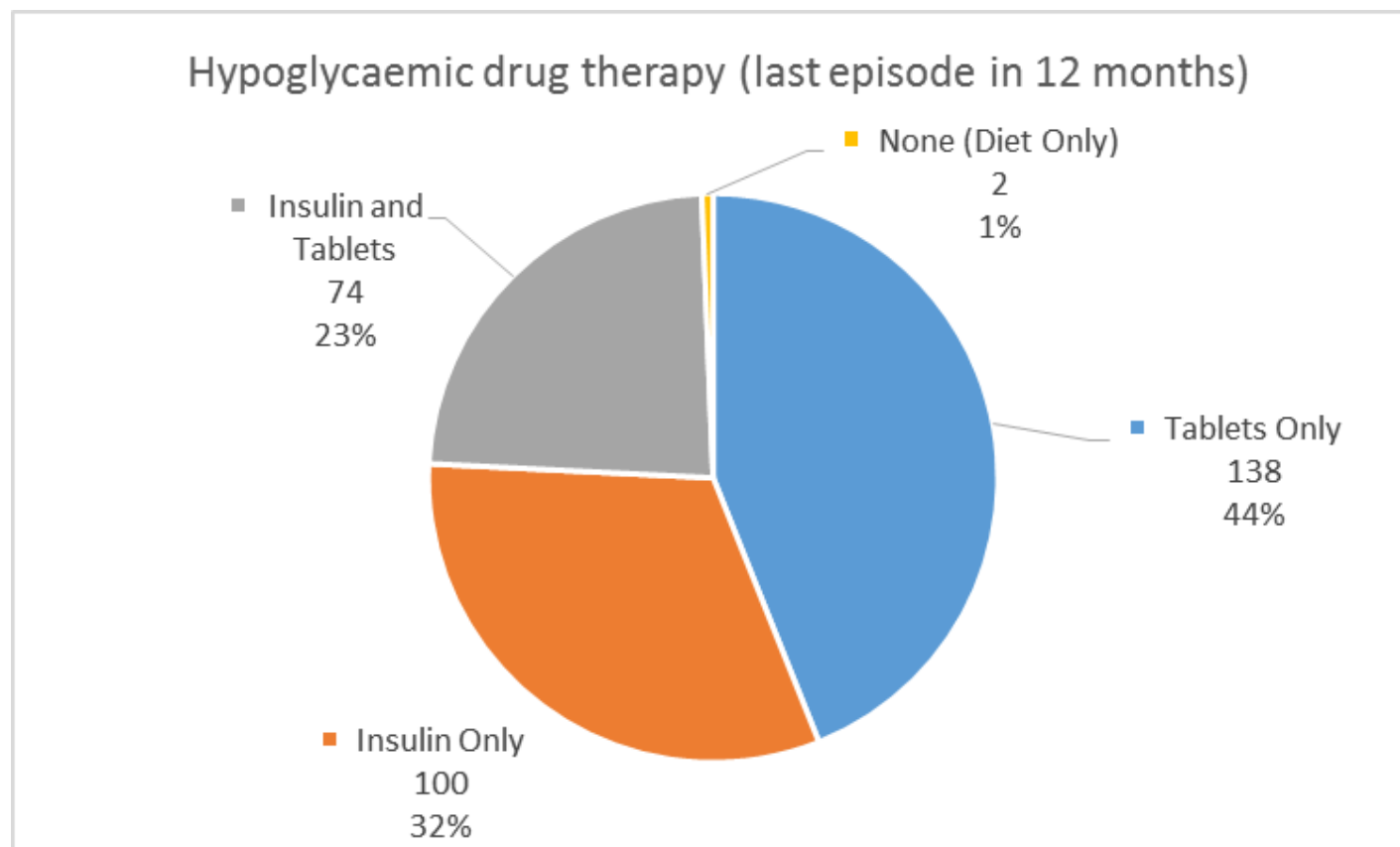
# Oral Therapy

Oral Therapy	N
Sulphonylureas	105
Biguanides	196
Glucosidase Inhibitors	0
Glitazones	1
Glinides	0
Incretine analog	0
DDP4 Inhibitors	52
SGLT2 Inhibitors	2



# Hypoglycaemic drug therapy (last episode in 12 months)

Hypoglycaemic drug therapy	Total number of patients	%
Tablets Only	138	44%
Insulin Only	100	32%
Insulin and Tablets	74	24%
None (Diet Only)	2	1%
<b>Total</b>	<b>314</b>	<b>100%</b>



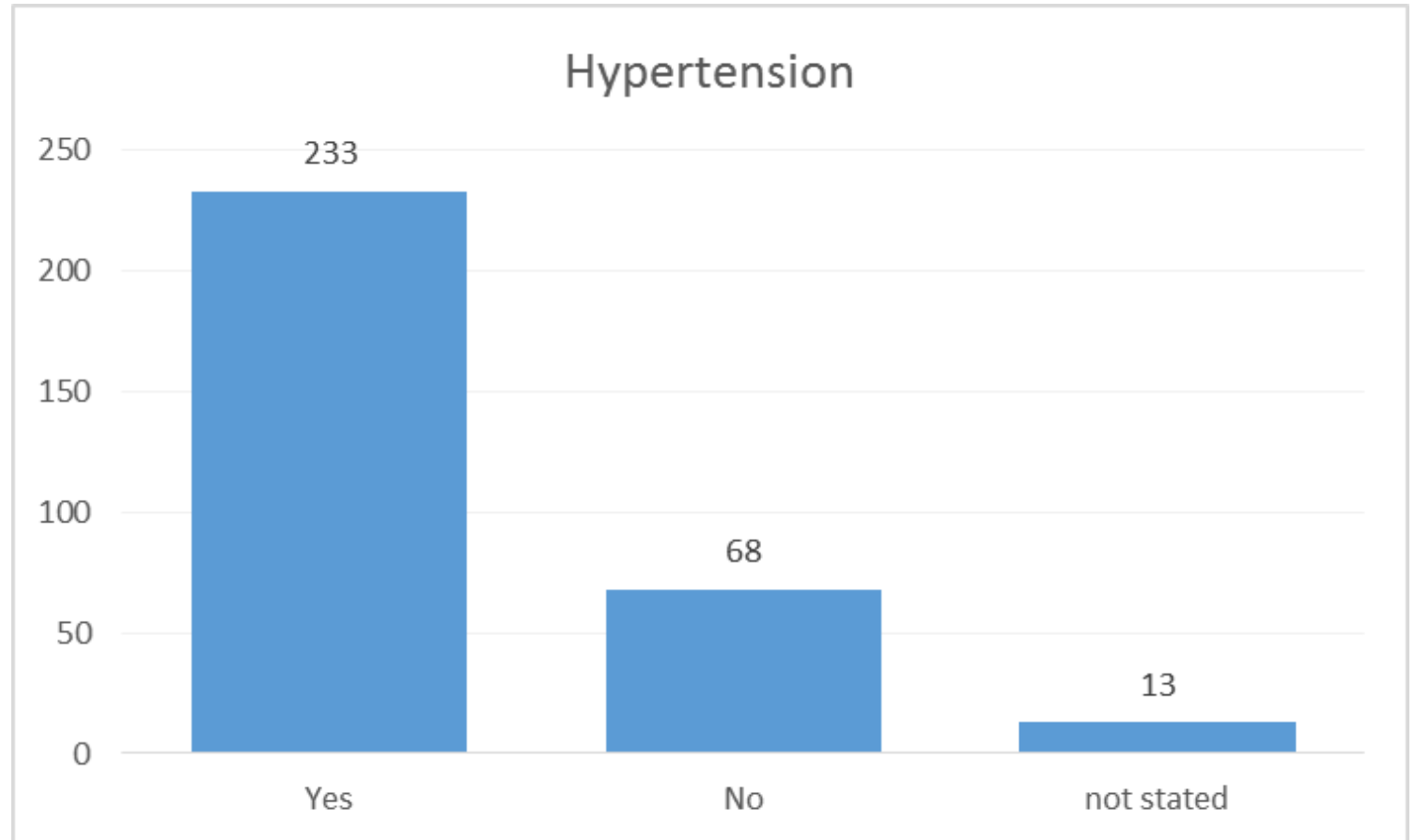
# Complications of diabetes





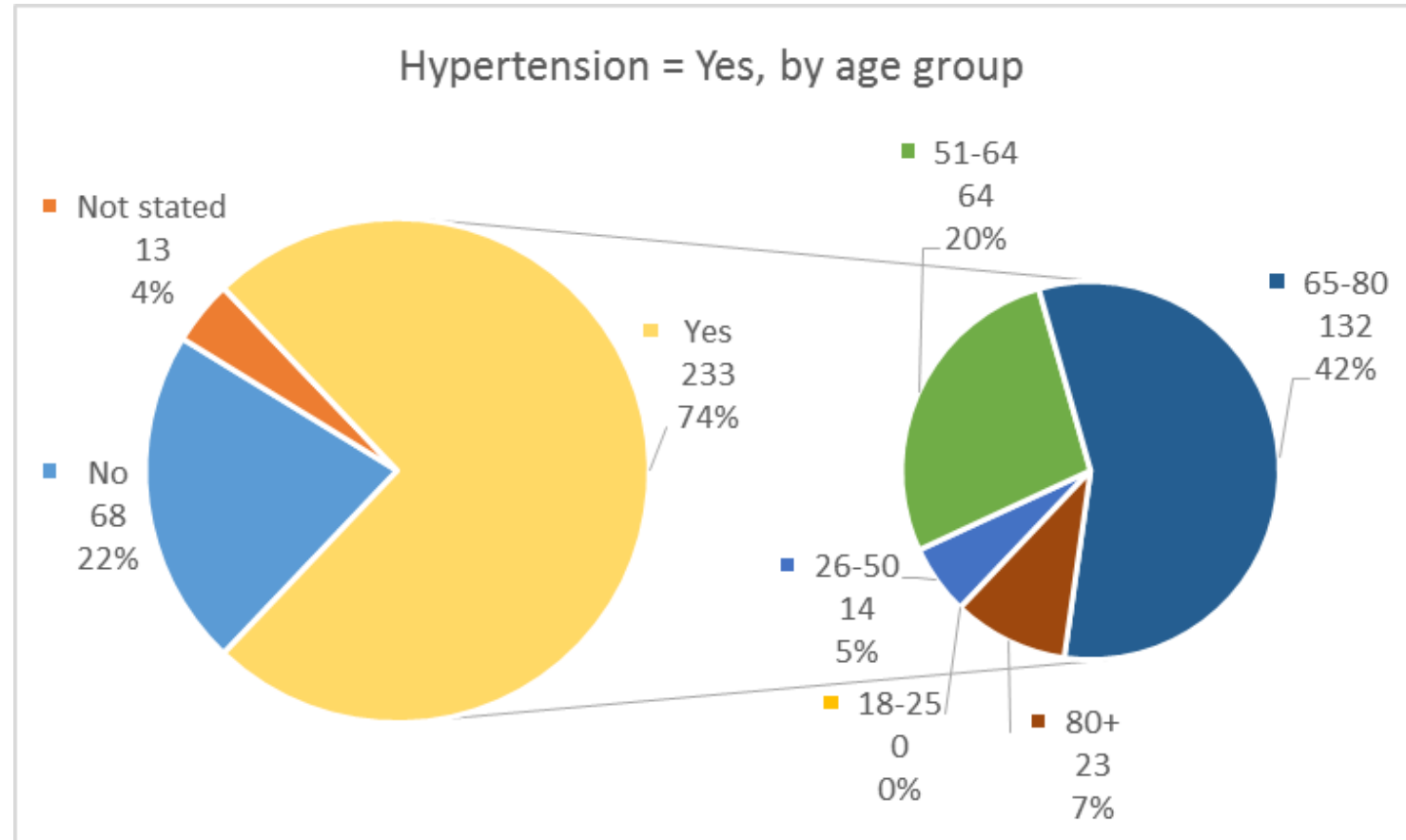
# Hypertension

Hypertension	Total number of patients	%
Yes	233	74%
No	68	22%
not stated	13	4%
<b>Total</b>	<b>314</b>	<b>100%</b>



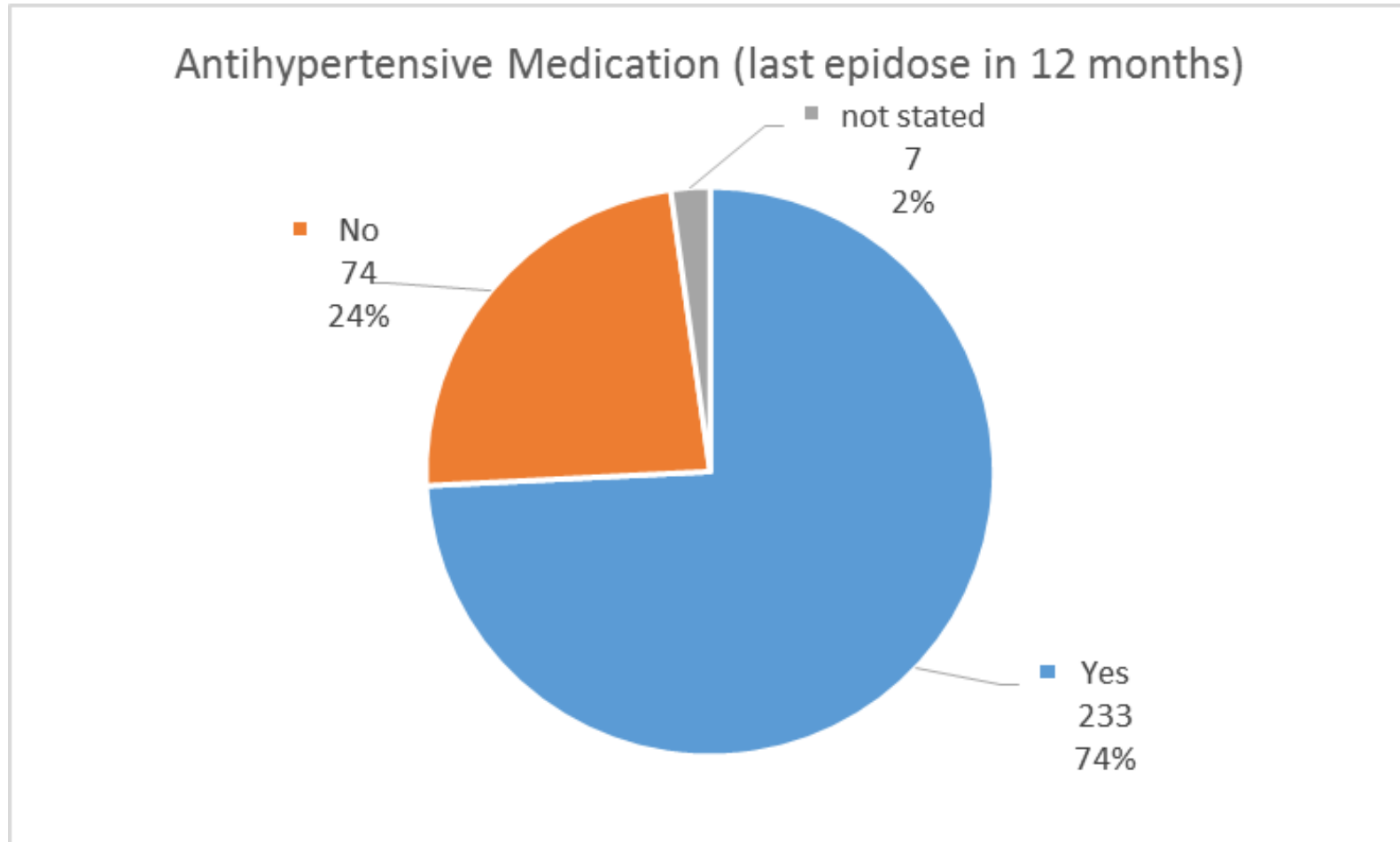
# Hypertension = Yes, by age group

Age group	Total number of patients	%
No	68	22%
Not stated	13	4%
Yes	233	
18-25	0	0%
26-50	14	4%
51-64	64	20%
65-80	132	42%
80+	23	7%
<b>Total</b>	<b>314</b>	<b>100%</b>



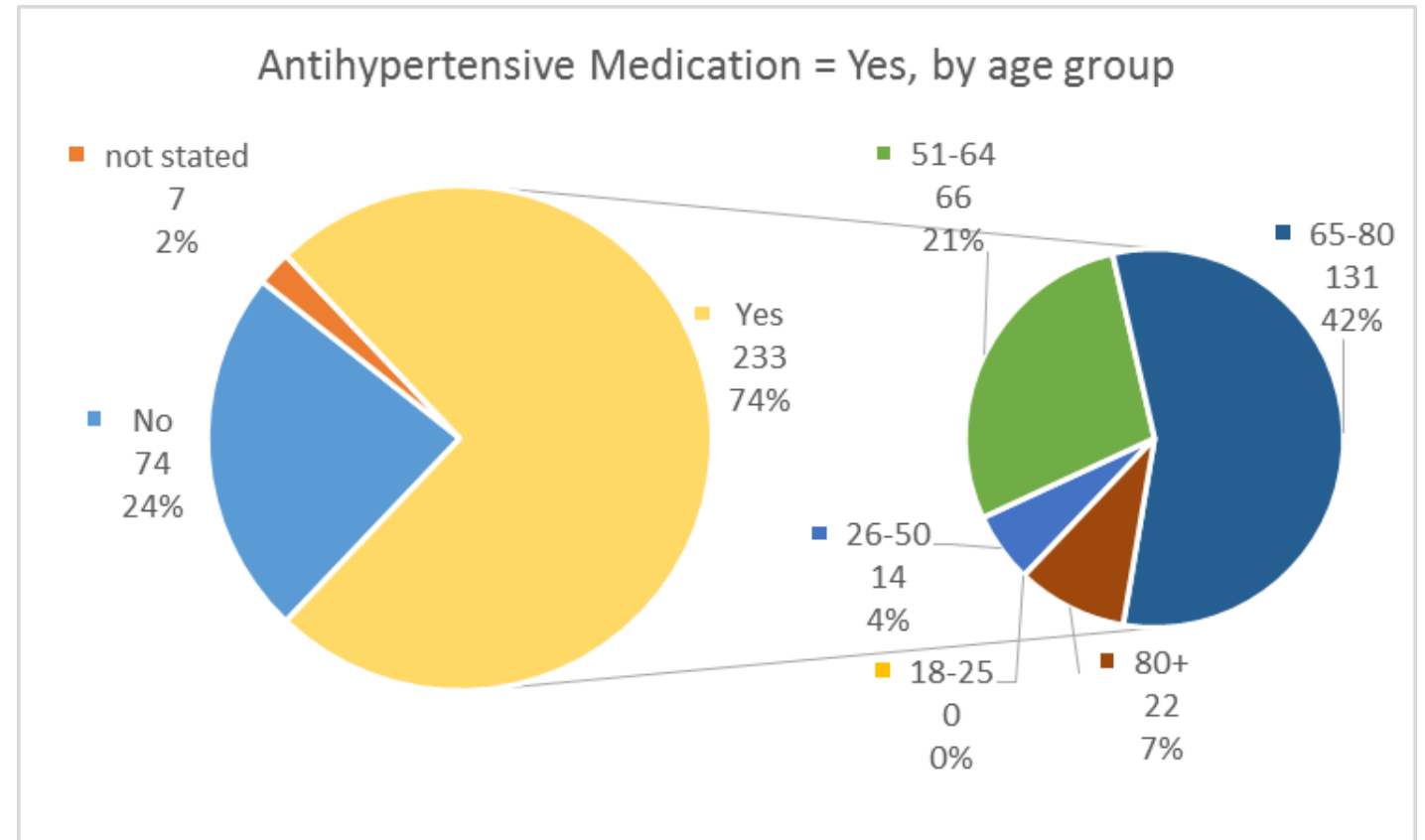
# Antihypertensive Medication

Antihypertensive Medication	Total number of patients	%
Yes	233	74%
No	74	24%
not stated	7	2%
<b>Total</b>	<b>314</b>	<b>100%</b>



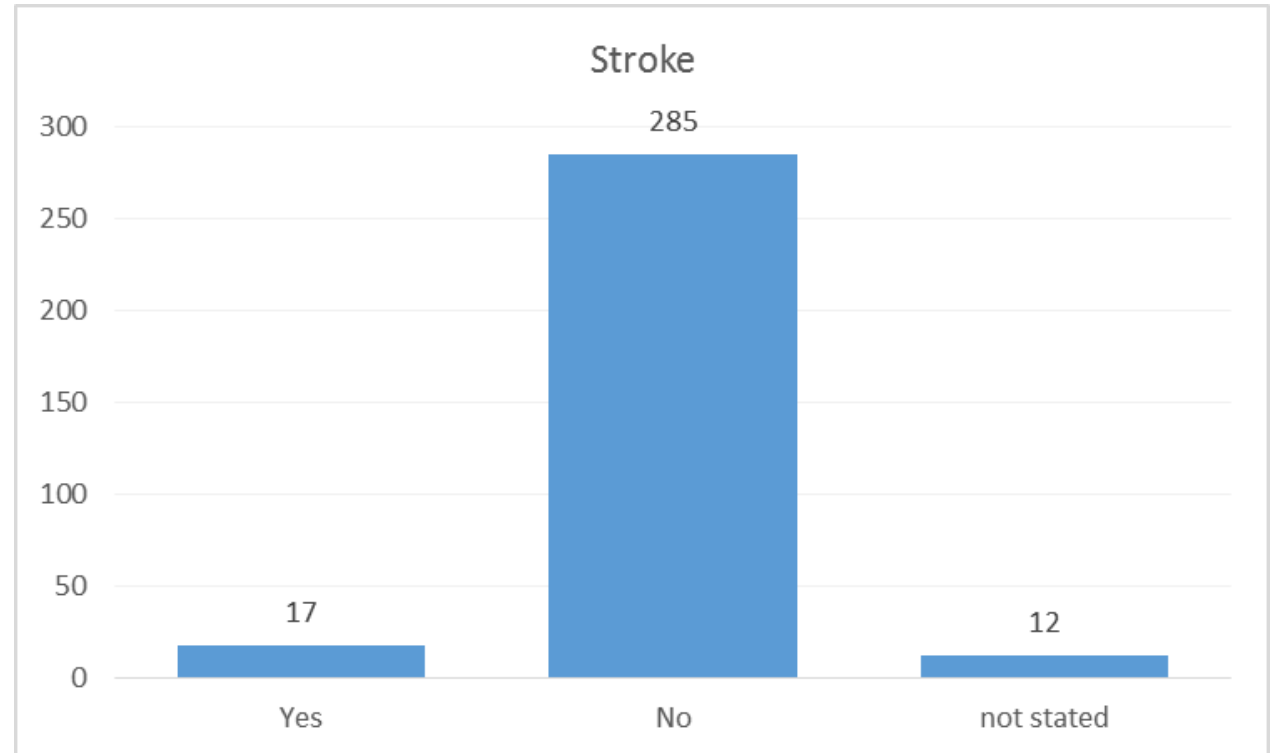
# Antihypertensive Medication = Yes, by age group

Antihypertensive Medication	Total number of patients	%
No	74	24%
not stated	7	2%
Yes:	233	
18-25	0	0%
26-50	14	4%
51-64	66	21%
65-80	131	42%
80+	22	7%
<b>Total</b>	<b>314</b>	<b>100%</b>



# Stroke

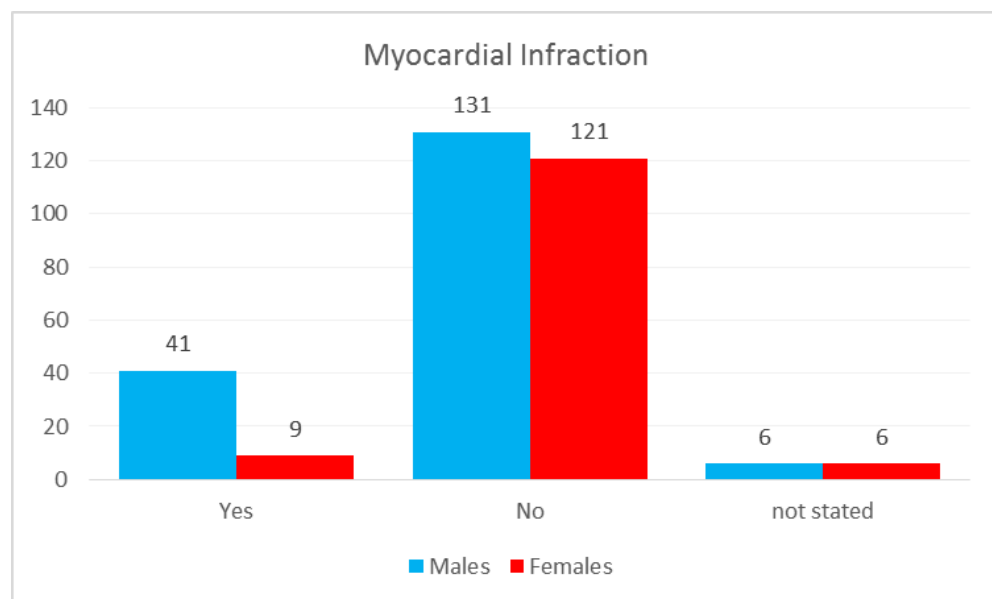
Stroke	Total number of patients	%
Yes	17	5%
No	285	91%
not stated	12	4%
<b>Total</b>	<b>314</b>	<b>100%</b>



# Myocardial Infraction

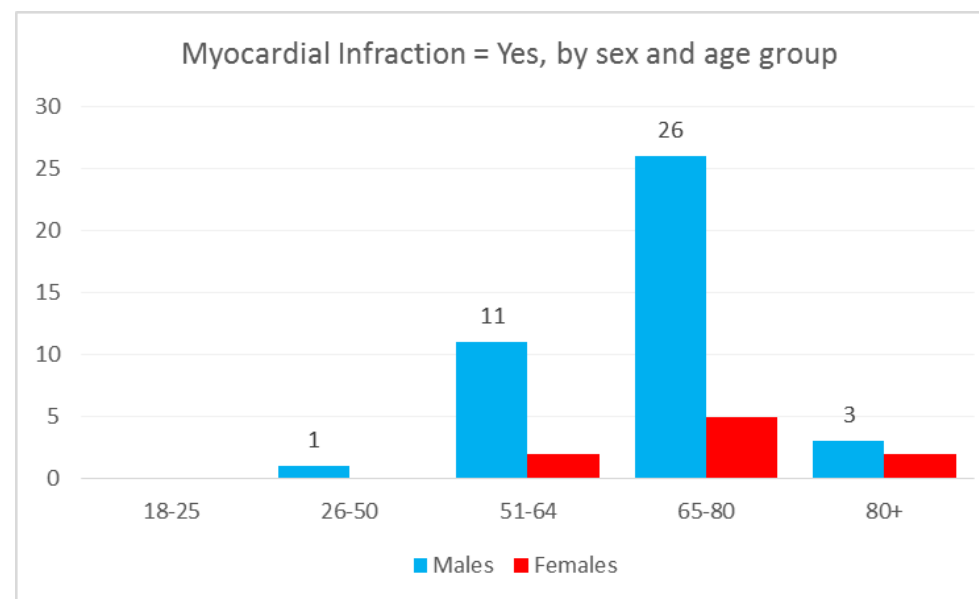
## By sex

Myocardial Infraction	Males	Females	Total
Yes	41	9	50
No	131	121	252
not stated	6	6	12
<b>Total</b>	<b>178</b>	<b>136</b>	<b>314</b>

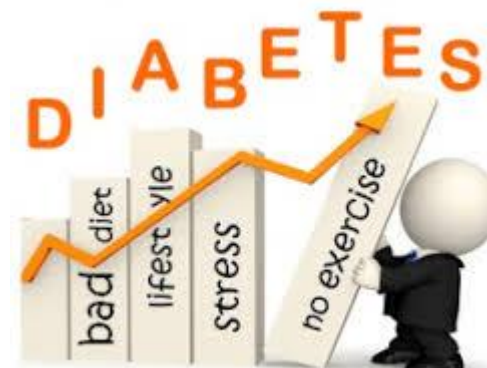


## By sex & age group (Myocardial Infraction = Yes)

Age group	Males	Females	Total
18-25			
26-50	1		1
51-64	11	2	13
65-80	26	5	31
80+	3	2	5
<b>Total</b>	<b>41</b>	<b>9</b>	<b>50</b>

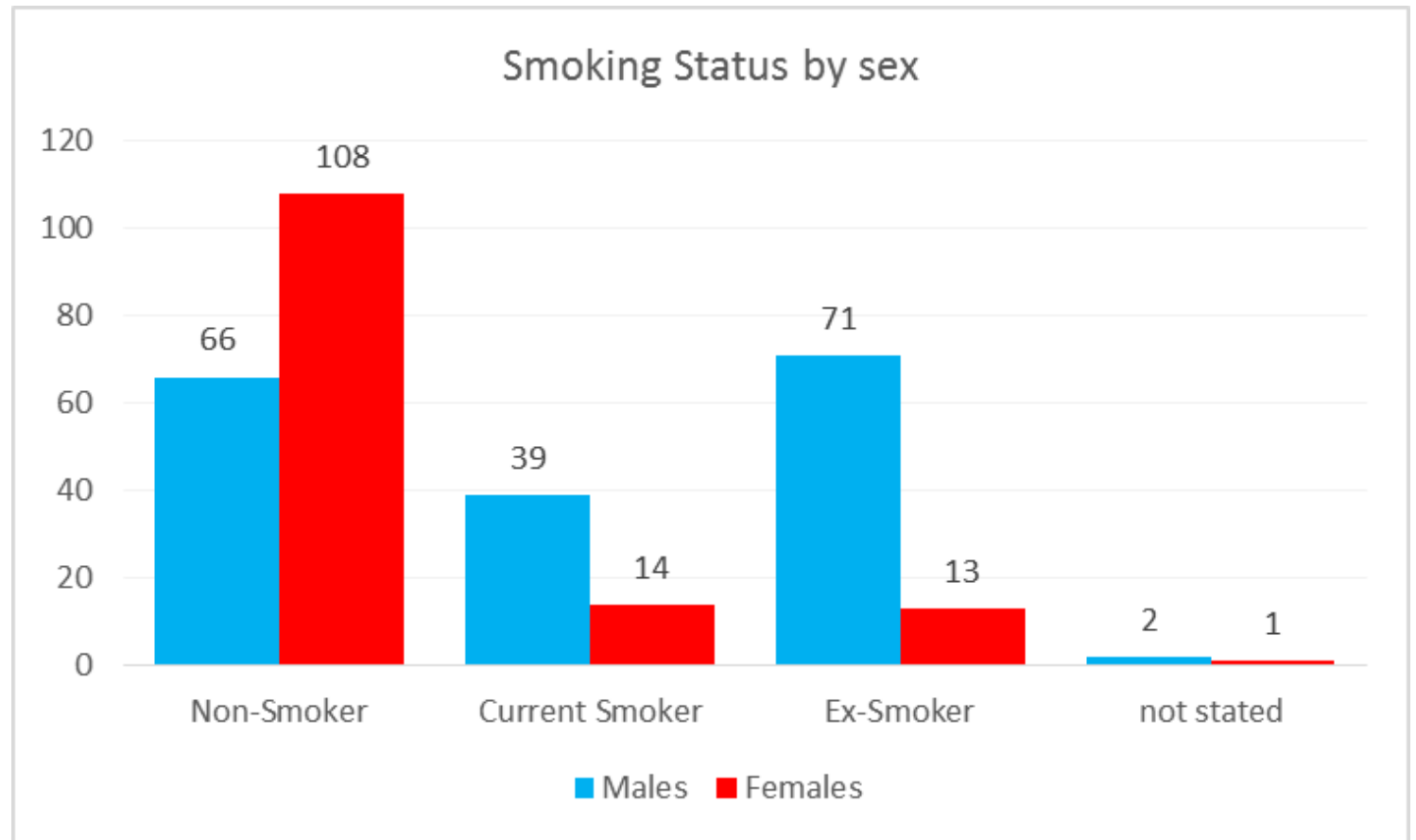


# Lifestyle factors



# Smoking Status, by sex

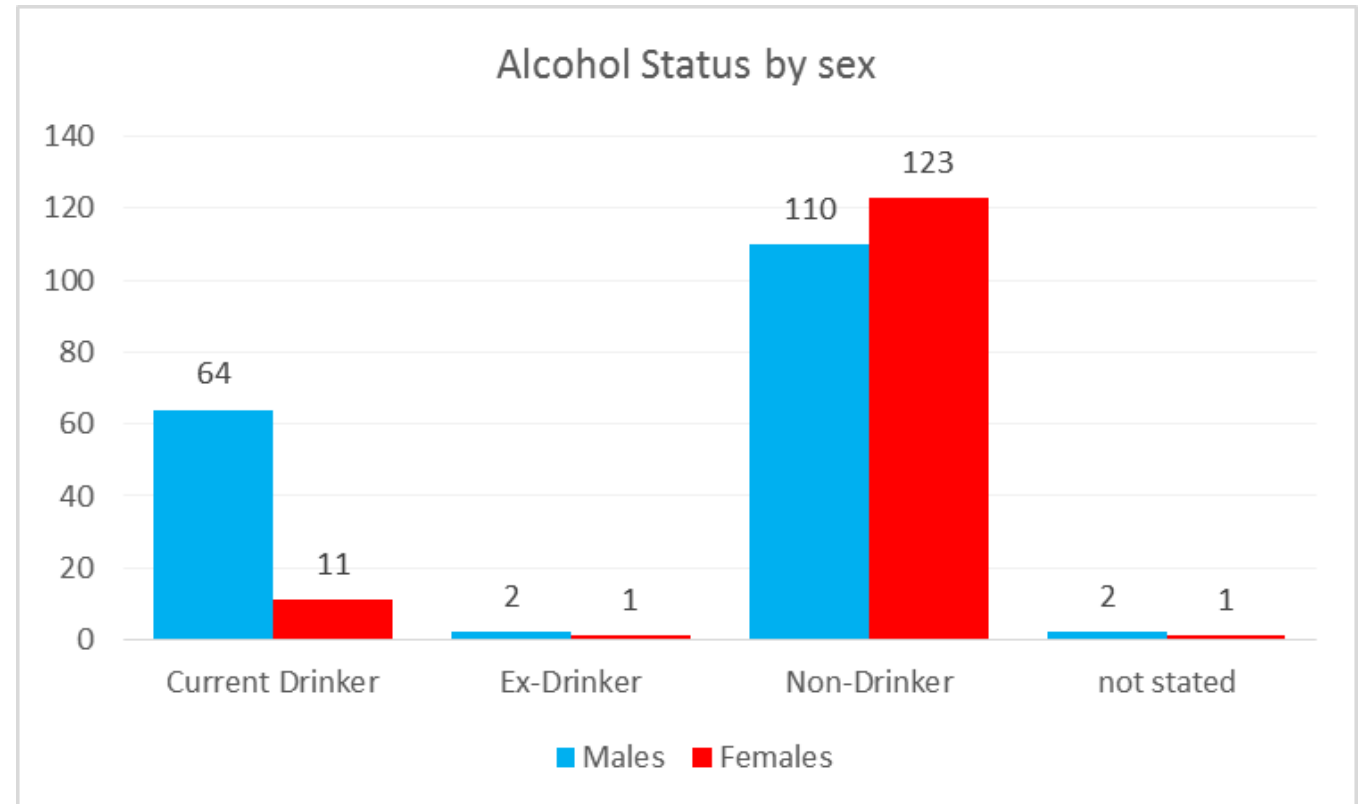
Smoking Status	Males	Females	Total
Non-Smoker	66	108	174
Current Smoker	39	14	53
Ex-Smoker	71	13	84
not stated	2	1	3
<b>Total</b>	<b>178</b>	<b>136</b>	<b>314</b>





# Alcohol Status by sex

Alcohol Status	Males	Females	Total
Current Drinker	64	11	75
Ex-Drinker	2	1	3
Non-Drinker	110	123	233
not stated	2	1	3
<b>Total</b>	<b>178</b>	<b>136</b>	<b>314</b>



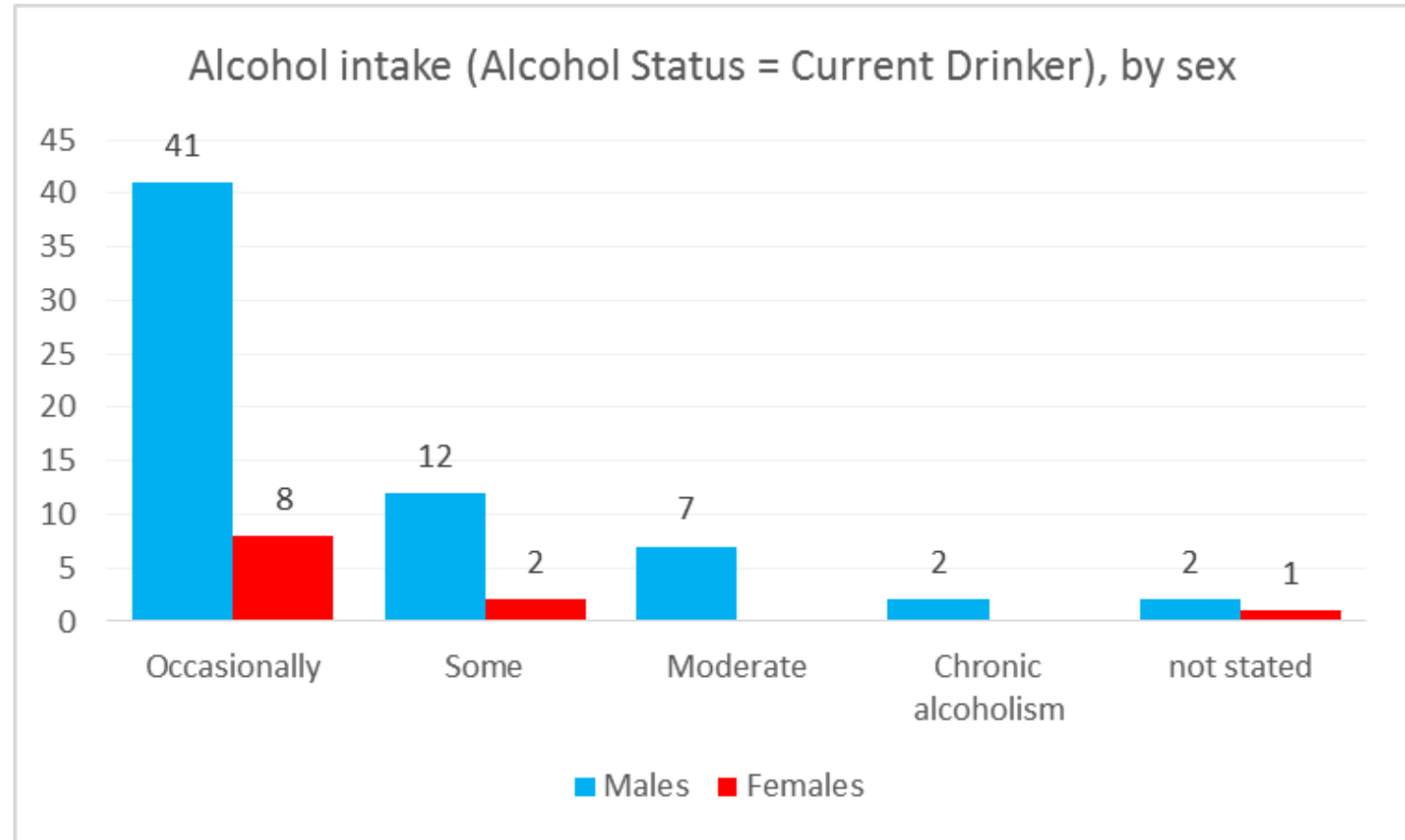
# Alcohol intake (Alcohol Status = Current Drinker), by sex

Alcohol intake	Males	Females	Total
Occasionally	41	8	49
Some	12	2	14
Moderate	7		7
Chronic alcoholism	2		2
not stated	2	1	3
<b>Total</b>	<b>64</b>	<b>11</b>	<b>75</b>

Alcohol Definition of Moderate

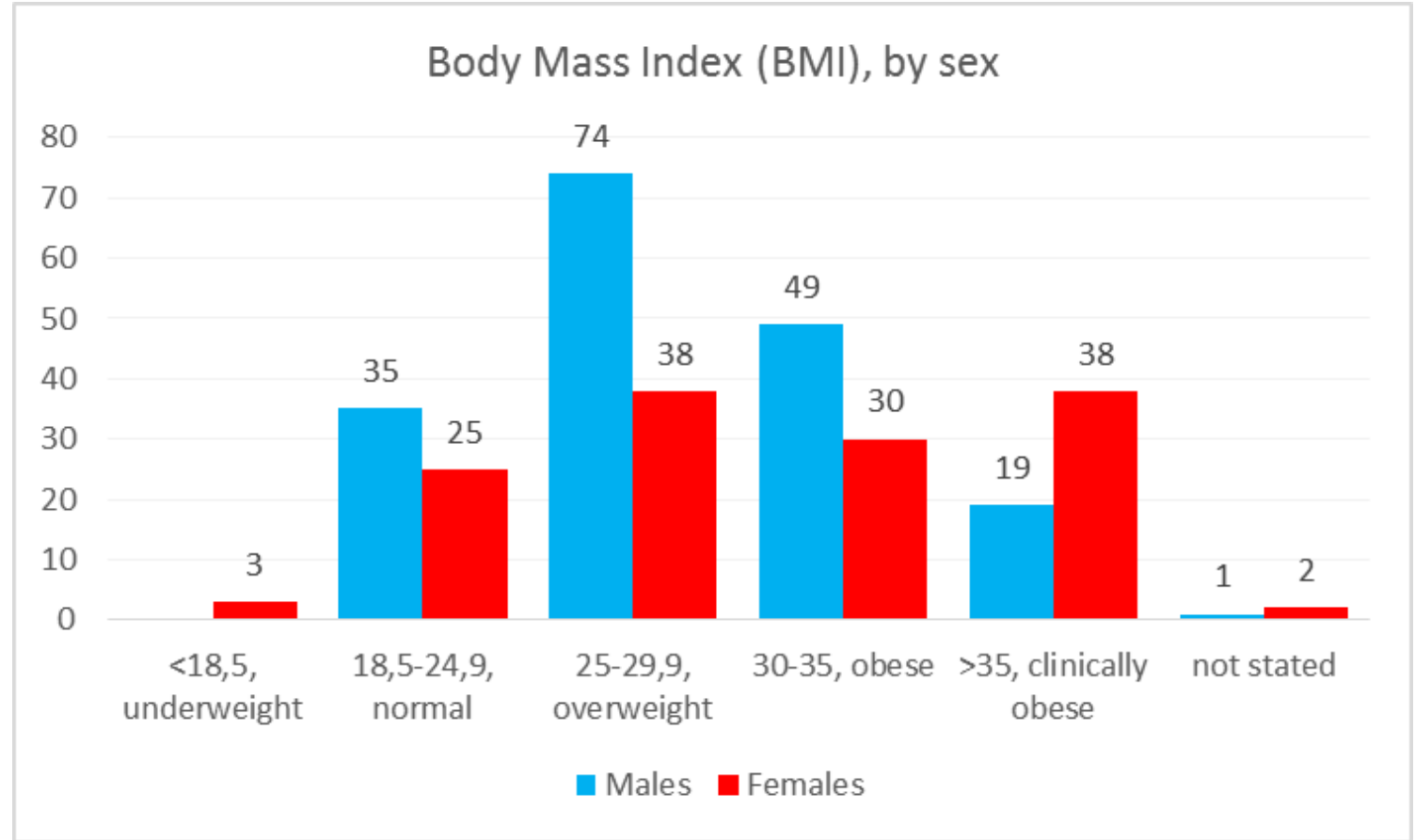


1 drink = 15 g. alcohol



# Body Mass Index (BMI), by sex

BMI group	Males	Females	Total	% of total
<18,5, underweight		3	3	1%
18,5-24,9, normal	35	25	60	19%
25-29,9, overweight	74	38	112	36%
30-35, obese	49	30	79	25%
>35, clinically obese	19	38	57	18%
not stated	1	2	3	1%
<b>Total</b>	<b>178</b>	<b>136</b>	<b>314</b>	<b>100%</b>



# Self-Monitoring

- **Blood glucose:**
  - Reagent strips: used by all attending



# Diabetes Specific Education

## Diabetes Education

Education	Total number of patients	%
Yes	311	99%
No	3	1%
<b>Total</b>	<b>314</b>	<b>100%</b>

Listening  
=  
Learning



Diabetes Prevention Education

