

Type II Diabetes Mellitus In Fayoum Governorate

Diabetes Mellitus is a popular persistent disease and apply a massive load on community due to its widely spread, the persistent nature of disease and the altitude hazard of main complications applies. Aim of the work: These investigations were carried out to detect the wide spread e of type II DM, predominance of unknown type II diabetic patients, glycemic monitoring state and correlated risk factors and complications of type II DM between inhabitation of Fayoum governorate. Patients and methods: The study included 3500 subjects (1440 males&2060 females) inducted from Fayoum Governorate, and their ages range from 18 to 60 years old. The entire medical history involving the patient's age, gender, history of DM, medication employed in remediation of type II diabetes, duration of type II DM, family history of type II DM, history of hypertension, and history of smoking. All the individuals were assessed for the risk of having type II DM based on (weight, height, waist circumference, BMI, measurement of blood pressure, RBS).Also HbA1c, serum creatinine, lipid profile (cholesterol, TG, and LDL) were measured for type II diabetic patients. Results: showed that the mean age of the study population was (44.04 ± 13.2) years old and the mean period of type II DM was (5.01 ± 4.6) years. This study showed that 14.2% knew that they had DM, 12.6 % were pre diabetic, 10.5% were undiagnosed DM. Also this study showed that 35.7% show controlled type II DM versus 64.3% were uncontrolled. It was also found that 15.7% knew that they had hypertension, 13.5% were pre-hypertensive, and 10.5% were undiagnosed. Also majority of study population was overweight (31.1%) and obese grade I represent (22.3%), grade II (17.6%), and grade III obesity (8.1%). Conclusion: This study concludes that type II DM is a growing public health problem in Egypt. Prevention, early recognition, and efficient medications are essential parts of II DM in Egypt. These strategies may decrease the *economic* load correlated with type II DM