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Diabetes type 2 in Seltjarnarnes health center, retrospective study 2003-2013

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Background & Aim: Diabetes type 2 is a major cause of morbidity and mortality worldwide. The incidence has increased in Iceland like other western countries over the last few decades. This disease and its micro and macro vascular complications put a high burden on our patients, their families and our society. Good management of blood glucose, bloodpressure and hyperlipidemia has been shown to significantly lower the complication rate. The aim of this study was to look at the care of diabetic type 2 patients at Seltjarnarnes health center.

Method: This study looked at all patients registered to Seltjarnarnes health center with a diagnosis of diabetes within the timeframe of 2003-2013. All patients with type 1 diabetes were excluded. The following was documented both years 2003 and 2013: Age, sex, blood glucose, HbA1c, cholesterol, bloodpressure, BMI, the use of pharmacotherapy and mortality during research timeframe.

Results: Total number of patients with type 2 diabetes were 123 in 2003 and 188 in 2013. Average age of patients were 66,5 +/- 11,9 years in 2003 and 67,6 +/- 13,8 years in 2013 (p=0,47). 52% of patients were female in 2003 but 46% in 2013. In 2003 58% of patients were on metformin and that number increased to 77% in 2013. ACEI / ARB intake increased from 55% to 66%. Average cholesterol decreased significantly from 5,5 +/-1,1 in 2003 to 4,7 +/- 1,2 in 2013 (p<0,01). Average BMI was 30,8 +/-5,6 in 2003 and 32,8 +/-5,1 (p=0,7). The average SBP was 144 +/- 21 in 2003 and 136 +/- 16 in 2013 (p=0,01). DBP was 79 +/-10 and 80 +/-10. HbA1c was 7,1% in 2003 and 7,5% in 2013 (p=0,08).

Conclusions: There was a significant increase in the number of patients taking metformin and ACEI/ARB from 2003 to 2013. There was a significant decrease in SBP and cholesterol in the period. There was an increase in HbA1c in the period although it was not significant.