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Do we control diabetic patients according to international recommendations?

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Background & Aim: To analyse the characteristics of diabetic patients and the degree to which the recommended guidelines are complied with.

Method: A transversal, descriptive study of diabetic patients treated at an urban primary care medical centre. To calculate a correct control, the values recommended by ADA 2015 were used (blood pressure <140mmHg and <90mmHg, LDL<100mg/dl, HbA1c<7%). Complications were considered, such as the existence of strokes and peripheral vascular or cardiac disease. for quantitative variables, the average and the typical deviation were used, and percentages were used for qualitative variables.

Results: 100 subjects were selected, with an average age of 70.2±11.8, mainly male (56%), a BMI of 29.1±4.6, a waist measurement of 102.3±10.9 cm, a glomerular filtration of 58.42±7.4, of which 13% were smokers, and 23% presented some type of complication. The average values found were HbA1c 6.6±1.1%, LDL 93.89±28.7 mm/dl, HDL 47.8±12.97 mm/dl, triglycerides 123.6±62.9 mm/dl, TAS 136.4±13.4 mmHg, TAD 73±10.3 mmHg. 71.4% fell within the TA control figures, 68.4% the figures for LDL, 76.5% those for triglycerides and 74.2% those for HbA1c. As far as treatments are concerned, 69% had been prescribed an oral anti-diabetes medication, 21% insulin, 3% GIp1 and 75% a statin.

Conclusions: The degree to which important risk factors such as high blood pressure, LDL and HbA1c are controlled in a diabetic patient could be improved, as many of the recommendations given in the main guidelines are not fulfilled, particularly in the case of LDL. The profile of a diabetic patient treated is a 70 year-old male who is overweight, does not smoke, and who has been prescribed an oral anti-diabetes medicine and a statin.