

## **FACTORS THAT CONTROL DIABETES**

Submitted by:

Sachin Joseph  
Sadath Salim  
Sameera.P

Guide:

**Dr. Rajasi**

PG, Dept. of Community Medicine  
Govt. Medical College, Thiruvananthapuram

### **Executive Summary**

Diabetes mellitus is a group of metabolic diseases characterized by high blood sugar levels, which result from defects in insulin secretion, or action, or both. Over time, diabetes can lead to blindness, kidney failure, and nerve damage. These types of damage are the result of damage to small vessels, referred to as microvascular disease.

The question arises when we look back to take a toll of the true burden from diabetes. Although people may live for years with diabetes, their underlying cause of death is usually recorded as heart disease or kidney failure. An estimate, taking into account deaths in which diabetes was a contributory condition, suggests that approximately 2.9 million deaths per year are attributable to diabetes. So we decided to take up a study to pick up the factors that control diabetes.

We conducted a case – control study by taking 50 cases from the department of Surgery, Medical College, Trivandrum and 50 controls from the Indian Institute of Diabetes, near General Hospital, Trivandrum. The data was collected using a semi structured questionnaire by interviewing the patients. The data obtained was analysed in SPSS software by odds ratio and logistic regression. The result obtained was that by regular monitoring of blood sugar values, exercising and with knowledge about diabetes, one could control diabetes. There were many draw backs, small sample size and errors due to sampling are some of them. Some statistically significant variables to be noted include obesity, years since diabetes was detected, methods of diabetic control and factors like alcohol and stress.