A total of 30 matched controls were also selected randomly from healthy volunteers. The patients as well as the controls were then subjected to the following tests on CANWIN to assess their autonomic functions in Resting ECG, Deep Breathing, Valsalva Maneuver, Postural Hypotension and sustained hand-grip. Appropriate statistical tests were used to compare the results between the two groups.

Results

(to be completed).

Conclusions

 (to be completed).

Study on Knowledge about Diabetes Mellitus in Rural Adult People of Bangladesh

Elora Shyama Tanni*, Masato Ahsan**

Sir Salimullah Medical College, Dhaka, Bangladesh
E-mail: eloratanni111@gmail.com

Background

Once regarded as a single disease entity, Diabetes is now seen as a heterogeneous group of diseases characterized by a state of chronic hyperglycaemia, resulting from a diversity of etiologies, environmental & genetic factors acting jointly. Diabetes mellitus is causing an enormous burden on the people and economics worldwide. Now a days, it is a major concern in the developed as well as in the developing countries.The magnitude of awareness in Bangladesh remains unknown due to lack of country wide survey.

Aims & Objectives

To assess the level of knowledge about diabetes mellitus among the rural adult people of Bangladesh and to determine their level of knowledge regarding signs & symptoms, treatment, complications, control & prevention of diabetes mellitus.

Material & Methods

A cross sectional type of descriptive study was carried out among 400 adults in different rural areas of KeraniganjUpazilla,under Dhaka district. The study was carried out from 1st March, 2013 to 31stmarch 2013. 400 respondents above 18 years of age were purposively selected for this study. Interviewers visited the house of the respondents. Face to face interview was taken and a semi-structured questionnaire was filled by the researcher.

Results

Out of 400 respondents, it was observed that majority (30%) belonged to the age group of 18-27 yrs. Among them, 94% respondents knew about diabetes mellitus.66% among them said that polyuria was a sign of diabetes mellitus. 44% of the respondents said that they would go to upazilla health complex seeking treatment for diabetes mellitus. 66% respondents ensured that sugar testing could be 1 of the diagnostic method for diabetes mellitus. Only 54% knew about self control of diabetes mellitus. Maximum (79.8%) said that diet control was 1 of the step for treatment of diabetes. Complications of diabetes mellitus is admired by 46% of respondents.71.66% knew that retinopathy is the main complication.Only 28.50% of respondents knew about self assessment of diabetes mellitus. Urine testing & finger tip blood sugar estimation are basic steps of self assessment of diabetes mellitus and were equally(61.40%) appreciated by the respondents. Only 44% of the respondents had knowledge about risk factors but majority of them knew that the obesity is the main risk factor for diabetes mellitus.

Conclusions

Health education should be given properly in the rural community to develop awareness about diabetes mellitus through proper media. An in depth, epidemiological study should be carried out to clarify public health importance of diabetes mellitus. Health volunteers & workers should be encouraged to take up steps regarding screening programmes at regular intervals. Cost of modern medicines & laboratory investigations charges should be reduced to reasonable & affordable levels. Doctors should be more co-operative, empathetic towards the rural community. Lastly we can say that the problems of diabetes mellitus will be alarming if proper consciousness of the risk factors, diabetic & post diabetic events are not promoted immediately.