

Elderly insulin-dependent type 2 diabetics: Are they on the way to therapeutic objectives?

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ABSTRACT

Introduction: Type 2 diabetes is a major public health problem and a veritable epidemic of the 21st century. It is associated with high morbidity and mortality mainly due to complications such as cardiovascular events and renal failure. The Objective of our study is to assess diabetes control among type 2 diabetic insulin-dependent older adults.

Methods and materials: A cross-sectional study on 86 type 2 diabetic insulin dependent elderly recruited from the outpatient endocrinology consultation during June and July 2021.

Results: The mean age of the population was 70.65 ± 6 years with sex ratio of 0.8. The majority were married (69.8%). Almost half were illiterate (47.7%). A low economic level was found in 75.5%. Nearly a quarter of the patients were smokers (24.4%) and 8.1% were alcohol consumers. The median number of chronic pathologies was 5 [3]. Hypertension was the most frequent chronic pathology (73.3%) followed by dyslipidemia (54.7%). The mean duration of diabetes was 15.48 ± 6.6 years. The mean duration of insulin therapy was 7.42 ± 5.8 years. Human insulin was the most used (86.6%). In combination with insulin therapy, fifty-eight patients were on oral antidiabetics (67.4%). The mean level of glycated hemoglobin (HbA1C)

was $9.9\% \pm 1.79\%$. Only 10.5% of patients had controlled diabetes. Therapeutic education was absent in 38.2%. Diabetic neuropathy was the most common degenerative complication (68.6%). Only 2 patients followed their diabetes more than twice a year.

Conclusion: The results found among our seniors are worrying, which encourages better studies of the predictive factors of poor glycemic control to reduce patients' morbidity and consequently higher health costs both for the elderly patients and for society.