

Associated antidiabetic treatment in a rural population with type 2 diabetes mellitus

Fernández-García, José Carlos (1), Cortés-Salazar, Carmen María (2)

1. Endocrinology Department. Virgen de la Victoria University Hospital. Málaga (Spain).
2. Badolatosa Primary Care Centre. Seville (Spain).

Objectives

To evaluate the characteristics of patients with type 2 diabetes mellitus (T2DM) attended in a rural primary care setting and to analyze associated antidiabetic treatment and metabolic control

Methods

- Cross-sectional study
- Inclusion criteria: T2DM patient followed in a primary care setting.
- Data about age, sex, body mass index (BMI), associated antidiabetic treatment, and HbA1c was collected.
- Statistical analysis was performed with SPSS v 15.0 for Windows.

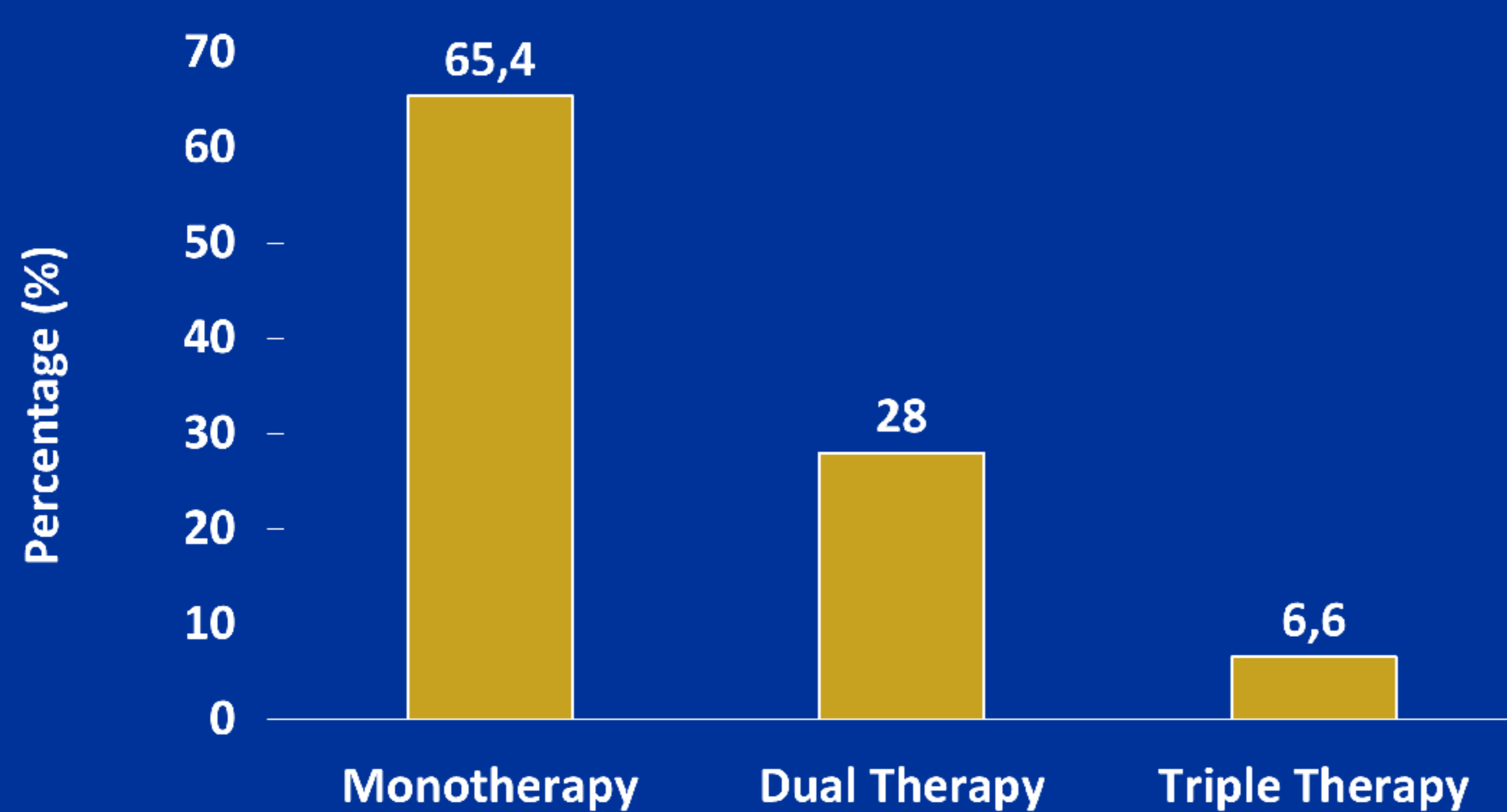
Basal characteristics (n-79)

Age (years)	70.1 ± 11.8
Male (%)	63.3
BMI (kg/m ²)	30.8 ± 11.8
T2DM duration (years)	5.9 ± 5
Hba1c (%)	6.8 ± 0.9
Triglycerides (mg/dl)	148.3 ± 81.1
Cholesterol (mg/dl)	180.5 ± 40.6
LDL-cholesterol (mg/dl)	101.3 ± 34.7
HDL-cholesterol (mg/dl)	49.8 ± 13.5

Associated antidiabetic treatment (%)

Oral Antidiabetic Drugs (OADs)	74.7
OADs + Insulin	20.3
Insulin Alone	5

Distribution of antidiabetic therapy (%)



- ▶ Most used drugs were metformin (85.3%), DPP4 inhibitors (29.3%) and sulfonylureas (20%).
- ▶ Most used insulin therapy was basal insulin + rapid-acting insulin (55%), followed by basal alone (35%) and pre-mixed insulins (10%).
- ▶ Mean insulin dose was 62.3 units (DE 37.1) and mean HbA1c value was 6.8% (DE 0.9).
- ▶ 61% of patients showed adequate metabolic control (defined by HbA1c <7%).

Conclusions

- ▶ Most patients with T2DM in a rural setting are obese elderly men.
- ▶ Antidiabetic therapy is usually based on oral drugs, being metformin the commonest drug.
- ▶ Metabolic control was adequate in this group of patients, achieving more than 60% of patients HbA1c <7%.