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Role of education in prevention and delay of complications in type 2 diabetic patients

I. Ahmeti¹, G. Petrovski¹, I. Bitoska¹, T. Milenkovic¹ & S. Lumani²

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Aim: To assess the impact of education of people with T2DM and complications. Patients and methods. Observational study, 100 T2DM patients of age 35–75 years, both sex, duration of DM >1 year. Results. From 100 T2DM 47% were male sex and 53% female. Mean age 60.45±8y, duration of DM 10.45y±3 y. Average A1c 8%±0.6, BMI 27%, systolic BP 140±6 mmHg, TG 2.2±0.3 mmol/L, LDL 4.0±0.6 mmol/L. Education (diet, physical activities, drug compliance) for DM was 67% for male and 54% for female. Education for diabetic foot care (inspection, foot hygiene, appropriate shoes) 51% for male and 49% for female.

Conclusion: Metabolic risk factors are poorer in no educated than in educated T2DM, People who had not satisfactory education for foot care have higher risk for foot ulceration.

Education, diabetes, complications, foot care

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