

# MANAGEMENT OF TYPE II DIABETES MELLITUS IN A REPRESENTATIVE SAMPLE OF TIRANA ADULTS

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## Abstract

Diabetes Mellitus type 2 (DMT2) represents one of the most common chronic conditions worldwide. The embracement of “western-type” lifestyle in Albania during the last two decades implying the increasing consumption of high energy foods, sedentary lifestyle and obesity boost diabetes in this Southeast European country. The responsibility of DMT2 control and management largely lies on the individual patient. In this context our aim was to assess DTM2 management in a representative sample of adults aged 15 years old in Tirana, during April-November 2012. Out of 1000 randomly selected individuals, 845 accepted to participate (response rate: 84.5%). Fasting serum glucose, systolic and diastolic blood pressure as well as weight and height for calculating the body mass index (BMI) were measured. Socio-demographic and lifestyle data were collected as well. The General Linear Model was used to assess the factors associated with DTM2 management. The prevalence of DTM2 was 11.5%. After multivariable-adjustment analysis, the mean glucose level among diabetic individuals was much higher than recommended thresholds, being higher among diabetic males, those aged 50 years old, low education and economic status individuals, among obese diabetics and those with poor self-reported health status. In addition, mean systolic/diastolic blood pressure as well as BMI index was higher among diabetics than non-diabetic persons. In conclusion, the management of DTM2 in Tirana adults is not optimal. High fasting glucose is a constant risk factor to DTM2 complications. Diabetic individuals need to be educated in order to better control their diabetes and share the responsibility for DMT2 management.

**Key words:** *diabetes mellitus type 2, disease management, patient education, Albania.*

