

PREVALENCE OF DIABETIC PERIPHERAL NEUROPATHY (DPN) IN T₂DM HOSPITALIZED PATIENTS: EMERGING TRENDS OF EARLY ONSET, HIGH INCIDENCE AND MORE SEVERE FORM OF DISEASE IN FEMALE PATIENTS

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ABSTRACT

The objective of the study was to investigate the prevalence of Diabetic Peripheral Neuropathy (DPN) in Type 2 diabetes mellitus (T₂DM) patients who were hospitalized due to uncontrolled Hyperglycemia. Details of the patients like age at the diagnosis of DPN, gender, duration of diabetes, and if suffering from hypertension were recorded in order to assess their possible role in the causation of DPN. A total of 100 clinically confirmed T₂DM patients were consecutively selected for the study of which 75 were found to be suffering from DPN while the remaining 25 were negative for Neuropathy. Age of the patient, duration of diabetes and the female gender emerged as the factor to be considered. Important emerging trends recorded in the present study were early age at onset, high preponderance and relatively severe form of neuropathy in female T₂DM patients. All hypertensive patients were DPN positive indicating the role of hypertension in predisposition to DPN. It is suggested that studies on DPN should be carried out in various ethnic groups and community in view of not only racial differences but also because of differences in their lifestyle and dietary habit. As for the response to neuropathy is concerned, it was observed that mild neuropathy cases responded Optineuron while cases suffering from moderate Neuropathy responded to a combination of Optineuron with Anti-convulsants. The drug combination prescribed for severe cases of Neuropathy was Venlafaxine and Optineuron. Additionally, Anti-oxidants and Vitamin B₁₂ were prescribed as supplements. Need for studies on the prevalence of neuropathy and its underlying causes are suggested in different ethnic groups taking into account the possible influence of factors like lifestyle, dietary habits and geographical component on incidence. In view of this, the findings in the present study assume significance.

KEYWORDS: Type 2 Diabetes Mellitus, Peripheral Neuropathy, Hyperglycemia, Hypertension, and Dyslipidemia

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