

Original article

## **Frequency Of Diabetes In Different Age Groups of Karachi**

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### **Abstract**

To Determine Frequency Of Diabetes Mellitus In Different Age Groups. This research paper contains statistics about who is affected and in which group find more prevalence of diabetes. Diabetes is serious and if left untreated then it can lead to heart disease, blindness, stroke and kidney failure. Diabetes mellitus is a disease in which the amount of glucose in the blood is too high reason is that the body cannot use it properly. There are two main types of diabetes. Type 1 diabetes develops if the body cannot produce insulin hormone and usually appears before the age of 40. It is the least common of the two main types and accounts for around 10 per cent of all people with diabetes. Type 2 diabetes develops when the body can still make some insulin, but not enough, or when the insulin that is produced does not work properly (known as insulin resistance). According to our result the frequency of diabetes in different age groups shows that in between the age of 20-30 there should be a rare chance of diabetes but between the age of 31-70 the chance of diabetes is increase in between this age group. Frequency of diabetes in between 31-60 ages is very high according to our research which is done on total 250 peoples.

**Keywords:** Diabetes, Age groups, frequency.

### **Introduction**

In 21 century with marked improvement in the quality of health care in the various institutes under developed countries, the diabetes mellitus has emerged one of the major health problem worldwide. Pakistan stands at seven numbers and by the year 2025 it will be at 5<sup>th</sup> position in the list highest diabetic populated country as estimated by international. Diabetic Federation (IDF) database on diabetes. Low and middle income countries face the greatest burden of diabetes<sup>1</sup>. The main objective is to determine the frequency of DM in different age group people in Pakistan. Diabetes mellitus is a group of metabolic diseases characterized by elevated blood glucose levels (hyperglycemia) resulting from

defects in insulin secretion, insulin action or both. Insulin is a hormone manufactured by the beta cells of the pancreas.

Types of DM including type 1 (IDDM) (Insulin Dependent Diabetes Mellitus) and Type 2 DM (NIDDM) Non Insulin Diabetes Mellitus. Other types of diabetes includes gestational diabetes, prediabetes and latent auto immune diabetes of adult (LADA).The symptoms are Blurred vision, increase thirst, Frequent urination, Slow-healing cuts, Tiredness, Rapid weight loss, Numbness or tingling in hands or feet<sup>2</sup>. Etiology includes genetic tendency & obesity, bad living style, bad diet & increase age. Risk factors for DM includes person with family history of diabetes, age over 45, hypertension, depression, high cholesterol level, abnormal lipid levels, history of poly cystic ovary(PCOS). Complications associated with DM include eye, foot, skin, hair problems, hypertension, ketoacidosis, neuropathy, and nephropathy.

The treatment of diabetes Type1 by insulin therapy and Type 2 by oral route (drug classes include are Sulfonyureas, Biguanides, Thiazolidiones, Alphagycosidase Inhibitors, Meglitinides, Dipeptidyle peptidase IV (DPP-IV ).The diagnostic tool and examinations includes are urine analysis test and serum blood glucose level tests like FBS and RBS. Diet for diabetic patients must includes low cholesterol whole grain foods, fish, lean meats, liquid oil and drinks more water as possible<sup>3-5</sup>.

### **Methodology**

First we circulate the survey form and find out the number of frequency of diabetes in different age group. We circulate this form in hospital in university and in relatives and friends. We conclude the result. Then we visit the hospital "MEMON DIABETIC DIAGNOSTIC CENTER" and consult with Dr. Salem and we ask the question with doctor according to our object and according to doctor in this hospital 150-200 patients daily comes in to the hospital and in which 10 -15% patients newly visit the hospital and rest of them are old patients. New patients are of two types either they visit first time or either they newly diagnosed. The ratio of patients with type 2 diabetes is greater than type 1. The chance of diabetes in between age 20-30% is low and in between 40 -50% the chance is almost 20% and it increase between age 50-60% and above so that age increase the chance of diabetes is also increase.

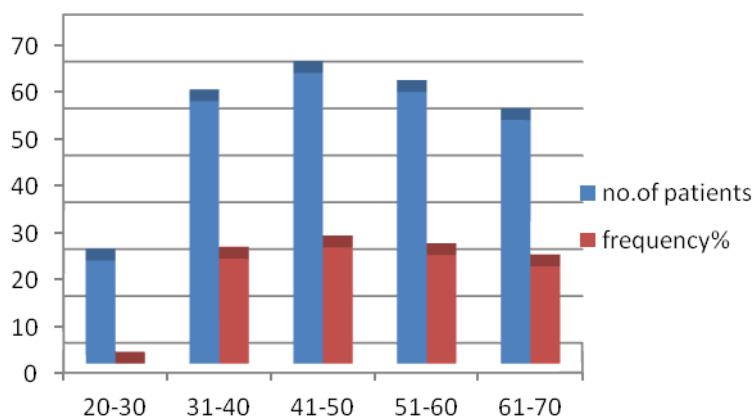
According to the survey report in 1999 in PAKISTAN population is 75% increase. In this hospital 574 patients visited with gestation diabetes case but people does not aware more about gestational diabetes. Gestational diabetes resembles with type 2 diabetes. It occurs in about 2-5% of all pregnancies and may improve or disappear after delivery .There is no evidence of by birth diabetes but the risk of diabetes increase with low birth weight and high birth weight. The severity of diabetes increases with type 2 diabetes and lead to diabetic coma and ultimately causes death rate increase above 50% in this case.

**Table 1: Frequency of Diabetes in different age groups**

S.no	Age in group	No of patient	Gender	Diabetes	Frequency
	(years)			Y=Yes N=No	%
<b>1</b>	20-30	22	M=12	N	-
			F=10	N	-
<b>2</b>	31-40	56	M=31	Y	22.40
			F=25	Y	
<b>3</b>	41-50	62	M=30	Y	24.80
			F=32	Y	
<b>4</b>	51-60	58	M=30	Y	23.20
			F=28	Y	
<b>5</b>	61-70	52	M=36	Y	20.80
			F=16	Y	

**Result**

We cover 250 individual for our study & the frequency of diabetes in different age groups is found to be in between the age of 20-30 we found 22 people in which 12 males & 10 females but no diabetes found in this age group. Between the age of 31-40 we cover 56 people in which 31 male & 25 female & frequency is found to be 22.40% in this age group. Between the age of 41-50 we found 62 people in which 30 male & 32 female & the frequency of diabetes is found to be 24.80% between the age of 51-60 we found 58 people in which 30 male & 28 female & the frequency of diabetes is found to be 23.20%. between the age of 61-70 we found 52 people in which 36 male & 16 female & the frequency of diabetes is found to be 20.80% (Figure 1 and Table 1).



**Figure 1: Frequency of Diabetes in different age groups**

**Conclusion** According to our result the frequency of diabetes in different age groups shows that in between the age of 20-30 there should be a rare chance of diabetes but between the age of 31-70 the chance of diabetes is increase in between this age group. Frequency of diabetes in between 31-60 age is very high according to our research which is done on total 250 peoples.

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