

Knowledge and awareness of diabetes amongst diabetes patients in Wardha region

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Dear Editor,

As a lifelong disease, type 2 diabetes increases morbidity and mortality and decreases the quality of life [1, 2]. India has among the highest number of diabetic patients and awareness and knowledge of diabetes is poor [3, 4]. Wardha region is located on the north-eastern side of the Maharashtra (India). The total diabetes patients were included in this study was 1,580 aged >30 years ($N=1,580$, urban=894, rural=686). Details regarding diabetes were collected using STEP-1(knowledge and sign and symptoms), STEP-2 (awareness) questionnaire. Data was collected of personal demographic characteristics, lifestyle, behavior, history of diabetes and hypertension, face to face interview of both male and female diabetes in rural and urban area of Wardha region. Result on basis of knowledge and awareness includes. 55.36 % ($P<0.05$) urban and 43.44 % rural people knew that diabetes is metabolic disorders. 43.84 % ($P<0.05$) urban and 27.55 % rural people knew the symptoms of diabetes. 65.54 % ($P<0.05$) urban, 39.21 % rural people know that which factor affecting diabetes. 72.93 % ($P<0.05$) urban, 37.60 % rural population familiar about ranges about blood sugar levels. 53.91 % ($P<0.05$) urban and 35.27 % rural population aware that diabetes can cause complications in other organs. 72.37 % ($P<0.05$) urban and 43.37 % rural population aware that obesity can cause diabetes. 68.45 % ($P<0.05$) urban & 57.43 % rural population accepted that sedentary lifestyle as main cause of diabetes. 76.51 % ($P<0.05$) urban and 42.12 % rural population aware about impact of diet plan. 60.51 % ($P<0.05$) urban and 32.21 % rural agreed that diabetes can be prevented if necessarily care should be taken. 88.14 %

($P<0.05$) urban and 62.82 % rural population found cardiovascular is major complication. 68.56 % urban and 72.30 % ($P<0.05$) rural population suffer from retinopathy. 52.62 % urban and 40.04 % rural suffer from nephropathy. 29.44 % rural, 12.52 % urban population suffers from foot ulcers. 48.76 % urban and 32.21 % rural population cause memory impairment in diabetes. 68.45 % ($P<0.05$) urban and 29.30 % rural population has family history was the main risk factor. 62.41 % ($P<0.05$), 28.27 % rural population show obesity. 49.21 % ($P<0.05$) urban and 27.98 % rural population found sedentary lifestyle to be cause of diabetes. This is evidence that patient education is the most effective way to lessen the complications. The finding of the present survey reveals that a high prevalence of diabetes was associated with poor awareness of diabetes in Wardha region.

Conflicts of interest None

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