Observations
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The present study was conducted in the Department of Medicine M.L.B. Medical College, Jhansi from November 2003 to April 2004. The subjects were taken from the Diabetes Out Patient Department, Medicine OPD and wards. The present study includes 100 patients.

1. Table showing distribution of patients according to sex

<table>
<thead>
<tr>
<th></th>
<th>No</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Males</td>
<td>60</td>
<td>60</td>
</tr>
<tr>
<td>Females</td>
<td>40</td>
<td>40</td>
</tr>
</tbody>
</table>
II Table showing distribution of patients according to their age at the time of presentation

<table>
<thead>
<tr>
<th>Age Range</th>
<th>No</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>25-29</td>
<td>Nil</td>
<td>Nil</td>
</tr>
<tr>
<td>30-39</td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>40-49</td>
<td>34</td>
<td>34</td>
</tr>
<tr>
<td>50-59</td>
<td>36</td>
<td>36</td>
</tr>
<tr>
<td>60-70</td>
<td>18</td>
<td>18</td>
</tr>
</tbody>
</table>

![Bar chart showing number of patients by age range](chart1.png)

![Bar chart comparing < 50 Years vs > 50 Years](chart2.png)
III Table showing distribution of patients according to BMI
(According to WHO guidelines)

<table>
<thead>
<tr>
<th>BMI</th>
<th>No</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;18.5</td>
<td>Case not studied</td>
<td></td>
</tr>
<tr>
<td>18.5-24.9</td>
<td>58</td>
<td>58</td>
</tr>
<tr>
<td>25.0-29.9</td>
<td>31</td>
<td>31</td>
</tr>
<tr>
<td>≥30</td>
<td>11</td>
<td>11</td>
</tr>
</tbody>
</table>

(According to Asia Pacific guidelines)

<table>
<thead>
<tr>
<th>BMI</th>
<th>No</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;18.5</td>
<td>Case not studied</td>
<td></td>
</tr>
<tr>
<td>18.5-22.9</td>
<td>41</td>
<td>41</td>
</tr>
<tr>
<td>23.0-28</td>
<td>41</td>
<td>41</td>
</tr>
<tr>
<td>≥28</td>
<td>18</td>
<td>18</td>
</tr>
</tbody>
</table>

![BMI histogram](image)
IV Table showing presence of family history in patients

<table>
<thead>
<tr>
<th></th>
<th>No.</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Both Father and Mother</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Father only</td>
<td>9</td>
<td>9</td>
</tr>
<tr>
<td>Mother only</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>Siblings</td>
<td>3</td>
<td>3</td>
</tr>
</tbody>
</table>

V Table showing 24 hours urinary protein (By Micral strip)

<table>
<thead>
<tr>
<th></th>
<th>No.</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 30</td>
<td>85</td>
<td>85</td>
</tr>
<tr>
<td>30 – 300</td>
<td>15</td>
<td>15</td>
</tr>
<tr>
<td>&gt; 300</td>
<td>Nil</td>
<td>Nil</td>
</tr>
</tbody>
</table>
VI Table according to Fundus (Retinopathy)

<table>
<thead>
<tr>
<th></th>
<th>No.</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>WNL</td>
<td>88</td>
<td>88</td>
</tr>
<tr>
<td>Abnormal</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>12</td>
<td>12</td>
</tr>
<tr>
<td>Hemorrhages</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Macular edema</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Exudates</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Microaneurysms</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

![Bar Chart]

**FUNDUS EXAMINATION**
Table showing distribution of patients according to their blood pressure as per JNC VII

<table>
<thead>
<tr>
<th>Condition</th>
<th>No</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Normal</td>
<td>48</td>
<td>48</td>
</tr>
<tr>
<td>Prehypertension</td>
<td>21</td>
<td>21</td>
</tr>
<tr>
<td>Stage I hypertension</td>
<td>18</td>
<td>18</td>
</tr>
<tr>
<td>Stage II hypertension</td>
<td>13</td>
<td>13</td>
</tr>
</tbody>
</table>
VIII Table showing the clinical symptoms at the time of presentation

<table>
<thead>
<tr>
<th>Symptom</th>
<th>No</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Classical</td>
<td>76</td>
<td></td>
</tr>
<tr>
<td>(Polydypsia, Polyuria, Polyphagia)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Incidentally diagnosed</td>
<td>6</td>
<td></td>
</tr>
<tr>
<td>Infections</td>
<td>20</td>
<td></td>
</tr>
<tr>
<td>Tingling and Numbness</td>
<td>15</td>
<td></td>
</tr>
<tr>
<td>Headache, Vertigo, Heaviness in eyes</td>
<td>12</td>
<td></td>
</tr>
<tr>
<td>Monofilament test</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Negative in all patients.

No diabetic foot. (This is an unusual finding, and can be explained by the fact that most of the diabetes patients coming to diabetes clinic are city dwellers, who have access to better medical facility and come early.)

IX Table showing distribution of patients according to their Ankle Brachial Blood Pressure Index

<table>
<thead>
<tr>
<th>Index</th>
<th>No</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>0.9</td>
<td>6</td>
<td>6</td>
</tr>
<tr>
<td>1 or &gt; 1</td>
<td>94</td>
<td>94</td>
</tr>
</tbody>
</table>

X Table showing distribution of patients according to their Waist Circumference

<table>
<thead>
<tr>
<th>Waist Circumference</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>&gt; 85 cms</td>
<td>21 Females</td>
</tr>
<tr>
<td>&gt; 102 cms</td>
<td>12 Males</td>
</tr>
</tbody>
</table>
Unfortunately we have not done Lipid profile in all patients studied, it is done only in 64 patients.

XI Table showing distribution of patients according to their HDL cholesterol levels (in mg%)

<table>
<thead>
<tr>
<th>Males</th>
<th>No</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;40</td>
<td>18</td>
<td>47.5</td>
</tr>
<tr>
<td>&gt;40</td>
<td>20</td>
<td>52.5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Females</th>
<th>No</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;50</td>
<td>22</td>
<td>88</td>
</tr>
<tr>
<td>&gt;50</td>
<td>3</td>
<td>12</td>
</tr>
</tbody>
</table>

XII Table showing distribution of patients according to their Triglyceride levels (in mg%)

<table>
<thead>
<tr>
<th></th>
<th>No</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;150 (Normal)</td>
<td>5</td>
<td>7.93</td>
</tr>
<tr>
<td>150-199 (Borderline High)</td>
<td>36</td>
<td>57.15</td>
</tr>
<tr>
<td>200-499 (High)</td>
<td>23</td>
<td>36.52</td>
</tr>
<tr>
<td>&gt;500 (Very High)</td>
<td>1</td>
<td>1.59</td>
</tr>
</tbody>
</table>

![Bar chart showing distribution of triglycerides](chart.png)
### XIII Total Cholesterol (mg/dl)

<table>
<thead>
<tr>
<th>Range</th>
<th>No</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt; 200 (Desirable)</td>
<td>34</td>
<td>54</td>
</tr>
<tr>
<td>200-239 (Borderline High)</td>
<td>19</td>
<td>30.15</td>
</tr>
<tr>
<td>&gt; 240 (High)</td>
<td>10</td>
<td>15.9</td>
</tr>
</tbody>
</table>

![Bar Chart](chart.png)
XIV Table showing distribution of patients according to their LDL cholesterol levels (in mg/dl)

<table>
<thead>
<tr>
<th>Category</th>
<th>No</th>
<th>%</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;100 (Optimal)</td>
<td>16</td>
<td>25.9</td>
</tr>
<tr>
<td>100-129 (Near or above optimal)</td>
<td>25</td>
<td>39.68</td>
</tr>
<tr>
<td>130-159 (Borderline)</td>
<td>21</td>
<td>33.33</td>
</tr>
<tr>
<td>160-189 (High)</td>
<td>1</td>
<td>1.59</td>
</tr>
<tr>
<td>&gt;190 (Very High)</td>
<td>0</td>
<td>0</td>
</tr>
</tbody>
</table>

![Bar chart showing distribution of LDL cholesterol levels]