Chapter-6

Scope for Further Work
Summary and Conclusions

Present study was conducted in subjects (n=1949) of various colleges of Andhra University with aim of analyzing prediabetes prevalence and associated factors. Total study was done in two phases. In phase 1, with the help of their admission records, survey was conducted to collect study subject’s data. Fasting glucose was done in all study subjects. In phase 2, all the identified prediabetic subjects and a control group were selected and different biochemical parameters were estimated.

1. The prevalence of prediabetes observed in the present study was 10.3% and type 2 diabetes observed was 0.4%.

2. Binary logistic regression analysis showed that different factors associated with prediabetes are gender, age, socio-economic status upper, smoking, alcohol drinking, height, BMI, waist hip ratio, family history of diabetes, physical activity, and salt intake. Factors not associated were education, place of residence, waist circumference, hip circumference, diastole, oil and stress.

4. Among different biochemical parameters estimated total cholesterol, triglycerides, LDL, VLDL, SGPT, GGT, Potassium and RBC were increased significantly in prediabetes group compared to the control group while WBC, BUN and hemoglobin levels were decreased. SGOT, Serum creatinine, sodium, and chloride in prediabetic group were increased slightly.
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Scope for Further Work
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1. Periodical follow up of the prediabetics and sequential transformation into diabetes can be studied and risk factors associated can be identified.

2. Enzymatic and Hormonal estimation at cellular level may provide novel biomarkers for early identification of the condition.

3. Role of electrolytes in Prediabetes has to be further evaluated.

4. The future risk associated with micro and macro vascular complications in prediabetes has to be screened and early preventive measures can be implemented there by reducing disease burden on the society.

5. Long term studies with large population numbers can be done to identify the prevalence with the help of national funding agencies.

6. This study can be extended to metropolitan cities where there is more modernization and sedentary life styles like Hyderabad where there is prevalence of prediabetes 29% (NUDS).