Aim & Objectives
of the Study
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Diabetes has reached an epidemic magnitude in many countries and more so in developing countries, causing a great burden from life threatening complications of varied nature. The rising tide of type 2 diabetes and its complications will place an increasingly heavy burden of morbidity and mortality on patients and their families for decades to come. The expenditure required to manage these patients will stretch the healthcare systems even of the richest countries, ample evidences are from many long term prospective studies.

Current predictions are that management of people with diabetes and its associated complications will be a major challenge to the developing world over the next 25 years. In developing countries more than 50% of diabetics remain undiagnosed. Many do not seek medical help until debilitating complications force them to do so. This is particularly important for those young people who are at risk for developing diabetes, as they will have to live with the complications of the disease for longer period than patients who develop diabetes later in life. With the increase in prevalence of type 2 diabetes mellitus in adolescents, a rise in incidence of secondary co-morbidities including hypertension, hyperlipidemia, nephropathy, and retinopathy is anticipated. The pandemic of diabetes, along with its high human and economic costs, is showing no signs of reduction and therefore, new approaches are urgently needed to prevent, or slow the progression and limit the consequence of the disease.

Evidences suggest that early detection of diabetes by appropriate screening methods, especially in subjects with high risk for diabetes will help to prevent or delay complications and thus reduce the clinical, social and economic burden of the disease.
Given the magnitude of the problem, interventions to delay or even prevent the development of type 2 diabetes mellitus therefore seem more important than treatment, regarding population health and the burden of healthcare costs.

Prediabetes is a condition where a person has a blood sugar level higher than normal, but not high enough for a diagnosis of diabetes. He or she is at higher risk for developing type 2 diabetes and other serious health problems, including heart disease, and stroke. In recent years impaired fasting glucose among people had been increasing. With the estimate that there is a 50% risk over 10 years of progressing to overt diabetes. The concept of prediabetes is to identify asymptomatic individuals who are at increased risk of diabetes and delay or prevent the progression to diabetes. Therefore the present study was aimed to assess the prevalence of prediabetes using WHO fasting blood glucose levels in students of age 18-35 years of Andhra University, Visakhapatnam District, Andhra Pradesh, India.

OBJECTIVES

1. To screen the students of various colleges of Andhra University using fasting blood glucose levels as a criteria for diagnosing Prediabetes.

2. To study socio demographic patterns of study subjects.

3. To assess the association of various risk factors with prediabetes.

4. To assess various biochemical markers like lipid profile (Total Cholesterol, HDL cholesterol, Triglycerides, LDL and VLDL), liver enzymes (SGOT, SGPT, GGT), hemoglobin, RBC, WBC, serum creatinine, serum uric acid, blood urea nitrogen and serum electrolytes (Sodium, Chloride and Potassium) in prediabetic and control subjects.