

Diabetes Watch

Preliminary Results

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ICGP/NEHB Autumn Seminar

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For this presentation

- 482 first visits
- 403 three month visits

Profile of patients

- Ages from 31 to 89 years. Mean age of 63 years.
- 68% patients were medical card holders

Smoking

- 21% at first visit
- 20% at three months

Referred to Smoking Cessation Clinics

- 18% at first visit
- 21% at three months

HBA1c (< 6.5%)

HBA1c (< 6.5%)	First visit	
	No.	%
Target achieved	124	26
Target not achieved	350	73

HBA1c (< 6.5%) at Three Months

HBA1c (< 6.5%)	Three Months %	
	No.	%
Target achieved	27	8
Target not achieved	248	71
Data unrecorded	75	21
Total	350	100

Total Cholesterol at First Visit

	First visit	
	No.	%
Total cholesterol ≥ 5 mmol/l	233	48
Total cholesterol < 5 mmol/l	243	50

Total Cholesterol at Three Month Assessment

	Three Months	
	No.	%
Target achieved	68	29
Target not achieved	116	50
Data unrecorded	49	21
Total	233	100

LDL Cholesterol at First visit

	First visit	
	No.	%
LDL cholesterol \geq 3 mmol/l	261	54
LDL cholesterol $<$ 3 mmol/l	211	44

LDL Cholesterol at Three Months

	Three Months	
	No.	%
Target achieved	57	22
Target not achieved	158	61
Data unrecorded	46	18
Total	261	100

Triglyceride Levels at First Visit

	First Visit	
	No.	%
Triglycerides ≥ 1.5 mmols/l	275	57
Triglycerides < 1.5 mmol/l	200	42

Triglyceride Levels at Three Months

	Three Months	
	No.	%
Target achieved	46	18
Target not achieved	177	64
Data unrecorded	52	19
Total	275	100

Body Mass Index

BMI	Baseline		Three months	
	No.	%	No.	%
Overweight (≥ 25-29.9)	179	37	154	38
Obese (≥ 30-39.9)	199	41	159	40
Very obese (≥ 40)	27	6	23	6
Total	482	100.0	403	100.0

Weight

- First visit mean 84.1 Kg
- Three month mean 83.6 Kg

Blood Pressure

	Baseline		Three months	
	No.	%	No.	%
Systolic BP < 130 mmHg	102	21	90	22
Diastolic BP < 85 mmHg	331	69	289	72

Diabetic Medications

- *First Visit*

- Tablets 290 (60%)
- Sulfonureas 238(49%)
- Bigunides 196 (41%)
- Insulin 10 (2%)

- *Three months- start on*

- Sulfonureas 12(3%)
- Bigunides 9(2%)
- Insulin 1

Statins

	Cholesterol ≥ 5		Age 50+*	
	Baseline	3 month	Baseline	3 month
	No (%)	No (%)	No (%)	No (%)
Not Prescribed	137 (59)	88 (45)	221 (55)	155 (46)

The Use of Aspirin in Patients

	Age 50+			
	Baseline		3 month	
	No (%)		No (%)	
Not Prescribed	186	(46)	135	(40)

Compared to others

	NDRCTS DSC Baseline	Danish RCT After 6 years	DiabetesWatch At First Visit
HbA1C (mean)	6.9	8.5	7.5
S BP (mean)	162	145	143
D BP (mean)	88	-	81
Cholesterol (mean)	5.3	6.0	5.0
% Statins	16%	<20%	43%

Thank You