

ABSTRACT

BACKGROUND

With medical advancement, the life expectancy is improving and so is the morbidity due to complications of long standing diabetes mellitus. Anemia is a serious public health problem as harmful as the epidemic of infectious disease, especially in developing countries like India. With both the problems occurring together in an individual, the development of complications due to diabetes is severe and much earlier. The aim of this study is to estimate the prevalence of anemia in diabetic patients and to verify the association between low hemoglobin in diabetic patients with diabetic nephropathy and diabetic retinopathy.

MATERIALS AND METHODS

This is a cross sectional study conducted in patients admitted to medical ward in Government Royapettah Hospital for a period of 6 months. Type 2 Diabetes Mellitus patients above the age of 30 years were included in this study.

RESULTS

From a total of 200 patients, 100 were anemic, with female population in excess number as compared to males. In patients who were anemic, it is found that

the development of diabetic nephropathy and retinopathy is earlier and severe as compared to non-anemic group.

CONCLUSION

This study concludes that there is increased prevalence of anemia in diabetic population and that the prevalence of diabetic retinopathy and nephropathy is higher in diabetic patients with low hemoglobin.

KEY WORDS

Diabetes Mellitus, Anemia, Low hemoglobin, Diabetic nephropathy,
Diabetic retinopathy