

Frequency of obesity among type 2 diabetic patients attending a tertiary hospital in Lagos state, Nigeria

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Obesity and type 2 diabetes mellitus constitute major public health issues in modern societies worldwide. They have been linked in several ways. Obesity is involved in the pathologic process that culminates in the development of type 2 diabetes.

The aim of this study was to assess the frequency of obesity in known type 2 diabetic patients and also to determine the presence of comorbidities associated with these two conditions.

The study was carried out at Lagos University Teaching hospital and was designed as a retrospective review of the medical records of type 2 diabetic patients undergoing treatment at the Hospital for the year 2011. Seventy six case notes were accessed. Out of the 76 case notes only 63 were used in analysis. Assessment included weight, height, age, sex, comorbidities present, genetic factors and duration of diabetes.

Forty six patients (73%) were either obese (34.9%) or overweight (38.1%) while 23.8% were of normal weight. The majority of diabetic patients were in the age groups 50-59 and 60-69. Average BMI for obese and overweight patients were 32.73+ 3.73 and 26.61+ 1.88 respectfully. Comorbidities such as hypertension, dyslipidaemia, retinopathy, neuropathy, renal impairment and ulcer were found present.

The study revealed high prevalence of obesity/overweight among the diabetic patients. Hypertension and retinopathy were common in these patients.

Health care professionals should encourage patients to adopt preventive measures or life style that will lead to weight loss as weight loss by 5% is enough to reduce the incidence of comorbidities which affect mortality and morbidity.

Biography

Aina BA completed her PhD in 2005 from University of Lagos. She is an Associate professor in the Department of Clinical Pharmacy and Biopharmacy of same University. She has published more than 30 papers in peer reviewed journals.

Ogbo PU is a PhD candidate and Assistant Lecturer in Department of Clinical Pharmacy and Biopharmacy, University of Lagos. Falade MI is about completing her Bachelor of Pharmacy from the University of Lagos

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