

TITLE: PERIPHERAL VASCULAR DISEASE BURDEN AMONG PATIENTS LIVING WITH DIABETES MELLITUS IN LAGOS, NIGERIA

AUTHORS:

BACKGROUND:

Amputation in diabetic patients is a major source of physical and psychological trauma with peripheral vascular disease (PVD) implicated in most cases. Ankle brachial pressure index can be used to screen for PVD and the patients followed up with appropriate measures put in place to ultimately reduce or prevent amputations.

OBJECTIVES:

- To highlight the likely risk factors for developing peripheral vascular disease among diabetic patients in LUTH, Nigeria.

SUBJECTS MATERIALS AND METHODS:

This is a randomized cross-sectional pilot study involving diabetic patients currently attending the diabetic clinic of LUTH, Nigeria. Subjects were selected from consecutive weekly diabetic clinics over 4 weeks and their ABPI determined using a hand – held Doppler and a digital mercury sphygmomanometer. Their response to a pre-tested questionnaire and examination findings were recorded.

RESULTS:

A total of 63 patients were involved in the study with 57.1% and 42.9 % being females and males respectively. 52.4% had an abnormal ABPI of either feet. 88.5% of the patients with abnormal ABI were 50yrs and above with 69.8% being obese. 67.5% of the patients had an abnormal waist circumference while 57.0% of the hypertensive patients were found to have an abnormal ABPI. An abnormal ABI was seen in 61.5% of patients with a positive history of intermittent claudication

CONCLUSION: There seems to be a high prevalence of peripheral vascular disease among diabetic patients in LUTH. Advancing age, obesity, hypertension and a history of intermittent claudication are all contributing factors.

KEYWORDS: Ankle brachial index, Diabetes mellitus, Peripheral vascular disease.

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