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Diabetes mellitus among tuberculosis patients: A cross sectional study from Pakistan

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The co-incidence of diabetes mellitus (DM) and tuberculosis (TB) is largely associated with the high frequency of morbidity. The undertaken study determined the prevalence of DM among TB patients and to analyze the impact of various socio-demographic and behavioral factors on the TB-DM co-incidence. During the study period (September, 2014 to August, 2015), a total of 500 TB patients attending four major public sector hospitals of Lahore, Pakistan were enrolled. A well-designed questionnaire was used to collect information regarding socio-demographic and behavioral risk factors of the patients. Fasting Blood sugar level of the study participants was tested by a semi automated clinical chemistry analyzer followed by HbA1c level of all hyperglycemic patients. Among 500 TB patients, prevalence of TB-DM co-incidence was observed in 74 (14.8%) patients. The maximum number of patients with co-existent TB-DM were male (62.16%), in the age group >57 years (35.13%), unemployed (48%) and illiterate (72.97%). However, among the total 74 study subjects having TB-DM co-incidence, 27% exhibited smoking history. Significant difference was observed in the category of age groups and education while no significant difference was observed in the category of gender, occupation and smoking. The study revealed co-incidence of TB and DM among 14.8% patients that is influenced by several socio-demographic factors including old age, unemployment, illiteracy and increased exposure of male to the polluted environment. Thus, poor and unhealthy living styles complicated the ailments by leading to the development of DM among immunologically compromised individuals.

Biography

Zarfshan Tahir is a motivated Researcher with specialty in Microbiology and Public Health Issues. She has brilliant academic achievements and won Gold Medal at MBBS from King Edward Medical College Lahore. She did MPhil in Microbiology and won Gold Medal from Postgraduate Medical Institute, Lahore. She is working on zoonotic diseases of public health concern. Currently, she is acting as Head of Department of Bacteriology and Focal person of Provincial Rabies Control and Surveillance program in Punjab. She is a Focal person of Provincial TB Reference Laboratory.

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