

13<sup>th</sup> World Congress on

# Healthcare & Technologies

June 14-15, 2018 | Dublin, Ireland

## RISK FACTORS FOR NONADHERENCE TO TREATMENT, AND COMPLICATIONS IN PATIENTS WITH TYPE 2 DIABETES ATTENDING A PRIMARY CARE HEALTH CENTER IN ENSENADA, MÉXICO

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**Background:** Type 2 diabetes mellitus (T2DM) has a high prevalence in the northern region of Mexico (15.7%). It represents one of the greatest burdens for the Mexican healthcare system. Approximately 75% of patients with T2DM have not reached adequate glycemic control.

**Methods:** This is a descriptive, cross-sectional study in a convenience sample of 184 T2DM patients attending a primary health care center in Ensenada, Baja California from 2010 to 2012. A structured survey was applied to determine risk factors for non-adherence to treatment, comorbidities and complications of patients with T2DM.

**Results:** 64% were women average age 58 years. 10% were illiterate and 25% with unfinished elementary school; 22% were active smokers, 77% with a sedentary life and 60% consumes sugary drinks; 42% reported difficult access to the health center due to long distance and expensive bus transportation. The majority (84%) had to buy their medicines. Only 42% carried out the control laboratory exams requested. Nearly 70% had high blood pressure and 44% were not controlled; 46% had dyslipidemia and 68% were obese. Almost 2% of the patients developed retinopathy and/or neuropathy and /or diabetic foot.

**Conclusions:** It is necessary to develop a more efficient monitoring and control program for patients with T2DM, to reduce comorbidities and complications through reducing risk factors that favors the non-adherence to pharmacological treatment, such as the lack of access to healthcare centers, the need to buy their medicines, and the lack of metabolic control among others.

### Biography

David Sergio Salas Vargas graduated from the School of Medicine at the Universidad Autónoma de Baja California as a Medical Doctor. Later on he obtained his Master's degree in Public Health at UABC and a PhD in Health Sciences at UABC. He was the Dean of the School of Health Sciences at UABC in Ensenada for almost eight years and now he works as a full time Professor and coordinates the Postgraduate and research studies area.

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