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Effect of family history of diabetes and socio-demographic predictors in young adult onset diabetic patients of Sri Lanka;   Abstract;   Sri Lanka Medical Association - 123rd Annual Academic Sessions,   2010_.69pp

Abstract: Objectives: To evaluate diabetes related complications with socio-demographic factors.To assess the effect of family history of diabetes in terms of age of onset of disease. Methods: Data obtained from a consecutive sample of diabetic patients with an age of onset of disease <40 years (n=1007). Recruitment was through both governmental and private hospital outpatient clinics. Informed written consent was obtained. Data collected on socio-demographic variables as well as end-organ complications. After enrollment basic demographic data, family history of diabetes, hypertension, ischaemic heart disease, stroke, deafness and age at diagnosis were obtained. Analysis done by SPSS 17.0 with use of descriptive analysis of variance and logistic regression models. Results: Prevalence of major complications were as, retinopathy (15.6%), neuropathy (3.5%), nephropathy (32.5%), foot ulceration (10.1%), ischaemic heart disease (23%) and peripheral arterial disease (6.9%). The socio-demographic model significantly correlated with most of the above complications ($p<0.05$). Age was the single demographic determinant having independent positive correlation on all of above outcomes ($p <0.05$). 741(73.58%) patients had a close family history of diabetes. Most prevalent was history of diabetes in the mother (n=435; 43.2%). Overall family history was significantly associated with age of onset of diabetes ($p <0.05$).Conclusion: Socio-demographic model is effective in predicting outcome of diabetes. Family history of diabetes is significantly correlated with age of onset of disease in young diabetic patients.