“DIABETIC STATUS AMONG LEPROSY PATIENTS IN REFERRAL CENTRES OF BIHAR AND JHARKHAND IN INDIA”

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Introduction

• India has the highest number of diabetic patients in the world. The disease poses an enormous public health problem in the country

• Referring to India as the Diabetes Capital of the world, the International Journal of Diabetes in Developing Countries states that diabetes prevalence in India is rising alarmingly. *It has gone beyond epidemic to pandemic proportions*

• The International Diabetes Federation estimates that the number of diabetic patients in India has more than doubled from 19 million in 1995 to 41 million in 2007. It is projected to increase to 70 million by 2025

• Currently, up to 11 per cent of India’s urban population and 3 per cent of rural population above the ages of 15 have diabetes. Diabetes tends to affect the whole society, not just those living with it
Introduction

• India also contributes to the highest number of leprosy cases in the world. 127,000 new leprosy cases have been registered with government health centers for treatment.

• Leprosy results in anaesthesia of feet, hands and eyes. As a result, patients are prone to injuries which lead to ulcers, especially in their hands and feet. If they are diabetic, the risks are even higher as the ulcers do not heal for a very long time.

• The purpose of this study was to understand the status of diabetics amongst leprosy patients in East Champaran (Bihar) and Dhanbad (Jharkhand) districts.
Method

- Blood sugar tests along with self-care camps were organized in Little Flower Hospital at Sundarpur in Raxaul and Ramgadhwa and Jamadoba leprosy colonies in Dhanbad with the support of Lepra Bihar.

- All patients were informed of the purpose of diabetic testing and their written consent was taken.

- All patients were checked for random blood sugar, those found positive (140) were re-tested the next day on fasting and Post-Prandial (PP). Disposable puncher and testing kits were used - one per patient.

- Those found high blood sugar at fasting and PP (2 hours after meal) were counseled when their results were shared with them and were referred to the district hospital for further treatment.
Results

- 828 leprosy patients were examined with random blood sugar tests
- 133 people (70 without any disability and 63 with multiple disabilities) were blood sugar positive (more than 140) - more than 15% of those being tested
- 133 people were re-tested for fasting and PP next day. 128 were found positive
- 34% were under 45 years. Of the 128, 37 people had ulcers in their feet
- Four of them are aware about their diabetic status; two of them on medication
- Being diabetic is the non-healing factor among 37 cases
Results

Gender

<table>
<thead>
<tr>
<th></th>
<th>Male</th>
<th>Female</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>498</td>
<td>330</td>
<td>828</td>
</tr>
</tbody>
</table>

Age-wise distribution

<table>
<thead>
<tr>
<th></th>
<th>Below 15</th>
<th>16 to 30</th>
<th>31 to 45</th>
<th>More than 45</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>1</td>
<td>133</td>
<td>386</td>
<td>308</td>
</tr>
</tbody>
</table>
Results

Status – random blood sugar

- Positive: 133
- Disabled: 63
- No disabled: 70

Status - Fasting and Post-Prandial

- Random positive: 133
- Fasting: 128
- After meal: 129
Results

Diabetes positive among disabled

- Positive having disability: 63
- Ulcer in feet: 37

Diabetes Positive among women

- 16 to 30: 2
- 31 to 45: 39
- More than 45: 92

Diabetes Positive among disabled
Conclusion

The study revealed that diabetes incidence was higher among leprosy patients. This study therefore recommends that leprosy patients with disabilities (WHO Grade I and II) should be screened for diabetes.
Thank you ...