



The 7th World Congress on
**Controversies to Consensus in Diabetes,
Obesity and Hypertension (CODHy)**
Sorrento, Italy April 11-13, 2019
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DIABETES COMPLICATIONS AND ASSOCIATION WITH HEALTH RELATED QUALITY OF LIFE

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Purpose: The aim of the study was to describe the impact of diabetes complications on Health-Related Quality of Life (HRQoL) of individuals with type 2 diabetes mellitus (T2DM). **Methods:** In this descriptive study patients were selected from diabetic clinics of University hospitals in Plovdiv, Bulgaria. A socio-demographic and disease characteristics questionnaire and Bulgarian version of short-form of health survey (SF-36v2) were used for the data collection. A linear regression analysis was performed to explore determinants of responses in SF-36v2 domains. **Results:** The most prevalent microvascular complications were peripheral sensory neuropathy (PSN; 37.14%), diabetic retinopathy (DR, 12.86%) and diabetic nephropathy (DN; 4.28%). The most prevalent macrovascular complications were coronary artery disease (CAD; 44.29%), cerebrovascular disease (CD; 28.71%), and peripheral vascular disease (PVD; 7.12%). Majority (32%) of the complications were assessed to be mild. PSN was associated with significantly worse HRQoL of all SF-36 scales - most strongly expressed in the „Mental Health “and “Physical Functioning”. CAD was associated with significant reductions in “Social Functioning” and “Role-Emotional”. PVD was associated with significantly lower “Physical Functioning” and “Social Functioning” scales. **Conclusions:** This study has shown that diabetic complications, particularly PSN, have a profound effect on the HRQOL of individuals with T2DM. The presence of even mild diabetic complications has a significant impact on patients’ quality of life. Early diagnosis, optimal treatment and person-centered diabetes management is essential to prevent reduction of HRQOL in these individuals. **Financial Disclosure:** No.



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