THE CHARACTERISTICS OF HYPOGLYCEMIA AND SAFETY IN DIABETIC PATIENTS WITH FORE E SELF-ELECTRONIC MANAGEMENT

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Purpose: The aim of this study is to explore the benefits of Fora E in the management of 36 diabetic patients with hypoglycemia occurring and safety evaluation. Method: 36 diabetic patients who attending our outpatient department from June 2010 to December 2011 were recruited and sign the consent information to participate the Fore E glucose management at home. The patients were followed up at week 1, 3, 5, 7, 9 and 11 respectively. The clinical features, severity and causes of the hypoglycemia in each patient were documented and analysis by software SPSS17.0. Results: Total of 162 follow-ups in 36 patients were recorded and the hypoglycemia was present on 143 occasions and involved 24 patients. Symptomatic hypoglycemia was reported on 62 occasions, asymptomatic hypoglycemia on 38, and suspicious symptoms of hypoglycemia in 43. Excessive exercise and idiopathic hypoglycemia are the main causes of hypoglycemia. Patients over 60 years old and patients who were not self-monitoring their blood glucose levels had higher frequency of developing hypoglycemia (P＜0.05). Conclusion: The incidence of hypoglycemia in diabetic patients is high and most of them present with symptomatic hypoglycemia. The main features of hypoglycemia is idiopathic. Elder Patients and the patients who did not monitor their blood glucose level often had a higher frequency of developing hypoglycemia. More concerned should be demonstrated to the diabetic patients with hypoglycemia. Strengthen monitoring of blood glucose can prevent the occurrences of hypoglycemia, thus lead to effective prevention of hypoglycemia.