

Research abstract

Maturity onset diabetes of youth in Sudanese patients: an emerging problem

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All the diabetic patients referred to the out-patient clinic of Wad Medani Teaching Hospital during 1994 were screened for features of maturity onset diabetes of youth.

Criteria for inclusion in the study were: under 40 years of age and presentation with features of type 2 diabetes mellitus.

A questionnaire was designed to collect data relating to:

- demographic characteristics of patients
- presenting symptoms
- presence/absence of symptoms and signs of ketosis
- body weight
- family history of diabetes mellitus
- line of management.

Out of 316 diabetic patients screened, 42 satisfied the criteria of the study. The data were analysed by computer using SPSS software. Percentages, means and standard deviations were calculated for each parameter.

The patients seen in the study were mostly young adults. All of them were under 30 years of age and 73.33% were under 25 years; 66.67% of the patients were females. All the patients had sedentary jobs which involved a minimum of physical exercise and 66.67% were from urban areas.

The body weight of 52.33% of the patients was above 65 kg; in 40%, it was above 70 kg, and in 26.67%, it was above 80 kg. In 46.67% of patients, there was no loss of weight, while 53.33% showed mild weight loss. None of the patients showed any symptoms or signs of ketosis.

In 33.33% of patients, the condition was managed through diet alone; in 66.67%, it was managed through diet and the use of hypoglycaemic drugs. None of the patients required insulin therapy.

The results show that all the patients had sedentary jobs, took little physical exercise, had a tendency to gain weight, and had limited income which could put them under financial and social stress. All these factors could lead to better understanding of the etiology of this clinical problem.

All the patients had a family history of diabetes mellitus and all either did not lose weight or showed only a mild loss of weight. Both these factors are associated with non-insulin dependent diabetes.

Maturity onset diabetes of youth is an emerging clinical problem in Sudan. Recognition of the features of this syndrome by physicians is an important step towards identification of cases and management of the condition.

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