**Glycemic status with microalbuminuria and peripheral**

**neuropathy in type II diabetes mellitus**

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**ABSTRACT**

**Objective:** To determine the relationship of glycemic status with microalbuminuria and peripheral neuropathy in type II diabetes mellitus.

**Study Design:** Across sectional observational study.

**Place and Duration:** Al- Tibri Medical College and Hospital Karachi from 1st January 2018 to 30th June 2018.

**Methodology:** This study comprises of patients of both genders with diagnosis of type II diabetes between 35-75 years of age. Demographic variables such as age, gender, duration of diabetes, hypertension, body mass index and laboratory parameters, i.e. fasting blood sugar, random blood sugar, glycosylated hemoglobin and microalbuminuria were recorded.

**Results:** Out of 120 patients, there were 55.8% males. Subjects having uncontrolled blood sugar as assessed by glycosylated hemoglobin had microalbuminuria 76.7% (p value <0.001) and peripheral neuropathy 58.1% (p value 0.003). While subjects having uncontrolled random blood sugar, microalbuminuria was present in 90% and peripheral neuropathy in 87.1% (p values of 0.002 and 0.014 respectively). With uncontrolled fasting blood sugar, microalbuminuria was observed in 66.7%, while peripheral neuropathy among in 67.7% with statistically significant p values of 0.003 and 0.001 respectively.

**Conclusion:** Poor glycemic control in terms of HbA1c, pre-prandial and post prandial hyperglycemia were significantly associated with microalbuminuria and peripheral neuropathy.

## Keywords: Diabetes, Peripheral neuropathy, Microalbuminuria, Glycosylated hemoglobin, Fasting blood sugar, Random blood sugar.

**How to Cite This:**

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