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GLYCAEMIC CONTROL AND ITS ASSOCIATED DIETARY RELATED FACTORS AMONG TAMIL PATIENTS WITH TYPE II DIABETES MELLITUS

Kisokanth, G[1], Prathapan, S[2], Indrakumar, J[3] and Joseph, J[4]

[1, 4]*Department of Supplementary Health Sciences, Faculty of Health-Care Sciences, Eastern University, Sri Lanka*

[2]*Department of Community Medicine, Faculty of Medical Sciences, University of Sri Jayewardenepura, Sri Lanka*

[3]*Department of Medicine, Faculty of Medical Sciences, University of Sri Jayewardenepura, Sri Lanka*

ABSTRACT

The diet therapy is an essential component in the management of Diabetes Mellitus (DM) to reduce its complications. The ideal dietary practices and diet patterns remains to be determined and essential to know the dietary pattern of the patients with DM. The study aimed to determine the dietary related factors associated with good glycemic control among Tamils with type II Diabetes Mellitus. An unmatched case control study was conducted among 339 patients with DM in medical clinics, Teaching Hospital, Batticaloa. The cases (n=113) were who had fasting blood sugar $\leq$ 110mg/dl and the controls (n =226) were who had fasting blood sugar > 110mg/dl in at least 3 clinic visits during last 6 months. A pre-tested and validated seven day dietary diary was used to obtain the diet patterns of patients. Those who consume at least one serving of fruits (OR 2.83, 95% CI=1.03-7.76), bitter gourd (*Momordica charantia*) (OR 2.23, 95% CI=1.00 – 4.95), Kurinja (*Wattakaka volubilis*) (OR 2.49, 95% CI=1.00 – 6.17) in a week and who do not consume potato and manioc at all (OR 4.75, 95% CI=1.61 – 14.07) had good glycemic control. The patients who had good lunch (OR 4.64, 95% CI=1.93 – 13.14) and normal diet pattern (OR 8.22, 95% CI=3.61 – 18.74) for more than 3 day/week were also found to be the dietary related factors associated with good glycemic control in the multivariate logistic regression model. The good glycemic control could be achieved among patients with type II Diabetes Mellitus by practicing the recommended dietary practices.

Keywords: diet, good glycemic control, diabetes mellitus, Tamils, case-control study