

IMPAIRED GLUCOSE TOLERANCE (IGT) ITS FUTURE & COMPLICATIONS

DR. JITENDRA JAUHARI, DR. (Smt.) SHASHI JAUHARI
J.J. Hospital, 321, City Station Road, Bareilly

Individuals having IGT have variable future regarding development of diabetes and other complications. This study is an extension study of "Prevalence of diabetes & IGT among the population of Bareilly town of Uttar Pradesh." Preliminary results of eight years follow up of 14 IGT cases are presented here.

All these persons had careful medical examination including their height, weight, age, sex, personality pattern with details of their family history with special reference to diabetes and personal history regarding smoking and exercise. In addition to blood glucose estimations lipid profile ECG and X-ray chest was done in all. Any complications if present are recorded in detail. Reassessment is done every six months or as they come for it.

Details of 14 IGT cases are as follows:

Seven (50%) developed overt diabetes-NIDDM, two (14.28%) have become euglycemic and five (35.72%) are maintaining status of IGT. Out of these five, four have developed complications like angina, hypertension and neuropathy. Their details are noted and analysed at length.

Conclusions:

1. Upto 50% of IGT persons may become diabetic.
2. Only 15% of JGT persons become euglycemic.
3. Obese IGT persons especially those having family history of diabetes with lipid profile similar to diabetes are at great risk to develop overt diabetes and complications similar to diabetes.

This study is very small and a big prospective study is required in this region to substantiate these observations.