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Evaluation of Frequency of Types of Rheumatologic Manifestations and Their Relationship with Blood Glucose Control in Patients with Type II Diabetes

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Aim: Musculoskeletal disorders in diabetic patients are associated with pain and disability and thus a significant reduction in quality of life. The current research was conducted with the aim of evaluating the frequency of rheumatologic manifestations and its association with blood glucose level in diabetic patients.

Methods: In this cross-sectional study, a total of 273 patients with type 2 diabetes referred to the diabetes clinic were selected by using census method. Using the checklist, demographic and clinical data including duration of diabetes, blood glucose level, HbA1c, type of diabetes, BMI, smoking, blood pressure, serum cholesterol level, triglyceride, HDL, LDL, and musculoskeletal disorder type were analyzed through SPSS20 software by using independent t-test. Modeling was performed to obtain the best fit using logistic regression. The significance level was considered less than 0.05.

Results: 62.6% of patients had at least one of the rheumatologic complications. The most common complication was related to carpal tunnel syndrome (26.4%), followed by muscle contraction (23.8%). By moderating the effect of other variables, the odds ratio for rheumatoid complications was 1.74 with one unit of increase in HBA1C, which was statistically significant. In examining the influential variables, high age, gender, smoking, and BMI showed statistically significant effect ($p < 0.001$).

Conclusion: Given the high prevalence of musculoskeletal disorders in diabetic patients, early diagnosis and timely treatment of its complications are crucial. It is recommended that musculoskeletal examinations to be included as an important part of periodic care in these patients.

Keywords: Musculoskeletal Disorder, Type II Diabetes, HBA1C, Glycemic Control, Rafsanjan

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