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A Study on Magnitude and Pattern of Blood Pressure and Prevalence of Obesity among Diabetes Patients

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Abstract: Background: Hypertension and obesity among patients with Type 2 Diabetes Mellitus in developing countries are perhaps even more harmful than in high-income countries. This study focuses primarily on assessing the magnitude and pattern of blood pressure in diabetes patients, secondly to assess the prevalence of obesity in diabetic patient. **Method:** A prospective observational study was carried out on 102 diabetes patients for a period of six months at Basaveshwara Medical College Hospital & Research Centre, Chitradurga. **Results:** The study result shows that out of 102 prescription 48 patients were male (47.1%) and 54 patients were females (52.9%). Prevalence of obesity was found as 2(1.9%) patients belongs to underweight group, 56 (55.1%) patients belongs to normal group, 42 (41.1%) belongs to overweight group and 2 (1.9%) are under obese group. Magnitude and pattern of blood pressure showed 27 (26.5%) patients in optimal category, followed by 20 (19.60%) patients in stage 1 category. Out of 102 diabetes patients prescriptions 14 minor interactions, 55 moderate interactions and no severe interactions were observed. **Conclusion:** The current study concludes that the most predominant pattern of blood pressure among the diabetic patients is stage 1 type and the overweight patients were more prevalent. Drug–drug interactions with anti diabetics were found and moderate type was predominant.

Key words: Antidiabetics, Diabetes Mellitus, Hypertension, Obesity, Prescription.

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