

Etude du profil épidémiologique et clinique des pèlerins diabétiques marocains première étude au Maroc



L. ABAINOU, H.ELJADI, S.ELHADRI, H.BAIZRI
 Service d'Endocrinologie, Diabétologie et Maladies Métaboliques
 Hôpital Militaire Avicenne - Marrakech



INTRODUCTION

Hajj (Pilgrimage) is one of the five pillars of Islam. For Hajjis (i.e. the people performing Hajj) this is a time of extraordinary physical and mental stress. In the context of diabetes, this means that Hajjis are at increased risk of both hyper and hypo glycaemia and increased morbidity and mortality from diabetes itself as well as intercurrent illness

The aim of this study is to highlight the epidemiology, clinical and complications profile of diabetic Pilgrims.

Literature search has shown that there are few and old data available on the status of diabetic pilgrims. To our knowledge, this is the first study performed on Moroccan pilgrims.

METHODS :

We performed a prospective study conducted over a period of 50 days from the 07 august 2017 until 11 September 2017 in the City of Al-Medina Al-Munawarah, it was based on questionnaire. All diabetics pilgrims were attended in our Clinical diabetic (fig 1).

- The questionnaire included several schemas, the first part focused on demographic information including gender, age or date of birth and reported pre-existing illnesses.

- The second part, included information on the type and duration of diabetes, medications and known complications. The last part was destined to clinical findings (weight, height, blood pressure (BP) and random plasma glucose levels (RPG))

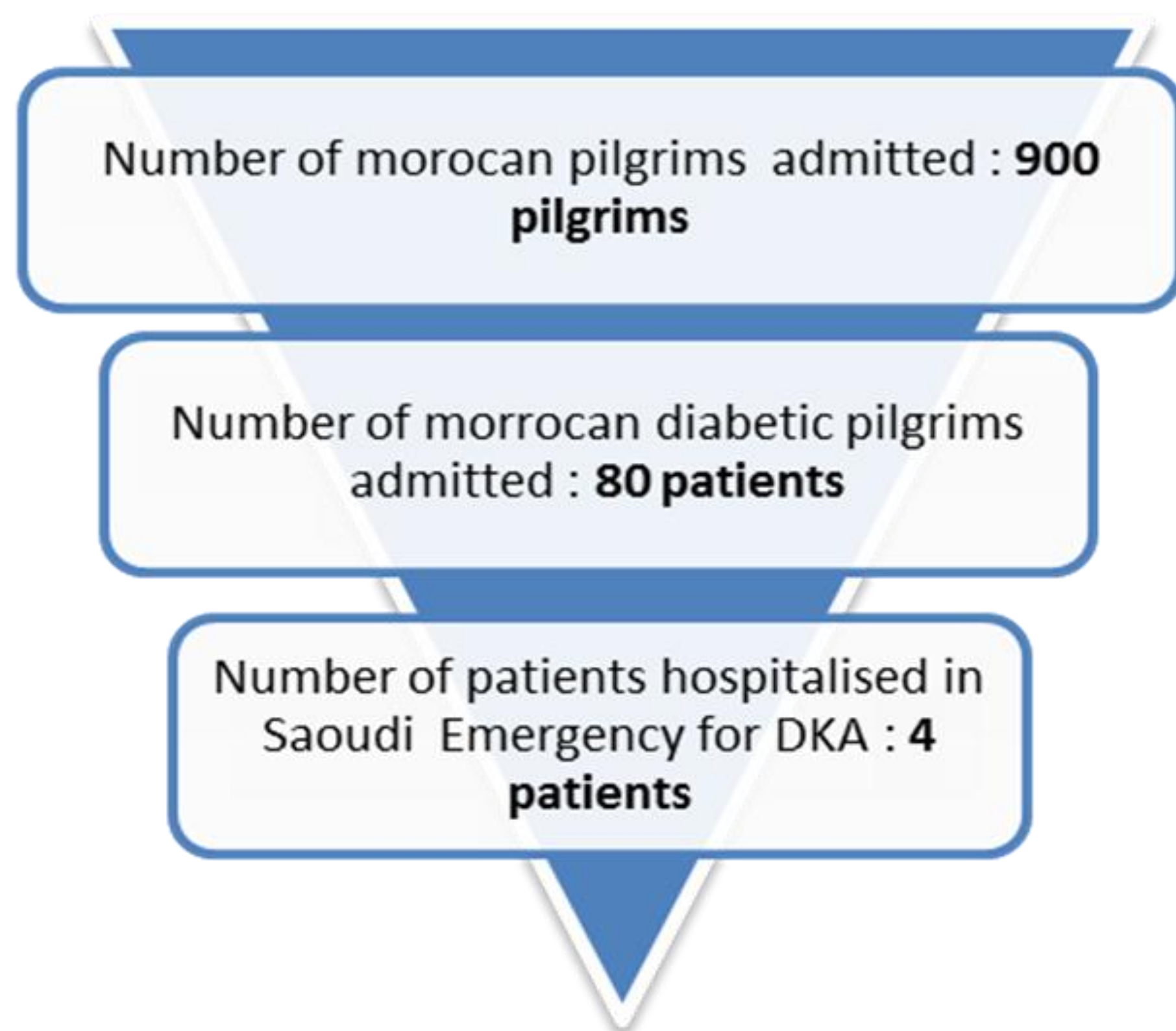


Fig 1 : Flow-Shart of our study

A formal ethics approach was not necessary because the study involved only collection of anonymous data. - All analyses were performed using SPSS for Windows (version 8.0; SPSS, Chicago, IL). The significance of univariate differences was assessed by χ^2 and Student's t tests.

RESULTS :

Table 1 - Demographic data of the diabetic pilgrims admitted

Demographic data	n (%)
Gender	
Male	40 (50%)
Female	40 (50%)
Age (year)	
<45	2 (2.5%)
45-65	48 (60%)
>65	30 (37.5%)

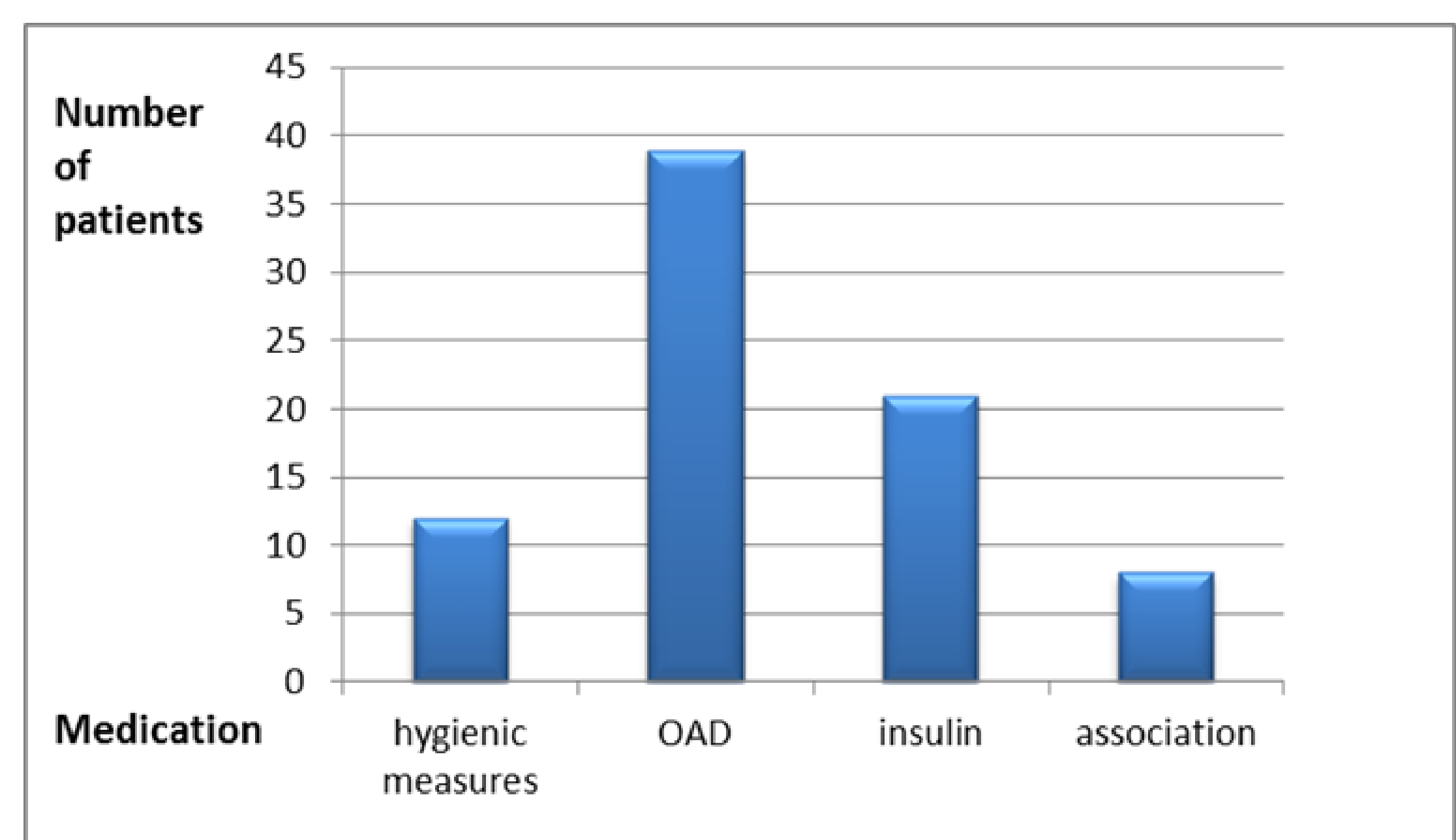


Fig 2 : Diabetes medications taken by patients

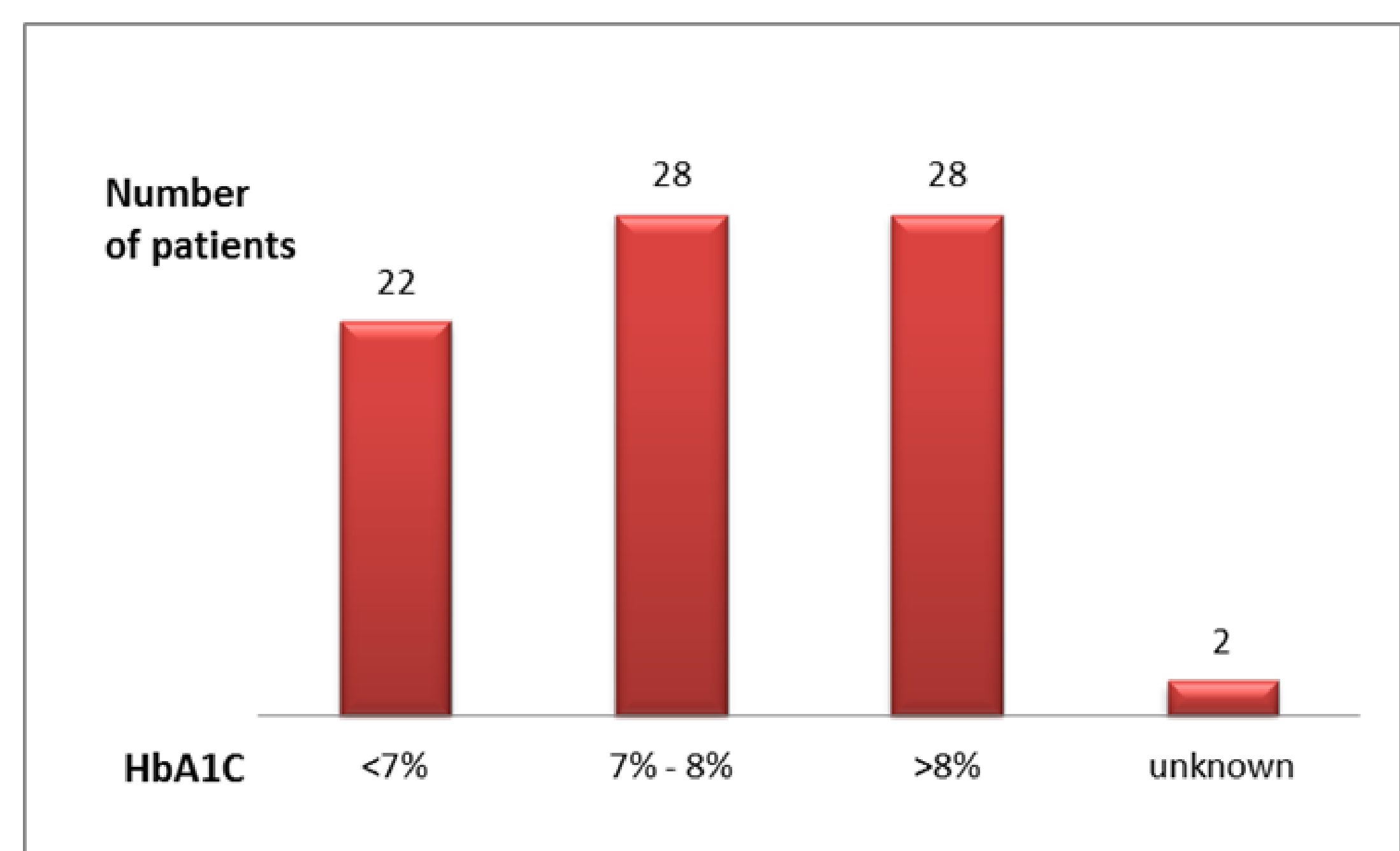


Fig 3: HbA1c distribution of patients

CONCLUSION

It is important to emphasize that healthcare professionals should be informed regarding characteristics of diabetic pilgrims.

Patients with diabetes insist on performing Hajj, thereby reating a medical challenge for themselves and their health care providers. Medical professionals should be aware of potential risks of Hajj on diabetes, try to minimize the risk of complications and convince patients who are not fit to go to Mecca.