

Abstract

Purpose: Hyperglycemia is the most important modifiable risk factor for diseases like kidney diseases and cardiovascular diseases. In addition to that, hyperglycemia has many complications such as retinopathy, neuropathy and coronapathy. The screening for hyperglycemia in Palestine is not established in primary care centers. In this study, we aim to determine the prevalence of hyperglycemia among healthy undiagnosed adult men in Palestine in order to assess the need for screening and preventive programs for hyperglycemia.

Material and method: A cross sectional observational study was carried out in ten secondary schools in Nablus municipality (Palestine) from August 2017 to February 2018. 126 teachers were included in the study based on sample calculations. The age of participants ranged between 25-60 years old. A questionnaire was used to collect demographic data, data about the life style, past medical and family history. Serum glucose profile for each participant was measured.

Result: The overall prevalence of undiagnosed hyperglycemia among Palestinian men is 1.6% and the total of pre-diabetic is 16.7%.

Conclusion: about 16.7% of Palestinian men between 31-50+ have pre-diabetes and 1.6% have diabetes. All of them were unaware of having hyperglycemia. Screening programs in Palestine need to be established in order detect those who have hyperglycemia. Hence, patients with hyperglycemia could be managed according to the international guidelines to prevent cardiovascular and kidney diseases.

Key words: hyperglycemia, prevalence, uncontrolled, undiagnosed, diabetes mellitus, Palestine.