THE PREVALENCE OF TOBACCO SMOKING IN PATIENTS WITH DIABETES IN HOSPITAL PULAU PINANG, MALAYSIA

*Universiti Sains Malaysia, 11800 Minden, Penang, Malaysia
**Qatar University, Doha, Qatar
***MRCP Hospital Pulau Penang, Malaysia
Corresponding Author: Khanza Albaroodi; e-mail: khanza.albaroodi@hotmail.com

INTRODUCTION

Diabetes mellitus is becoming a worldwide epidemic, it is a chronic and costly disease (for both patients and healthcare sector) (1) that raises an urgent need to reduce diabetes mellitus complications and slow its deterioration. A wide base of evidence shows the negative effect of tobacco smoking on patients with diabetes (2,3,4,5,6). Although many studies have explored the prevalence of tobacco smoking in the general population (7,8,9) data are lacking regarding its prevalence in a specific population with a chronic disease such as diabetes.

OBJECTIVES

The objective of this survey study was to determine the prevalence of tobacco smoking among patients with diabetes in Hospital Pulau Pinang, Malaysia.

METHODS

A cross-sectional survey was conducted to study diabetic patients who attended the endocrine clinic at Hospital Pulau Pinang in Malaysia from March to August 2012. The prevalence of smoking tobacco in patients with diabetes attended single medical center in Pulau Penang Malaysia was measured by asking diabetic patients about their smoking status and reviewing their medical records who had visited the endocrine department (mark patients records so not to count twice). The minimum sample size needed for determining the prevalence was estimated 348 patients (10). One thousand one hundred eighteen patients with diabetes were reviewed to determine the prevalence of tobacco smoking in diabetic patients at the endocrine clinic of Hospital Pulau Pinang. Patients considered smoker if they reported having smoked more than or equal to 10 cigarettes during their lifetimes and who smoke now (11).

RESULTS

The majority of the study population was male (95.2%), with Malay and Chinese patients in almost equal proportions. Most of these patients had started smoking before they were diagnosed with diabetes. Among the 1,118 diabetic patients, only 108 patients smoked; therefore, the prevalence of tobacco smoking in our patients with diabetes was 9.66%.

Figure 1: Smoking onset among patients with diabetes at Penang General hospital, Malaysia

CONCLUSIONS

The prevalence of tobacco smoking among diabetes patients in Malaysia was low. Tobacco smoking status should be evaluated as a routine care and advice should be given to those who are smokers, and they might be referred to smoking cessation program which is already available in the hospital studied if they want to quit.

REFERENCES