

Diabetes awareness in the general population of northern Greece

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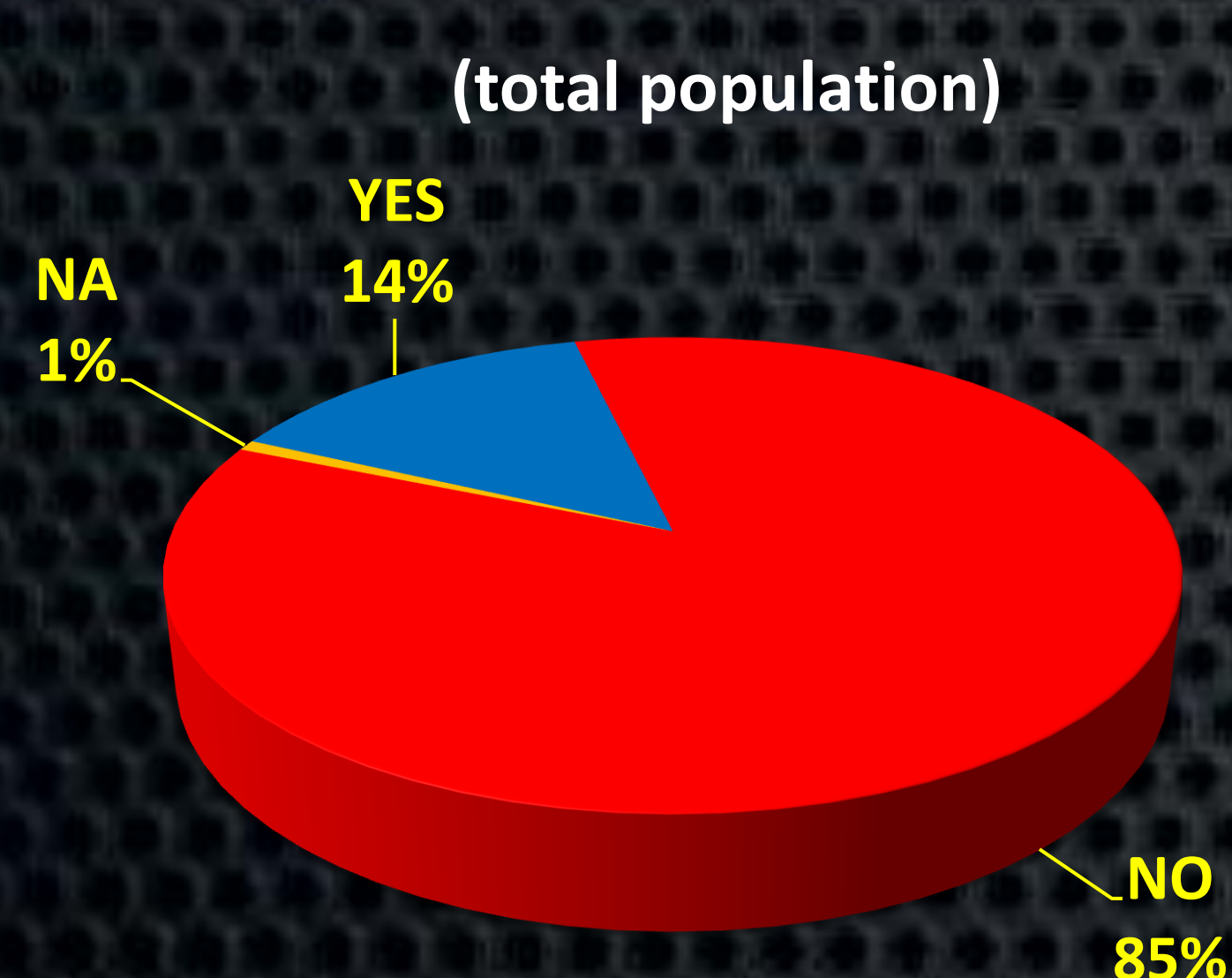
Introduction: The current study was conducted to assess the level of awareness about diabetes in a random population.

Methods: A questionnaire was conducted by communication over the telephone in Thessaloniki, Macedonia, Greece in a random population of 600 persons. Presence of DM1 or DM2 in the person questioned or a family member, knowledge of precipitating factors, duration, curability, choice of physician and compliance with medication were assessed.

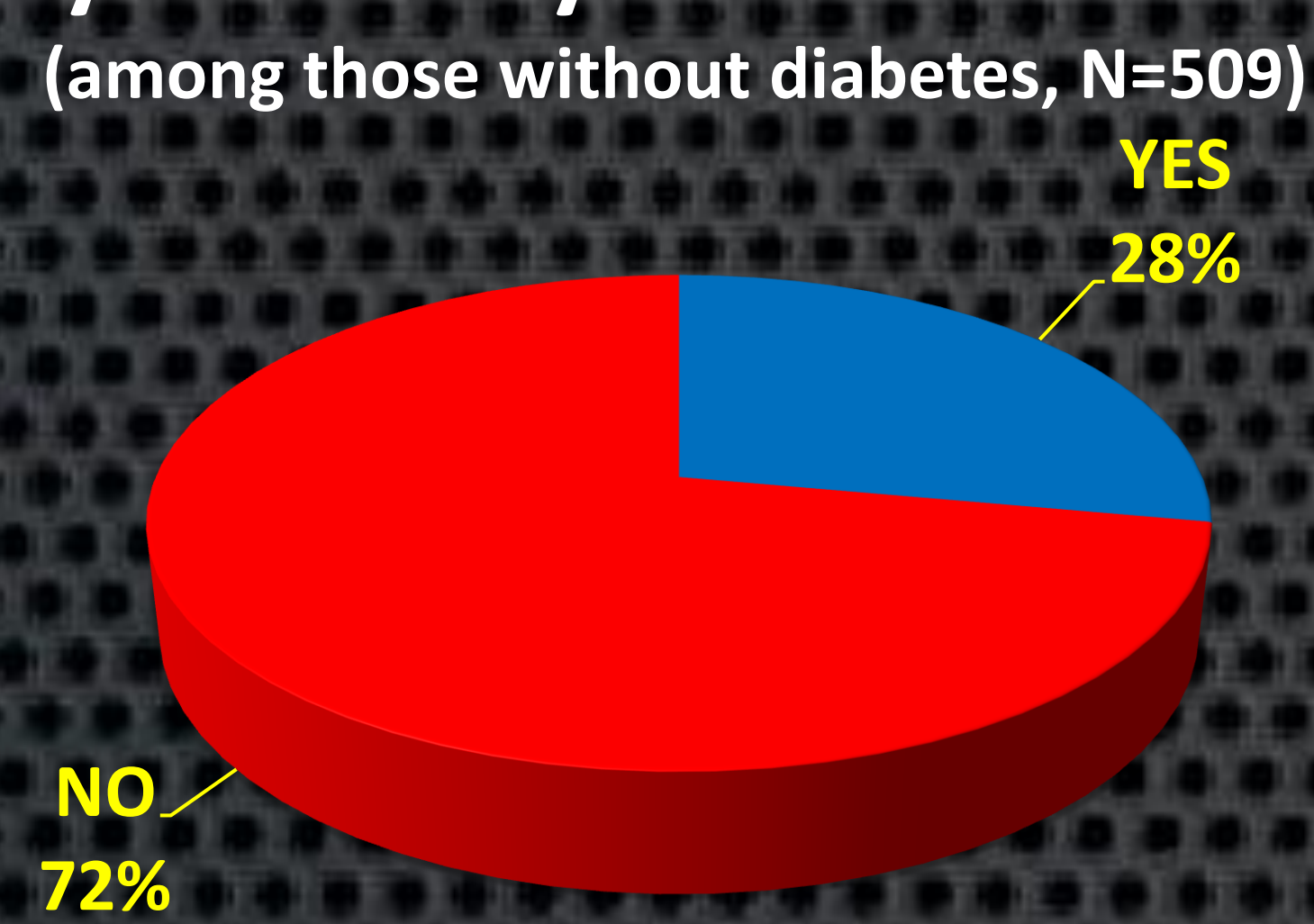
Results: In the total population, 14% had diabetes. 41% reported their first choice of physician would be an endocrinologist, 36% an

internist, 5% a general physician and 18% (DKn/NA). As causal factors 63% reported hereditary predisposition as the primary factor and of secondary importance poor eating habits, obesity, lack of physical activity and environmental pollution. For 77% of the total population diabetes is an incurable chronic disease, for 14% an easily curable disease and 9% DKn/NA. Among those with diabetes, 64% reported total compliance with doctors' recommendations, 5% high, 15% mostly, 8% little and 5% no compliance. 28% of the population free of diabetes reported a family member with diabetes, 94% of these reported no concealment of the disease in their social behavior.

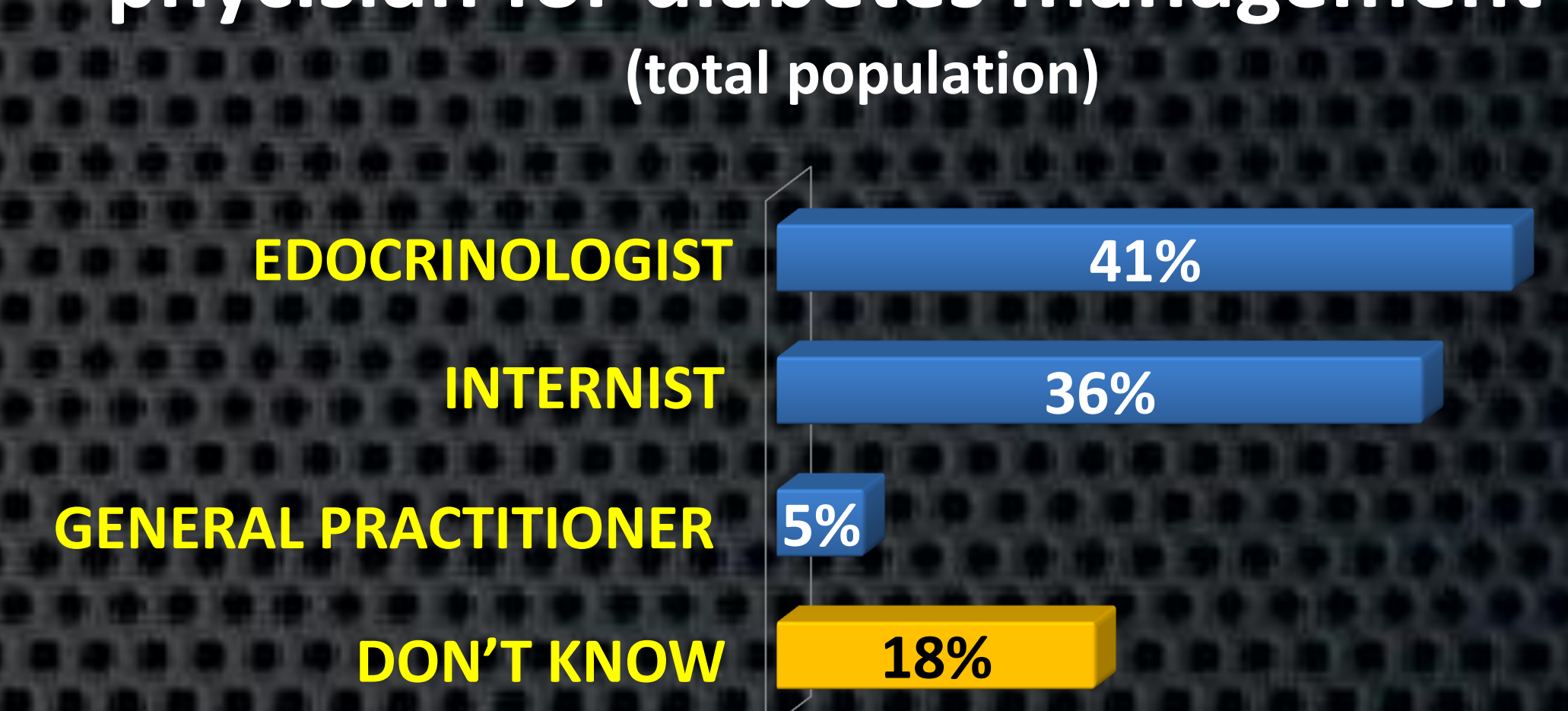
Do you have diabetes mellitus?



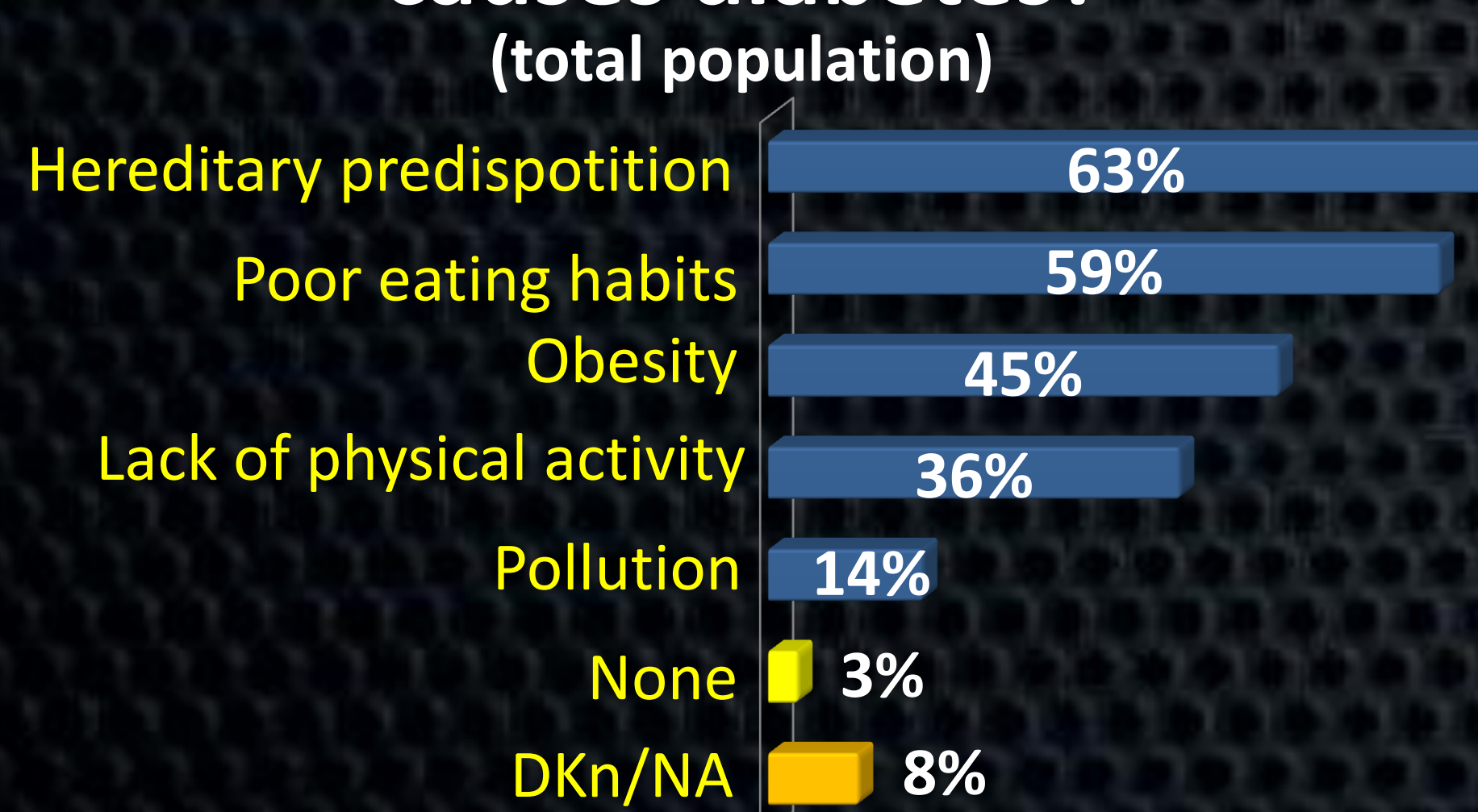
Is there a person with diabetes in your family environment?



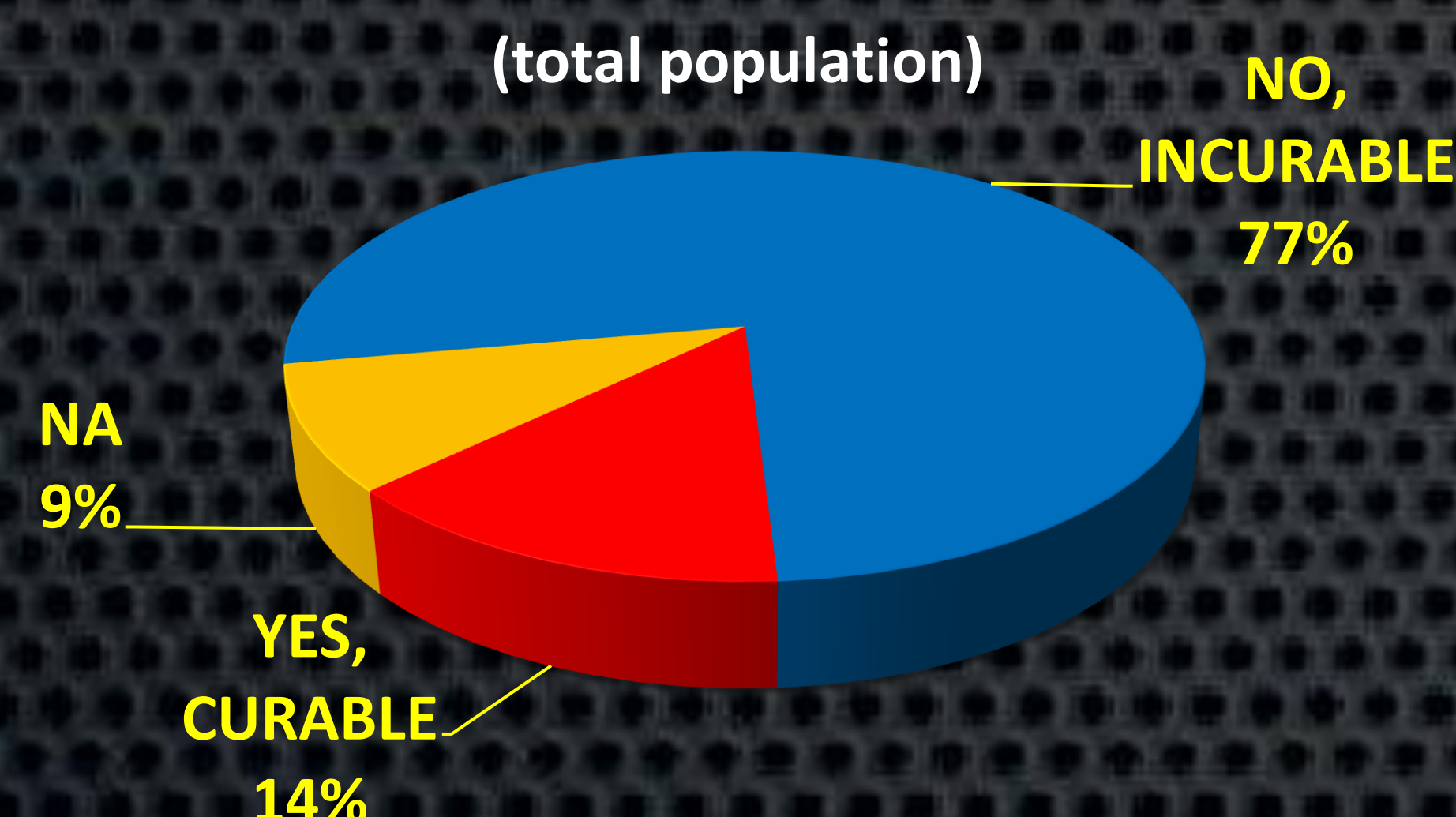
What would be your first choice of physician for diabetes management?



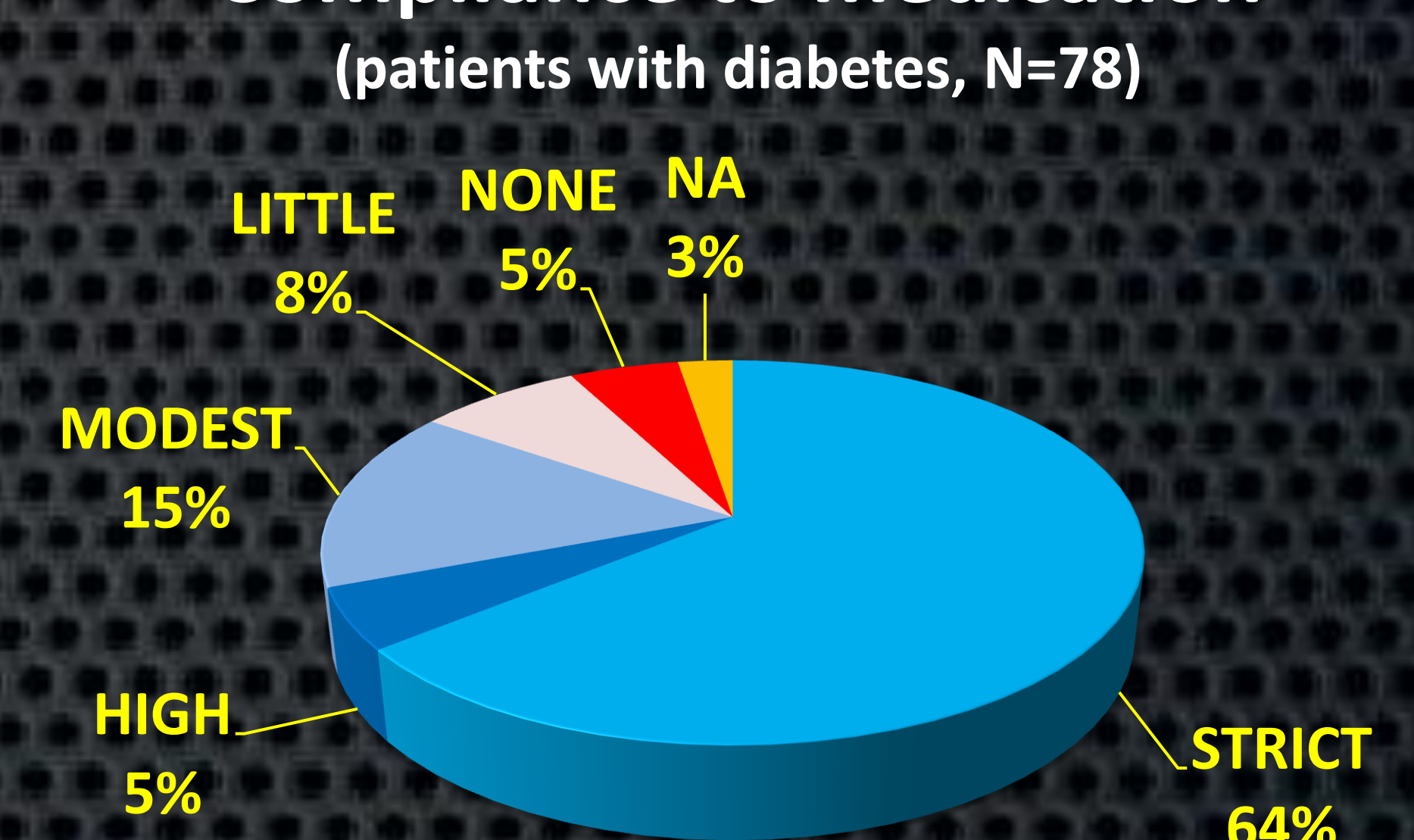
Which of the following causes diabetes?



Is Diabetes Mellitus a curable disease?



Compliance to medication



Conclusion: We believe that the level of awareness of diabetes in northern Greece is satisfactory. Communication to the general population of the main predisposing factors especially obesity and the importance of compliance to treatment in order to optimize treatment and avoid complications are needed.