

Epidemiologic investigations elements creating diabet on diabet pations in Esfahan Amin hospital in years 1385-1387

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Introduction and objects: According to w.h.o forecast more than 180 million people in world have diabete oforce this calculation could be variable sometimes up to 800 million people as this organization seys diabet pations amount would be towiced till year 2030 since nothing has done to reduce this epidemy .About 1.1 millione people were killed by diabet per year . and its important to know that more than 80 percent of this dead are in poor people as w.h.o seys the number of Diabetic pations would be increased due to population , getting older , bad habital of eatting , fat and moveless life in poor contries .Althugh base on who investigation in year 2025 the age of more diabetic people in Progresedcountry was about 65 years but in poor country this ege is between 45 up to 64 years . doctors normaly able to control diabet and its problems some how the pations could alive , exersize ,drug treatments and sutable eating have more important effect on diabet treatment.specialy on diabet number 2 important effect is Preventing diabet containing knowing high risk people and encourage them to lose weight, have an exersize and have a good habite of eating

material and metods: This studies is an adjectival studies and researches are refers to those poulation of diabetic pations in amine hospital in years 1385 -1387.The exact number of this pations was 1024 ,also **Selected , removed and Analized File of 10 percent of such pations and reletive informations .**

Findings : The resulte says by studing of 100 files encountering To the Number of 65 percent of wemon and 35 percent of man with diabet per 100 pations 34 percent have posetive jenetic on their family and 66 percent Negative jenetic on their family .- **According To age:** 6 percent are between 30 up to 39 years old . 16 percent in range of 40-49 years , 42 percent in range of 50-59 years , 23 percent inrange of 60-69 years and 13 percent more than 70 years old.- base on weight : 11 percent refers to weight of 40-59 kg , 62 percent weight of 60 – 79 kgs , 19 percent weight of 80-99 kg and only 1 percent weight of more than 100 kgs . -Base on high pertention : 36 percent have hipertantion and 64 percent did not have hipertantion -base on high clostrole : 54 percent have high clostrol and 46 percent have normal clostrole .-Base on BMI investigation or studies: None of pations were in thinny range .

(That means below 18.5) .12 percent in normal range of (18.5 – 24.9) , 54 percent in range of high weight (25-29.9) and

24 percent .In range of fat Number 1 (30-34.9) and 9 percent .In range of fat Number 2 (35-39.9) are stayed .

Taking and results : According To last Studies of different countries .Life styl has more effects on getting better quality of life and on the other hans effects of year and jenetic are two un changable elements on creating .hiper diabets also high weight , hipertantion , colestrol are effecting to create diabet . so as result although we can improve the quality of Diabetic life by training .but also by knowing those people who has jenetic problems and traine them through the correct metod of living ,sutable eating , enough exersize and also avoid of salt from the low years can prevent diabet on this people who has family problem.