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UNDERSTANDING DIABETES LITERACY IN SEREMBAN: PREDICTIVE FACTORS AND CLINICAL IMPLICATIONS

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INTRODUCTION

Diabetes literacy represents personal knowledge and competencies related to diabetes mellitus (DM) among people living with DM (PLWD). It is a crucial component for optimizing care and empowering effective self-management.

METHODOLOGY

A cross-sectional study was conducted at Hospital Tuanku Ja'afar Seremban (HTJS) and Klinik Kesihatan Seremban (KKS) using a validated simplified Diabetes Knowledge Test (DKT). DKT assessed understanding in six domains, namely, awareness, lifestyle modification, diet and monitoring, general knowledge, preventive screening, and insulin. A score of >75% was classified as adequate diabetes literacy. Significant predictive factors identified from univariate Pearson Chi Square were further analyzed using multivariate logistic regression.

RESULTS

A total of 250 PLWDs, with equal contribution from each centre, were recruited with a mean (SD) age of 50.3 (13.6) years, 58.4% female, and 43.2% Malays. A total of 21.2% demonstrated adequate diabetes literacy. The results demonstrated the highest proficiency in the preventive screening domain (92.6%) and the lowest in the awareness domain (50.2%). Unemployed PLWDs had significantly lower odds of adequate diabetes literacy (odds ratio [OR] = 0.20, $p = 0.010$). Similarly, PLWDs with hemoglobin A1c levels >10% exhibited approximately 2.6-fold lower odds of adequate diabetes literacy. In contrast, PLWDs who reported healthcare personnel as their primary source of diabetes-related information had significantly higher odds of adequate literacy (OR = 1.59, $p = 0.017$). No significant association was demonstrated between diabetes literacy and frequency of hospital admissions, medication adherence, and diabetes-related target organ damage.

CONCLUSION

Diabetes literacy among PLWD in HTJS and KKS is suboptimal, with notable gaps in awareness of the disease. Targeted, culturally tailored education strategies are essential to address these disparities and to empower them for effective diabetes self-management.

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ORAL ALPHA-LIPOIC ACID, VITAMIN B COMPLEX, AND VITAMIN E COMBINATION (BIONERV E+) FOR TREATING SYMPTOMATIC DISTAL SENSORY POLYNEUROPATHY: INTERIM ANALYSIS OF A RANDOMIZED, PLACEBO-CONTROLLED TRIAL

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INTRODUCTION

Diabetic sensorimotor polyneuropathy (DSPN) is a common complication of long-standing diabetes mellitus marked by neuropathic pain and sensory deficits. Evidence supporting combination antioxidant and vitamin-based therapy remains limited, particularly in patients with chronic disease. This study aims to determine symptom improvement after 12 weeks of oral alpha-lipoic acid, vitamin B complex, and vitamin E (Bionerv E+) in chronic diabetic patients with symptomatic DSPN.

METHODOLOGY

This single-centre, randomized, double-blind, placebo-controlled trial at HCTM enrolled 31 patients with symptomatic DSPN, assigned to Bionerv E+ ($n = 16$) or placebo ($n = 15$) for 12 weeks. Symptoms were assessed at baseline and post intervention using the Neuropathy Impairment Score-Lower Limb (NIS LL), Short Form McGill Pain Questionnaire (SF MPQ), Toronto Clinical Scoring System (TCSS), and nerve conduction studies (NCS).