

Letter to the Editor

Diabetes Mellitus Among a Population of Bakers: A Cross-Sectional Study by Sultan Al-Otaibi Published in Dec. 2000, Vol. 32, No. 4

Ayesha Majid Molla¹, Arafat SM Al-Sulaiman²

¹Department of Medical Laboratory Sciences, Faculty of Allied Health Sciences & Nursing, Kuwait University; Kuwait

²Clinical Chemistry Laboratory, Al-Adan Hospital, Kuwait

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Dear Sir,

We have read with great interest the article entitled "Diabetes Mellitus among a population of Bakers: A cross-sectional study" by Sultan Al-Otaibi published in Dec. 2000, Vol 32, No. 4".

The author concluded that heat exposure among the bakers may be responsible for a high prevalence rate (4.4%) of diabetes mellitus (DM) obtained in the population. The finding is valid and is worthy of reporting. We would, however, like to raise a point with regard to the criteria of diagnosis of DM and request a clarification on the presentation of two tables as were shown in the paper.

Accordingly to the most up-to-date review on the report from the World Health Organization (WHO), the following are the diagnostic criteria for DM^{1,2}. In the presence of classic symptoms (thirst, polyuria and unexplained weight loss), the subjects under investigation should have the following results.

- Random venous blood glucose (RBG) conc. of 11.1 mmol/l or
- Fasting venous blood glucose (FBG) conc. of 7.0 mmol/l or
- Plasma glucose conc. of 11.1 mmol/l 2 hours after 75 g anhydrous glucose (or equivalent) in an oral glucose tolerance test (OGTT)
- In the absence of symptoms, diagnosis requires confirmation by at least one additional glucose result on another day.

In the presence of FBG of conc. 7.0, which was presented in the Table 2 of the paper, a further test of 2hPG would appear to be unnecessary and not advocated by the WHO criteria. Secondly, while presenting the results of Table 1 (page 370, 2nd column), the author stated the five subjects with a RBG of 8.0-11.0 mmol/l had normal FBG and 2hPG levels, which were claimed to be presented in Table 2.

On the contrary, Table 2 presented FBG and 2hPG of the six patients who were having RBG of conc. >11.0 mmol as shown in Table 1. We are not sure if the author has any other explanation for this.

CONCLUSION

The recent WHO criteria for the diagnosis of DM, if properly implemented, will avoid an extra load of work on the clinical chemistry laboratories, especially if these do not add further benefit to the patients.

REFERENCE

1. Lamb EJ, Day AP. New diagnostic criteria for diabetes mellitus: Are we any further forward. *Ann Clin Biochem* 2000; 37:588-592.
2. Day A. Weston-Super-Mare. Revised diagnostic criteria for diabetes mellitus. *ACB News* 2000; 444. Issue II.

Address correspondence to:

Dr. Ayesha Majid Molla, Faculty of Allied Health Sciences & Nursing, Dept. of Medical Laboratory Sciences Kuwait University, P.O.Box 31470, Solaibikhat 90805, Kuwait. Fax & Tel: 4833631