## E-BOOKS



TITLE: Cardiovascular Risk Assessment and Glycaemic Control among Type-2 Diabetes Mellitus Patients at Selected Primary Care

Clinics (KK) and Diabetic Specialist Clinic (Hospital-based) in Kuantan

SYNOPSIS: Cardiovascular risks assessment and good glycemic control are important for better risk reduction management in preventing and improving CVD outcomes. The Ministry of Health (Malaysia) has carried out tremendous efforts in improving diabetic care in primary and hospital settings. This research book revisits the current situation on cardiovascular disease risk assessment and glycemic control at both hospital-based and primary care clinics.

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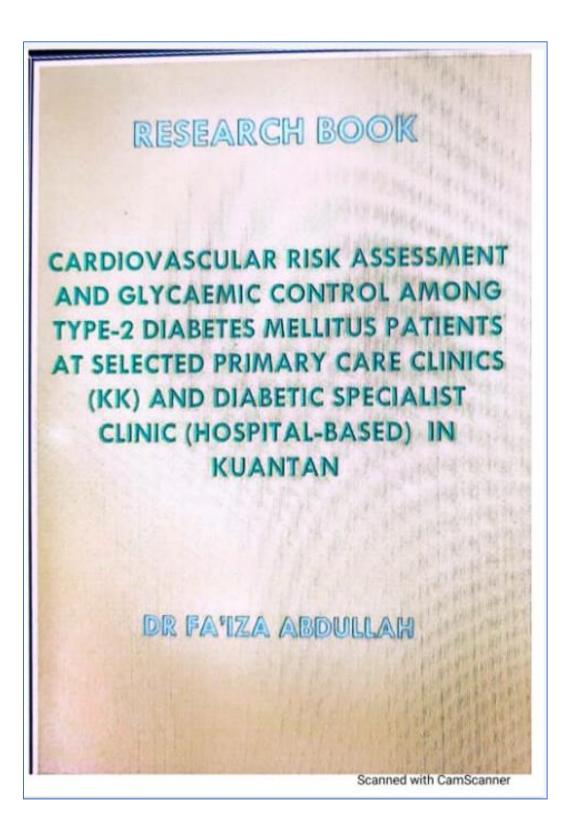
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# CARDIOVASCULAR RISK ASSESSMENT AND GLYCAEMIC CONTROL AMONG TYPE-2 DIABETES MELLITUS PATIENTS AT SELECTED PRIMARY CARE CLINICS (KK) AND DIABETIC MELLITUS SPECIALIST CLINIC (HOSPITAL-BASED) IN KUANTAN

This e-book was written by Datin Fa'iza Abdullah, Kuantan, Pahang.

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# **BACK PAGE**

Cardiovascular risks assessment and good glycemic control are important for better risk reduction management in preventing and improving CVD outcomes. The Ministry of Health (Malaysia) has carried out tremendous efforts in improving diabetic care in primary and hospital settings. This research book revisits the current situation on cardiovascular disease risk assessment and glycemic control at both hospital-based and primary care clinics. Assessments for CVD risks were found sufficient except for BMI calculation and waist circumference measurement. Hypertension and obesity were highly associated with T2DM. Both clinics have a small percentage of diabetes targets achieved, indicating the need for more enforcement to strengthen both pharmaco- and non-pharmacotherapy, hence will also improve the BP and lipid profile targets. Assessment and counselling on exercise, weight reduction, smoking status; dietician, and ophthalmologist referral should be performed on every T2DM patient for better risk reduction management.

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