

INSULIN THERAPY INITIATION IN A PATIENT WITH TYPE 2 DIABETES IN EVERYDAY CLINICAL PRACTICE: IS THERE A DELAY?

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In everyday clinical practice, there is a large number of patients with poorly regulated type 2 diabetes (T2D), which contributes to the development of chronic complications of diabetes. Delayed initiation of insulin therapy in T2D is a particularly significant cause of poor long-term glucoregulation. There are various reasons for this delay, however, in Serbia as well as in Niš, the center of south Serbia, there is not enough data available. The present study was conducted in order to establish whether there was a delay in initiating insulin therapy in Niš, how long it was delayed in comparison to recommendations and experiences of the others, what was glucoregulation like six months prior to initiation of insulin therapy and whether the insulin therapy should have been initiated at that time.

According to the conducted study, at the time of initiation of insulin therapy, HbA1c was 10.51%, which was significantly higher in relation to other comparable studies. The delay can be considered to be at least 6 months, because at that time HbA1c was 9.63%, and all the criteria for initiation of insulin therapy were met.

Acta Medica Medianae 2020;59(3):36-40.

Key words: *type 2 diabetes, insulin therapy initiation, HbA1c, delay*