

Mines Et Maladies Pléthoriques : Cas Du Diabétique De Type 2 Dans La Ville De Conakry (République De Guinée)

Ahmadou Sadio Diallo^{1*}, Amadou Kake², Sidikiba Sidibe², Béchir Mahamat¹,
Ismael Gnié Teta¹, Lanfia Toure², Hissein Siessil Mahamat², Demba Magassouba¹

¹Master Nutrition Santé, Université de Conakry, BP 1147, Conakry, Republic of Guinea

²Département de Médecine, FMPOS, Université de Conakry, BP 1147, Conakry,
Republic of Guinea

*Corresponding author

ABSTRACT

The evaluation of the nutritional and food profile of type 2 diabetics on antidiabetic diet or not, constitutes one of the ways to maintain them in a decent life. It is in this context that a prospective study on the food and nutritional profile was carried out. To do this, 115 patients were subjected to an anthropometric, clinical and biological examination, with dietary assessment (24-hour recall) using survey sheets and followed by data analysis by ENA and Epi- Nut. version 3.4.2-2017. This study shows us that, 89% of patients being treated, hyperglycaemia (>1.26 g/l on an empty stomach) 63% and glycated hemoglobin (> 7%) 86% were associated with the critical renal threshold (> 1.86 g/l) with 37% of patients, showing the difficulties of management. Risk factors: physical inactivity, obesity and arterial hypertension were associated with 51 to 96% of patients with dyslipidemia (24%). This table resulting from an unsuitable diet was dominated by rice-based dishes, drinks and fruits rich in sucrose, while sugar is consumed at 99% to the detriment of sweeteners and miners occupy 4% of patients, showing the difficulties to which, this population is exposed. In short, lifestyle and dietary measures associated with appropriate medications will be essential in the management of type 2 diabetes.

Keywords: Dietary and nutritional profile, Diabetic patients, Conakry

