

Early Onset of Type 2 Diabetes in Pune

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ABSTRACT Inter-regional disparities of Type 2 Diabetes are quite predominant at a very early age. Therefore, this study was planned to highlight the epidemiology of early onset of diabetes in the Indian population. 750 diabetic patients were identified based on WHO criteria from various hospitals within Pune city. Age at onset was defined as the age at diagnosis of the disease among male and female patients. The results indicated that diabetes manifested significantly earlier in the study population with a large number of subjects who were below 40 years of age. It was also observed that male patients developed diabetes a decade earlier than the females. Thus, any such analysis needs to be treated gender wise instead of treating it as a cohort. All these may be due to various epidemiological, lifestyle factors coupled with socio-cultural, economic status of the people, acting jointly. Therefore, it is suggested to rule out the possibility of Type 2 Diabetes at the age of 20 through yearly check-ups of fasting blood sugar levels and urine analysis to detect the disease in younger population.