

To News Editor
For Immediate Release

3 March 2009

Diabetic Patients Must Undergo Regular Comprehensive Assessment For Quality Assurance

Since the opening of Yao Chung Kit Diabetes Assessment Centre at The Chinese University of Hong Kong (CUHK) on 3 March last year, 2,015 diabetic patients have undergone comprehensive assessments including blood and urine tests as well as eyes and feet examination.

Of these 2,015 patients, 57.8% were self referrals while 43.2% were referred by their attending doctors. Using **A**1c <7%, **B**lood pressure <130/80 mmHg and **C**holesterol <2.6 mmol/L as treatment targets, the percentages of patients on these targets were 33.1%, 32% and 22.3% respectively.

The Hong Kong Diabetes Risk Equations were used to estimate the 5-year probability of stroke, heart disease and kidney failure based on the results from these assessments. It was revealed that 6.9% belonged to the very high risk group (more than 30% of them were at risk of developing any one of these major events in 5 years), 10.9% belonged to the high risk group (more than 20% of them were at risk) and 22.8% belonged to the moderate risk group (more than 10% of them were at risk). Besides, 30% of them had eye complications and 15% had heart disease or kidney failure.

“Every year, 2-10% of diabetic patients develop major events depending on their risk profiles. Yet, many of these life threatening complications are preventable and treatable. There is now firm evidence showing that reaching multiple treatment targets reduces the risk of death and cardio-renal complications by 25-75%,” said Dr. Wing-ye So, Clinical Assistant Professor (honorary), Department of Medicine and Therapeutics, Faculty of Medicine, CUHK.

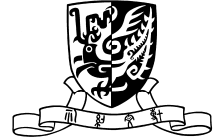
Amongst the patients who were referred by their attending doctors, 24% were at 3 treatment goals. In the self referral group, 9.9% of them were not under regular medical follow up. Of these, 11.5% were at 3 treatment goals. In the remaining self referred patients receiving regular medical treatments either in the private or public sector, 14.7% were at 3 treatment goals.

“In a recently published international survey comprising 5,888 type 2 diabetic patients from 8 Asian countries, only 5% of patients were at 3 treatment goals. Approximately 25-35% of these Asian patients never had their eyes or feet examined or A1c measured in the last 24 months,” said Dr. Winnie Lau, Clinical Tutor (honorary), Department of Medicine and Therapeutics, Faculty of Medicine, CUHK.

In a 20-year long-term study from UK, a reduction in 0.9% A1c was translated to 20-30% reduction in all diabetes-related complications including death. These beneficial effects became increasingly apparent and strong over time. “Early detection of complications and intensive control of risk factors save life and money in the long term. However, early diabetic complications, such as eye and kidney damage, often lack symptoms and thus are frequently overlooked, resulting in delayed presentations when treatments are often ineffective and expensive. Patients with diabetes should take a proactive role and discuss with their attending doctors regarding their need to undergo diabetic complication screening every 12-18 months for quality assurance purpose,” commented Professor Juliana Chan, director of the Yao Chung Kit Diabetes Assessment Centre.

Yao Chung Kit Diabetes Assessment Centre is a non-profit-making centre, supported by a donation to The Chinese University of Hong Kong to make these comprehensive assessments more accessible, affordable and sustainable. The Centre is located on the 4th Floor, Block B, Staff Quarter, Prince of Wales Hospital, Shatin. It is open from 8:45a.m. to 5:30p.m., Monday to Thursday and 8:45a.m. to 5:45p.m on Friday. Patients can either contact the Centre on their own or be referred by their attending doctors.

For enquiries, please visit our website at www.yckdac.hkido.cuhk.edu.hk or contact us on 2647-8806. Patients or doctors can download the referral form from the website and fax it to 2947-8495 to book an appointment.



致新聞編輯
請即發放

糖尿病患者需定期進行全面評估確保生活質素

香港中文大學（中大）丘中傑糖尿病檢測中心自 2008 年 3 月 3 日成立以來，為 2,015 名糖尿病病人進行了全面的健康評估，包括血液分析、尿液測試、視力檢查及足部檢查。

在這 2,015 名糖尿病病人中，57.8% 的病人是自行預約，43.2% 是經家庭醫生轉介。根據 ABC 指引〔HbA_{1c}（糖化血紅素）< 7%；BP（血壓）< 130/80mmHg 及 LDL-C（低密度膽固醇）< 2.6mmol/l〕作為治療目標，達致 ABC 目標的病人分別為 33.1%、32% 及 22.3%。

研究人員運用本港糖尿病風險方程式來評估病人在未來五年內患上中風、心臟病及腎衰竭的風險。結果發現，有 6.9% 屬非常高風險組別（當中有超過 30% 的病人在未來 5 年內有機會患上其中一種併發症），10.9% 屬高風險組別（當中有超過 20% 在未來 5 年內有機會患上其中一種併發症），而 22.8% 屬中度風險組別（當中有超過 10% 在未來 5 年內有機會患上其中一種併發症）。此外，30% 的病人有眼疾併發症及 15% 患有心臟病或腎衰竭。

中大內科及藥物治療學系名譽臨床助理教授蘇詠儀醫生表示：「根據病人的風險評估紀錄，每年大約有 2-10% 的糖尿病病人惡化為嚴重疾病。惟這些威脅生命的併發症其實是可以預防及治療的。目前已有足夠的證據證實，如果以上三項指引（即糖化血紅素、血壓及低密度膽固醇）均能同時達標，可減低其死亡風險及心臟、腎功能的併發症高達 25-75%。」

經家庭醫生轉介的病人之中，有 24% 的病人三項指引完全達標；而自行預約登記的病人，9.9% 並沒有進行常規的檢查及跟進，這些病人只有 11.5% 能三項達標。至於其餘自行預約登記的病人，不論在公立醫院或私家診所定期進行身體檢查，有 14.7% 的人士能夠三項達標。

「最近一項調查了 5,888 名 II 型糖尿病病人（來自 8 個亞洲地區）的國際研究中，只有 5% 的病人能夠達致 ABC 控制指標。大約有 25-35% 的華裔病人在過去 24 個月內，從沒有進行視力檢查、足部檢查及量度糖化血紅素。」中大內科及藥物治療學系名譽臨床導師劉詠恩醫生補充。

另外，英國一項長達 20 年的研究發現，病人的糖化血紅素減少 0.9%，與糖尿病相關的併發症及死亡風險則大大減低 20-30%，這現象是顯而易見而又恆常的。「及早診斷併發症及管理風險因素長遠可保障生命及財富。但是，由於早期糖尿病併發症例如視力受損及腎功能破壞在病情惡化前均沒有明顯病徵，因而常被忽視，引致延誤診治，令日後需賠上高昂的治療費用，但成效卻欠理想。因此，醫生及病人須具高度的警覺性，並嚴格遵從國際建議的指引去確保高風險人士能夠在每 12-18 個月得到適切的評估，以確保日後的生活質素。」中大丘中傑糖尿病檢測中心主任陳重娥教授說。

中大丘中傑糖尿病檢測中心為一所非牟利機構，有賴熱心人士的慷慨捐助而成立的。中心旨在為病人提供成本價的糖尿病風險檢測計劃，協助患者及其醫療隊伍選擇合適的治療方案。中心位於沙田威爾斯親王醫院職員宿舍 B 座四樓，逢星期一至四（上午 8 時 45 分至下午 5 時 30 分）及星期五（上午 8 時 45 分至下午 5 時 45 分）開放。糖尿病患者可直接與中心預約服務或經家庭醫生轉介。

詳情可瀏覽 www.yckdac.hkido.cuhk.edu.hk 或致電 2647-8806 查詢。病人或家庭醫生可在網頁下載轉介表格及傳真至 2947-8495 預約服務。

2009 年 3 月 3 日