

The Impact of Smoking on Symptoms and Treatment Outcomes of Patients in Diabetics

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Abstract

Background: The purpose of this study was to examine the impact of smoking on symptoms and treatment outcomes of patients with the Department of Diabetes and Endocrinology, Hayatabad Medical Complex, Peshawar. The study included 100 consecutive patients diagnosed and treated in the department during the period of one year. The results showed that out of the 100 participants, 21 were ex-smokers and 9 were current smokers. The remaining 70 were non-smokers. It was found that ex and current smokers had significantly higher glycated hemoglobin levels than non-smokers. Also, smokers had significantly higher weight gain as compared to the non-smokers. A significant number of smokers reported increased late onset and more difficulties in controlling the symptoms of disease as compared to non-smokers. In general, the findings suggest that smoking has a negative impact on the symptoms and treatment outcomes of patients with diabetes and endocrinology. It is therefore important to consider smoking status in the management of diabetes and endocrinology and to provide adequate smoking cessation advice.

Objectives:

The primary aim of this study is to examine the impact of smoking on symptoms and treatment outcomes of patients with the Department of Diabetes and Endocrinology, Hayatabad Medical Complex, Peshawar, Pakistan.

Secondary aims include:

1. To determine the prevalence of smoking among diabetic patients at the Hayatabad Medical Complex.
2. To investigate the association of smoking with the symptoms and treatment outcomes of diabetes and endocrinology patients.

3. To identify factors associated with smoking among patients with diabetes and endocrinology.

4. To examine the impact of smoking cessation interventions on treatment outcomes in patients with diabetes and endocrinology.

Methodology:

Data was collected over the period of one year by a questionnaire. The study assessed the smoking status of 100 consecutive patients diagnosed and treated in the Department of Diabetes and Endocrinology, Hayatabad Medical Complex, Peshawar from feb 2020 to feb 2021. The patient's information regarding their age, gender, smoking status, glycosylated hemoglobin level, weight gain, frequency and severity of diabetes symptoms and treatment outcomes were collected. Descriptive and inferential statistics were applied to determine the association between smoking status and diabetes and endocrinology symptoms and treatment outcomes.

Results:

The results of the study showed that out of the 100 participants, 21 were ex-smokers and 9 were current smokers. The remaining 70 were non-smokers. The mean age of the participants was 40.56 ± 7.3 years. The majority of the participants (68%) were females. It was found that the ex and current smokers had significantly higher glycosylated hemoglobin levels than non-smokers ($p < 0.05$). Also, smokers had significantly higher weight gain as compared to the non-smokers ($p < 0.05$). A significant number of smokers reported increased late onset and more difficulties in controlling the symptoms of disease as compared to non-smokers ($p < 0.05$).

Conclusions:

The findings of this study suggest that smoking has a negative impact on the symptoms and treatment outcomes of patients with diabetes and endocrinology. Smokers had higher glycosylated hemoglobin levels, higher weight gain, increased late onset and more difficulties in controlling the symptoms of disease. Thus, it is important to consider smoking status in the management of diabetes and endocrinology and to provide adequate smoking cessation advice.

Keywords: smoking, diabetes, endocrinology, symptoms, treatment outcomes

Tob Regul Sci. TM 2023;9(1): 2050-2056

DOI: doi.org/10.18001/TRS.9.1.141

Introduction

Smoking has long been known to be a major risk factor in many diseases including diabetes. According to the World Health Organization, an estimated 12 million deaths per year are attributable to smoking which includes mortality from diseases such as stroke, cancer, coronary heart disease, and respiratory diseases¹. Moreover, smoking is also linked to an increased risk of

both type 1 and type 2 diabetes, with smokers having a 30 to 40 percent higher risk of developing the disease as compared to non-smokers. Smoking not only increases the risk of diabetes development but also impacts its outcomes and management^{2,3}. Studies have shown that smoking is associated with an increased risk of early onset of the disease, poorer glycemic control, and a higher risk of diabetic complications, including cardiovascular disease, nephropathy, retinopathy and peripheral neuropathy. The Department of Diabetes and Endocrinology at the Hayatabad Medical Complex, Peshawar, Pakistan, offers a specialized service for the diagnosis and management of diabetes and endocrinological disorders^{4,5}. The aim of this study was to examine the impact of smoking on symptoms and treatment outcomes of patients referred to the Department of Diabetes and Endocrinology, Hayatabad Medical Complex, Peshawar, Pakistan⁶.

Methods

This observational study was conducted at the Department of Diabetes and Endocrinology, Hayatabad Medical Complex, Peshawar, Pakistan. The study included 100 consecutive patients diagnosed and treated in the department during the period of one year from feb 2020 to feb 2021.

Data Collection

A structured questionnaire was employed to assess the smoking status of the participants and their symptoms, treatment outcomes and complications associated with diabetes and endocrinology. The information regarding their age, gender, smoking status, glycosylated hemoglobin (HbA1c) level, weight gain, frequency and severity of diabetes symptoms and treatment outcomes were collected. The questionnaire was designed in English and was translated into the local language Urdu for better understanding of the participants.

Statically analysis

Descriptive and inferential statistics were applied to determine the association between smoking status and diabetes and endocrinology symptoms and treatment outcomes. The Statistical Package for the Social Sciences (SPSS) version 24 was used for data analysis. The independent t-test was used to compare the mean differences between smokers and non-smokers. The chi-square test was used to assess the association between smoking status and symptoms and treatment outcomes. All tests were two-tailed and a p-value of <0.05 was considered to be statistically significant.

Results

A total of 100 participants were included in the study. The mean age of the participants was 40.56 ± 7.3 years. The majority of the participants (68%) were females. Out of the 100 participants, 21 were ex-smokers and 9 were current smokers. The remaining 70 were non-smokers. The results of the study showed that the ex and current smokers had significantly higher glycated hemoglobin levels than non-smokers ($p < 0.05$). Also, smokers had significantly higher weight gain as compared to the non-smokers ($p < 0.05$). Additionally, a significant number of smokers reported increased

late onset and more difficulties in controlling the symptoms of disease as compared to non-smokers ($p<0.05$).

Table 1: Demographic Characteristics and Smoking Status of Participants (n=100)

Demographic Variables	Non-smoking (n=70)	Ex-smoking (n=21)	Current Smoking (n=9)
Age (years)	39.43±6.7	40.14±6.7	43.78±8.3
Gender	Female (n=48; 68.6%)	Female (n=16; 76.2%)	Female (n=4; 44.4%)
Mean HbA1c (%)	7.5±2.2	9.2±2.3	10.2±2.5
Weight Gain (kg)	2.2 ± 2.1	4.3 ± 2.2	4.g ±2.3

Table 2: Symptoms and Treatment Outcome Data of Participants

Symptom/ Outcome	Non-smokers (n=70)	Ex-smokers (n=21)	Current Smokers (n=9)
Late Onset (<1 year)	17 (24.3%)	8 (38.1%)	4 (44.4%)
Difficulty Controlling	27 (38.6%)	13 (61.9%)	7 (77.8%)
Treatment Outcome Satisfied	63 (90%)	15 (71.4%)	5 (55.6%)

Table3: Association between Smoking Status and Clinical Outcomes (n=100)

Symptom/ Outcome	Non-smoking (n=70)	Ex-smoking (n=21)	Current Smoking (n=9)
Glycosylated Hemoglobin (HbA1c%)	7.5±2.2	9.2±2.3	10.2±2.5
Weight Gain (kg)	2.2 ± 2.1	4.3 ± 2.2	4.g ±2.3
Late Onset of Symptoms (<1 year)	17 (24.3%)	8 (38.1%)	4 (44.4%)
Difficulty Controlling the Symptoms of the Disease	27 (38.6%)	13 (61.9%)	7 (77.8%)

Treatment Outcome Satisfied	63 (90%)	15 (71.4%)	5 (55.6%)
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Table4: Association between Smoking Status and Symptoms/ Treatment Outcome of Participants (P-value)

Symptom/ Outcome	Non-smoking (n=70)	Ex-smoking (n=21)	Current Smoking (n=9)
Glycosylated Hemoglobin (HbA1c%)	0.00	0.00	0.002
Weight Gain (kg)	0.00	0.02	0.04
Late Onset of Symptoms (<1 year)	0.11	0.04	0.02
Difficulty Controlling the Symptoms of the Disease	0.02	0.02	0.03
Treatment Outcome Satisfied	0.85	0.54	0.20

Discussion

The results of this study suggest that smoking has a negative impact on the symptoms and treatment outcomes of patients with diabetes and endocrinology. Smokers had higher glycosylated hemoglobin levels, higher weight gain, increased late onset and more difficulties in controlling the symptoms of disease^{7,8}. These findings are in line with other studies that have shown that smoking is associated with an increased risk of developing diabetes, poorer glycemic control, and an increased risk of diabetic complications^{9,10,11}. This is likely due to the harmful effects of nicotine and other chemicals present in cigarettes, which may cause inflammation and an increased risk of developing certain diseases. The findings of this study suggest that it is important to consider smoking status in the management of diabetes and endocrinology and to provide adequate smoking cessation advice^{12,13}. It is also important to provide comprehensive lifestyle interventions, such as diet and exercise programs, to improve the metabolic control of patients with diabetes¹⁵.

Limitations

Anila basit et. al.

The Impact of Smoking on Symptoms and Treatment Outcomes of Patients in Diabetics

The study had a few limitations. Firstly, the study was performed on a small sample of 100 participants. Secondly, it was a cross-sectional study which is unable to assess causality. Thirdly, as it was an

Future finding

The findings of this study suggest that it is important to consider smoking status in the management of diabetes and endocrinology and to provide adequate smoking cessation advice. Future research should focus on larger samples and causal studies to further understand the impact of smoking on diabetes and endocrinology outcomes. Additionally, further research is needed to identify effective strategies to help smokers quit and to evaluate the impact of smoking cessation on treatment outcomes.

Anila basit : Literature Review,

Muhammad Hussain afridi: Data collection statistical analysis.

Nowsherwan: Data Interpretation, Proof reading

Shah zeb: Manuscript drafting,

Muhammad abbas khan: Expert opinion and manuscript revision

Shahid wasim: manuscript drafting.

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