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## Challenges in Type-1 diabetes management during the conflict in Syria

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**Background:** In Syria, a country at war for one-decade, medical care has been severely affected by shortages in medications, resources, food, and physicians.

**Objectives:** This study reviews the quality of care for patients with type-1 diabetes (T1D) receiving treatment in a private endocrinology service in Raqqa City, Syria.

**Patients and Method:** A cross-sectional medical record review for patients with T1D followed-up at a private clinic run by a certified endocrinologist in Raqqa, Syria. All medical records were evaluated for patients' characteristics and multiple diabetes care indicators.

**Results:** One hundred and ninety-seven patients with T1D were evaluated; 109 (55.3%) patients were females. The median age of participants was 16 (1.7–42) years, median duration of diabetes was 4 (0–27) years, and mean hemoglobin was A1C, 9.1% (8.7–9.5%). One hundred and twenty-five (63.5%) patients used premixed insulin. Eighty-one (42.4%) patients performed regular self-monitoring of blood glucose (SMBG) at least twice daily. Episodes of hypoglycemia and diabetic ketoacidosis (DKA) were reported in 62.4 and 54.4% of patients, respectively. There were significant correlations between the incidence of DKA and female gender and premixed insulin regimens.

**Conclusion:** In this private endocrine practice in Raqqa City, Syria, the majority of patients are treated with premixed insulin. Only a minority have their glycosylated A1c monitored regularly. Our unprivileged population is poorly controlled with increased risk of hypoglycemia and admissions with diabetic ketoacidosis.

### Recent publications:

1. Diagnostic Dilemma in Two Cases of Hyperandrogenism DOI:10.1155/2018/9041018
2. Comparison between Fine Needle Aspiration Cytology of Thyroid Nodules and Histology after Surgical Excision DOI:10.16966/2380-548X.152
3. Two Cases of Pituitary Stalk Interruption Syndrome in Syrian Children DOI:10.1155/2020/2039649.

### Biography

Ibrahim Alali graduated from Damascus university 2018 with Master's degree in endocrinology. He is working in a my private clinic preparing a research in Autoimmune disease prevalence in type 1 diabetes.

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