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Assessment Study of Diabetes Mellitus as a Risk Factor and Quality of Life among Postmenopausal Women with Urinary Tract Infection

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ABSTRACT

Background: The major prevailing infection lately is found to be urinary tract infection. Its occurrence is found to be intensified in the postmenopausal women population. Diabetes tends to be one of the prominent risk factor leading to Urinary tract infection, and glucosuria, immune deficiency, bacterial adherence to the uroepithelium might be the possible cause of this. urinary tract infection affects negatively in postmenopausal women's quality of life because menopause and associated diseases effects on every outlook of health and symptoms severity put at risk the quality of life. **Objective:** To assess diabetes mellitus as predecessor for urinary tract infection and quality of life in postmenopausal women with urinary tract infection. **Method:** A prospective observational analysis was executed in postmenopausal urinary tract infection patients in Karuna medical college hospital, Vilayodi. The study duration was 6 months and 66 patients who comes under our inclusion criteria was incorporated in the study. The demographic details, urinary history, past medical and medication history, and laboratory data of all patients were compiled and computed. The quality of life was assessed prior and post therapy. **Result:** A sum of 66 patients were volunteered in the study, out of which 38 patients (57.5%) were known cases of diabetes, which makes it

evident that predominant risk factor for urinary tract infection is diabetes. The number of patients undertaking oral medication is 27(71%), patients on insulin are 9(23.6%) and patients who are not taking medications or managing through lifestyle changes are 2(0.05%) which substantiates that the patients on pharmacological treatment are at higher risk of developing urinary tract infection. This study shows that there was negative impact on quality of life of patients. **Conclusion:** Diabetes is found to be having a predominant association with the occurrence of urinary tract infection. The patients diagnosed with diabetes are at an increased risk of developing urinary tract infection and there was severe impairment in the quality of life among them.

Keywords: Diabetes Mellitus, estrogen deficiency, Postmenopausal period, quality of life, urinary tract infection, UTISA.

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