



($P=0.01$) and "G" signifying clot firmness ($P=0.0003$). In patients who took statins, FOS had no significant influence on the lipid markers and thrombogenicity.

Conclusion: Thus in the research that was opened, FOS has influence in the reduction of inflammation, thrombogenicity and lipid markers seen in cardiovascular events.

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**THE PREVALENCE OF TYPE 2 DIABETES MELLITUS AMONG THE
POPULATION OF JORDAN**

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Introduction. According to the American Diabetes Association annually detected 800,000 new cases of diabetes, the vast majority of whom - patients with type 2 diabetes mellitus. The reasons for this rapid progression of disease prevalence are associated not only with a change in lifestyle and the transition to the so-called "Western style", characterized by a decrease in physical activity and the growth of obesity due to more nutritious meals, but also to the activities of the WHO changed the criteria for the diagnosis of the disease after intensive screening programs to detect diabetes. The danger of such a rapid progression of the prevalence of type 2 diabetes mellitus lies in the growth of cardiovascular mortality of humanity since the development of diabetes is accompanied by a 2-3-fold increase in cardiovascular disease.

Aim: to determine the prevalence of type 2 diabetes mellitus (DM) and impaired fasting glycemia (IFG) among the population of Jordan.

Material and methods: Data were analyzed from a cross-sectional study that included a random sample of 1121 Jordanians aged 25 years and above. A subject was deemed affected by DM if this diagnosis was known to the patient or if his or her condition complies with the American Diabetes Association definition. IFG was defined as a fasting serum glucose level of ≥ 6.1 mmol/l (110 mg/dl) but < 7 mmol/l. $HbA_{1c} > 7.5\%$ was defined as "unsatisfactory" metabolic control.

Results: The age-standardized prevalence of diabetes and IFG was 17.1% and 7.8%, respectively, with no significant differences between women and men. Of the 195 diabetic subjects, 146 (74.9%) had been previously diagnosed. More than half (54%) of those previously diagnosed were found to be with unsatisfactory glycemic control. Compared to the 1994 survey, there was a significant increase in the prevalence of diabetes by 31.5%. Increase in age, increase in body mass index, and having a family history of diabetes were associated with increased odds of diabetes and IFG. While the level of education had no effect on IFG, higher level of education was associated with a decrease in the odds of having diabetes mellitus.

Conclusion: The prevalence of type 2 diabetes and IFG is high in Jordan and is increasing. More than half of the patients with diabetes have unsatisfactory control. Therefore, they are likely to benefit from programs aimed at encouraging behaviors toward achieving optimum weight as well as physical activity behaviors. Physicians caring for patients with diabetes may need to adopt a more vigorous approach for diabetes control.