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# Values of HbA1c in patients with diabetes mellitus in Serbia: a cross-sectional survey



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Diabetes is a chronic, non-communicable disease with an annually increasing number of patients worldwide and in Serbia.

In order to evaluate knowledge and attitudes toward diabetes, an online cross-sectional survey was conducted in February 2022. It included 422 adults with diagnosed diabetes mellitus (DM) living in Serbia.

Respondents were asked to report their HbA1c levels. Self-reported values of HbA1c 6.5% or less were considered optimal. The proportion of respondents who reported optimal HbA1c values did not differ by diabetes type ( $p \geq 0.05$ ). Only about a third (35.2% of type 1 and 31.4% of type 2 DM) respondents reported HbA1c 6.5% or less. 54.6% of type 1 and 38.35% of type 2 diabetic patients reported HbA1c levels of more than 6.5%. Almost one-third of type 2 patients (31.4%) did not know the value of HbA1c.

Good diabetes control is associated with lower acute and chronic complications risk. The health system's educational programs for patients with type 2 DM and health professionals' advisory role are very important in order to help patients with diabetes better regulate the disease.