



## Determinants of Glycemic Control and Quality of Life In Type 2 Diabetic Patients

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**SUMMARY.** The aim of this study was to evaluate the influence of socio-economic, clinical and pharmacotherapeutic determinants, adherence to therapy on the quality of life and glycemic control in patients with type 2 diabetes mellitus. We conducted a cross-sectional study exploratory. Data collection was conducted through structured interviews and analysis of medical records. We interviewed 146 adult patients. Increasing age, body mass index, number of antidiabetic medications used and blacks, were related to higher levels of glycated hemoglobin. The results indicate that glycemic control was negatively influenced by non-adherence to drug treatment and a higher complexity of pharmacotherapy was related to noncompliance. Health-Related Quality of life (HRQOL) as assessed by the Nottingham Health Profile has negative influence of diabetes complications. HRQOL, as assessed by the Diabetes Quality of Life (DQOL), was negatively affected by poor glycemic control.

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**KEY WORDS:** Diabetes complications, Diabetes mellitus, Glycemic control, Quality of life, Treatment compliance.

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