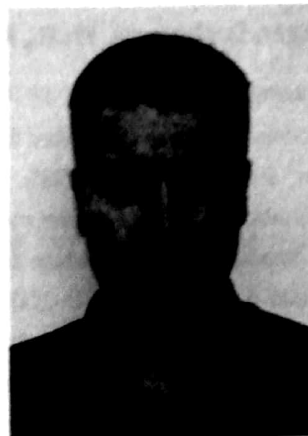## Smokovski, Ivica

Biography:

Ivica Smokovski, MD, PhD is a certified Fellow in Endocrinology and Specialist in Internal Medicine at University Clinic of Endocrinology, Diabetes and Metabolic Disorders Skopje, and Associate Professor at Faculty of Medical Sciences, University Goce Delcev Stip.

Has extensive experience in Endocrinology and Diabetes Care from various perspectives and positions: as a Clinician at University Clinic, as a Medical Advisor in pharmaceutical industry, and serving as a Medical Advisor for Diabetes Care to the Minister of Health.

Has been instrumental in instituting, and serving as a member, of the first National Diabetes Committee, a body for creating National Diabetes Policies and National Diabetes Care Guidelines. His other activities include formation of National e-Health System related to Diabetes Care, covering total population of the country.

Has published numerous publications in national and international journals, and has been invited to speak at many domestic and international medical events.

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Title:

National eHealth System in Republic of North Macedonia - Platform for Preventive, Predictive and Personalized Metabolic Control in diabetes patients

Authors:

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Abstract:

The National eHealth System (NeHS), as a Platform for Preventive, Predictive and Personalized metabolic control, covering the total population of Republic of North Macedonia - estimated to have the third highest diabetes prevalence in Europe - was analyzed for metabolic control parameters (HbA1c, BMI, Total Cholesterol (TC), LDL Cholesterol, Triglycerides (TG), Systolic (SBP) and Diastolic Blood Pressure (DBP)) in insulin-treated diabetes patients, with 01-May-2017 as a cut-off date.

From the total of 37,011 insulin-treated diabetes patients in the country, 16.8% were identified as having data in their Electronic Healthcare Records for any of the metabolic parameters. Majority of those patients (62.2%) were identified with inadequate glycemic control (HbA1c>7%); and 85.8% were overweight or obese (BMI>25 kg/m2). Furthermore, majority of patients were with inadequate lipid control (53.8% with TC>5 mmol/l, 67.0% with LDL>2.6 mmol/l, 59.1% with TG>1.7 mmol/l), whereas most of the patients were with adequate blood pressure control (22.0% with SBP>140 mmHg and 6.2% with DBP>90 mmHg).

These were the first results of metabolic control in insulin-treated diabetes patients derived from NeHS, suggesting a need for improvement of glycemic, weight and lipid control. Monitoring of metabolic control at national and individual level through NeHS confirms its value as a platform for prediction of diabetes related cardiovascular risk - primary cause for morbidity and mortality in these patients. In addition, it is a valuable platform for prevention of microvascular diabetes complications, and for enabling personalized metabolic control at an individual level for every citizen with diabetes in the country.

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