

Trigger Finger As A Possible Indicator For Diabetes

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Purpose:

Early detection of diabetes in patients with trigger finger (TF) may facilitate timely intervention and reduce long-term complications. This study examines the prevalence of undiagnosed diabetes among TF patients, assesses glycemic control through random blood sugar (RBS) and HbA1c, identifies associated risk factors, and explores potential links between TF and diabetes-related complications.

Materials & Methods:

This cross-sectional study was conducted at the Orthopedic Hand Clinic, HUKM from October 2023 to August 2024, involving 85 patients aged 18–75 years. Participants underwent standardized history-taking, anthropometric assessments, TF severity grading, and diabetic neuropathy screening. Laboratory tests included RBS, HbA1c, renal profile, and urinalysis. Data were analyzed using descriptive statistics, chi-square tests, and logistic regression, with $p < 0.05$ considered statistically significant.

Results:

Among 85 TF patients, 10.6% ($n=9$) were newly diagnosed with diabetes, all with poor glycemic control. While age, gender, BMI, occupation, family history, and sedentary lifestyle showed trends toward an association with diabetes, none were statistically significant ($p > 0.05$). However, male TF patients with diabetes had a significantly higher BMI than their non-diabetic counterparts ($p = 0.048$). Additionally, all newly diagnosed patients

had elevated HbA1c levels, reinforcing the association between poor glycemic control and TF risk.

Discussion:

The high prevalence of undiagnosed diabetes (10.6%) among TF patients supports routine diabetes screening. While sedentary lifestyle showed a potential trend toward association, larger studies are needed to confirm these findings. The results suggest that TF could serve as an early warning sign for metabolic dysfunction, warranting further investigation.

Conclusion:

TF may be a potential early indicator of undiagnosed diabetes, emphasizing the importance of routine screening in TF patients. Early detection, clinical awareness, and lifestyle modifications could prevent complications and improve patient outcomes.

Reference:

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2. AlOayan, L. and Zawawi, A. (2020). Musculoskeletal manifestations among diabetic patients in Saudi Arabia. Journal of Family Medicine and Primary Care, 9(11), 5597.