

Type 2 Diabetes Management for Old People, New Drug Development Opportunity

Da-Yong Lu* and Jin-Yu Che

Shanghai University, Shanghai, China

***Corresponding Author:** Da-Yong Lu, School of Life Sciences, Shanghai University, Shanghai, China.

Received: June 29, 2022; **Published:** June 30, 2022

Abstract

There are several metabolic symptoms and blood glucose escalation in many old people worldwide. How to seek medical care to this kind of old people is a pharmacological challenge worldwide. This editorial addresses this topic.

Keywords: *Obesity; Metabolic Disease; Type 2 Diabetes; Drug Treatment*

The patients with type 2 diabetic mellitus (T2DM) are growing constantly, especially in old and obesity people [1-4]. There is two convention of healthy management (life-style and drugs). Long-term physical exercises, food control or anti-diabetic drugs are main options for obese and T2DM management [5-9].

Different types of counteractive measures are suitable for different individuals. Some old patients with T2DM commonly show other symptoms, like escalation of blood lipoproteins and cholesterols (three highs patients) [10-12]. Different biomarkers and mechanisms are closely associated [13-18]. Nonetheless, there is no curable drug for these metabolic escalations until now. This is an interesting topic and opportunity for new drug development in the future.

Facing with this clinical scenario, is it good to treat these patients with anti-diabetic drugs only? What is the efficient way to treat most of metabolic disease and T2DM? Wide and individualized medicine seems a positive way to move forward. Long-term of therapeutic and healthcare comparison is imperative. If we can find some cost-effective drugs, human life-span can be greatly increased.

To achieve targeted therapeutics for genetic/molecular abnormality, individual therapies and new drug development may be important. Combinations (drugs plus life-style) are widely recommended for obese patients. Therapeutic paradigms at genetic or molecular targeting, drug combination, herbal medicine and new forms of personalized medicine need modern diagnosis. New drug development is also very useful.

Bibliography

1. Zimmet PZ, et al. "Diabetes; a 21st century challenge". *The Lancet Diabetes and Endocrinology* 2 (2014): 56-64.
2. Fuchs S, et al. "Disease management programs for type 2 diabetes in Germany; a systematic literature review evaluating effectiveness". *Deutsches Ärzteblatt International* 111.26 (2014): 453-463.
3. Lu DY, et al. "Type 2 diabetes study, introduction and perspective". *The Open Diabetes Journal* 8 (2018): 13-21.
4. Lu DY, et al. "Type 2 diabetes treatment and drug development study". *The Open Diabetes Journal* 8 (2018): 22-33.

5. Lu DY, *et al.* "Obesity, risks and managements". *Metabolomics* 8.1 (2018): e155.
6. Jainta N., *et al.* "Infection diseases and vaccination in patients with diabetes". *EC Diabetes and Metabolic Research* 3.3 (2019): 91-97.
7. Lu DY, *et al.* "Pathology and treatments of obesity". *Trends in Medicine* 8.5 (2018): 157.
8. Lu DY, *et al.* "Obese study, keep up the momentum". *The Journal of Endocrinology and Diabetes Research* 1.1 (2018): 4-8.
9. Brestoff JJR and Artis D. "Immune regulation of metabolic homeostasis in health and disease". *Cell* 161 (2015): 146-160.
10. Yanai H. "VLDL is the leading actor in lipid abnormality in patients with diabetes and obesity". *Journal of Endocrinology and Metabolism* 7.4 (2017): 101-102.
11. Putta S., *et al.* "Diabetes mellitus and male aging, pharmacotherapeutics and clinical implications". *Current Pharmaceutical Design* 23.41 (2017): 6321-6346.
12. Steculorum SM., *et al.* "Hypothalamic UDP increases in obesity and promotes feeding via P2Y6-dependent activation of AgRP neurons". *Cell* 162 (2015): 1404-1417.
13. Lee YS., *et al.* "Increased adipocyte O2 consumption triggers HIF-1 α , causing inflammation and insulin resistance in obesity". *Cell* 157 (2014): 1339-1352.
14. Lu DY, *et al.* "Human obesity, pathological and therapeutic advances". *EC Pharmacology and Toxicology* 7.4 (2019): 231-238.
15. Singh A., *et al.* "Protective role of Terminalia Chebula in streptozotocin-induced diabetic mice for wound healing activity". *British Journal of Medicine and Medical Research* 22.2 (2017): 1-8.
16. Smith RE., *et al.* "Dietary carbohydrates that modulate the immune system". *Clinical Immunology, Endocrine and Metabolic Drugs* 2.1 (2015): 35-42.
17. Nzuza S., *et al.* "Highly active antiretroviral therapy-associated metabolic syndrome and lipodystrophy: pathophysiology and current therapeutic interventions". *Journal of Endocrinology and Metabolism* 7.4 (2017): 103-116.
18. Putta S and Kilari EK. "A review on methods of estimation of advanced glycation end products". *World Journal of Pharmaceutical Research* 4.9 (2015): 689-699.

Volume 6 Issue 1 July 2022

©All rights reserved by Da-Yong Lu and Jin-Yu Che.