

Depression, the Real Problem of Diabetics

Oscar Fawed Ortega Reyes^{1*} and Jerson Joaquín Ávila Santos²

¹*Director Internacional de Investigación Sanitaria y Social, Global Humana, Madrid, Spain*

²*Licenciado en Psicología, Universidad Nacional Autónoma de Honduras, Honduras*

***Corresponding Author:** Oscar Fawed Ortega Reyes, Director Internacional de Investigación Sanitaria y Social, Global Humana, Madrid, Spain.

Received: November 23, 2018 **Published:** February 01, 2019

There is a series of social problems in developing countries that generate complexity in chronic degenerative diseases, to be the case of Diabetes Mellitus and its lack of mechanisms for the holistic treatment of those who suffer from it.

The lack of direct education for these patients hinders or complicates the fact that it is necessary to visit a psychologist or previous studies that identify by means of a simple test the existence of depression in them.

Although it is known that the Depression can have a genetic association, in the case of diabetics it comes consecutively to the first fact of the news and in the background the prohibition of the consumption of some foods that are considered of preference.

It is imperative to mention the lack of interest in all or almost all of the institutions of the state for trying to address this issue in the best way, it denotes a great lack of commitment and carelessness of organizations in general, be it public or private sector of Honduras.

There are no clear and convincing figures that support research relevant to this topic. Much less directed actions that help to solve a problem that afflicts a significant number of people and that even goes in constant increase.

The question is posed on the table; how many people suffer and will continue to suffer in silence the scourge of depression, for not having access to a professional evaluation and subsequent psychological and/or psychiatric treatment that will generate an incentive to shout from their lives full of an immeasurable sense of emptiness, loneliness and personal dissatisfaction.

Being then the society submerged in a problematic that can be compared with the one of the Mosquito that transmits the Chikungunya or Dengue, since effective measures have not been taken still to be able to improve the situation, when not having an impact in the society or for the state.

Volume 3 Issue 2 February 2019

©All rights reserved by Oscar Fawed Ortega Reyes and Jerson Joaquín Ávila Santos.