

Diabetes Awareness - Miles to go...

Anirban Sinha*

Assistant Professor, Department of Endocrinology, Medical College, Kolkata, India

***Corresponding Author:** Anirban Sinha, Assistant Professor, Department of Endocrinology, Medical College, Kolkata, India.

Received: May 24, 2019; **Published:** May 27, 2019

Diabetes mellitus is a major clinical and public health problem accounting for more than 4.6 million deaths annually world-wide. According to the International Diabetes Federation, around 367 million people worldwide are estimated to have diabetes, of which 80% live in low and middle income countries, with almost 50% of those still remaining undiagnosed. Education is one of the key components to ensure better treatment and control of diabetes.

The International Diabetes Federation (IDF) organises a World Diabetes Day campaign for the purpose of raising awareness in the community. This year-long awareness campaign, which is run by the IDF since 2005, with the support of the World Health Organization (WHO), aims at providing information to the public about the causes, symptoms, complications and treatments associated with the defective metabolic condition. It is highly crucial to alert the public to the fact that diabetes is a serious condition that is currently underestimated in terms of its frequency and impact on quality of life. The major factors contributing to its rise are sedentary lifestyle and changing dietary patterns. Elevated levels of blood glucose are often associated with long-term damage to the body and the failure of various organs and tissues which the general public are unaware of. Diabetes can result in both short- and long-term complications, many of which - if not prevented and left untreated - can prove to be fatal.

Type 1 diabetes can develop at any age, though it often appears during childhood or adolescence. Type 2 diabetes, the more common type, can develop at any age, though it's more common in people older than 40. Some ways by which health care professionals can educate their patients about diabetes and encourage them to take action if they are at risk include:

- 1) Encourage patients to find out if they are at risk by sending an online Health Risk patient survey.
- 2) Send out reminders about automated wellness appointments. If it's determined someone is at risk, encourage preventive care to help reduce complications.
- 3) Showing support for diabetes awareness, including on social media and other public platforms (Blue campaign).
- 4) Educate patients about the basics of diabetes including early symptoms and the importance of early detection.
- 5) Increased thirst.
- 6) Frequent urination.
- 7) Extreme hunger.
- 8) Unexplained weight loss.
- 9) Presence of ketones in the urine.
- 10) Fatigue.
- 11) Irritability.
- 12) Blurred vision.
- 13) Slow-healing sores.
- 14) Frequent infections, such as gums or skin infections and vaginal infections.
- 15) Identify major risk factors including family history and obesity.

When to see a doctor?

- 1) If you suspect you or your child may have diabetes. The earlier the condition is diagnosed, the sooner treatment can begin.
- 2) If you've already been diagnosed with diabetes. After you receive your diagnosis, you'll need close medical follow-up until your blood sugar levels stabilize.

November is observed as the World Diabetes Month and November 14 is regarded as World Diabetes Day.

Volume 4 Issue 4 June 2019

© All rights reserved by Anirban Sinha.