

Ebook free Research paper on diabetes mellitus [PDF]

diabetes mellitus is a group of metabolic diseases characterized by high blood glucose levels over a prolonged period. This can result in long-term complications that severely affect major organs such as the heart, kidneys, and eyes. The most common types of diabetes are type 1 diabetes mellitus (DM1) and type 2 diabetes mellitus (DM2). DM1 is an autoimmune disease where the body's immune system attacks and destroys the insulin-producing beta cells in the pancreas. DM2 is a more common form of diabetes, often associated with obesity and insulin resistance, where the body's cells do not respond properly to insulin. The prevalence of diabetes has risen significantly worldwide, particularly in low and middle-income countries. Key facts include that the number of people with diabetes rose from 108 million in 1980 to 422 million in 2014, and prevalence continues to rise more rapidly in low and middle income countries than in high income countries. Diabetes is a major cause of blindness, kidney failure, heart attacks, stroke, and lower limb amputation. The main cause of diabetes varies by type, with DM1 being an autoimmune condition and DM2 often linked to lifestyle factors like diet and physical inactivity. Research in 2023 highlighted the importance of early diagnosis and management, with a focus on maintaining HbA1c levels below 7% to prevent complications. The WHO report on diabetes in 2024 noted that while progress has been made in reducing the burden of diabetes, more needs to be done, especially in low and middle income countries. The report also discussed the role of digital health and telemedicine in improving diabetes care. The WHO also noted that the number of people with diabetes is expected to rise to 642 million by 2040, with a significant increase in people aged 70 and older. The WHO also noted that the number of people with diabetes is expected to rise to 642 million by 2040, with a significant increase in people aged 70 and older. The WHO also noted that the number of people with diabetes is expected to rise to 642 million by 2040, with a significant increase in people aged 70 and older.

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