

SITUATION OF DIABETES MELLITUS IN ASIAN COUNTRIES AMONG DIFFERENT PROFESSIONALS

**Nurgul Omorova Turdalevna^{*1}, Abhay Raj Chauhan^{*2}, Mohammad Aquib Khan^{*3},
Jenish Kizy Asel^{*4}, Aijan Omorova Nurlanovna^{*5}, Obaidullah Khan^{*6},
Gul Iram^{*7}, Md Aatif khan^{*8}**

^{*1,4,5}Practical Teacher, Clinical Discipline 1, IMF Osh State University Osh, Kyrgyzstan.

^{*2}3rd Year Student, International Medical Faculty, Osh State University, Osh, Kyrgyzstan.

^{*3}4th Year Student, MD Programme, IMF Osh State University Osh, Kyrgyzstan.

^{*6}Lecturer And Principal Of S.A.K.J. Inter College Bahaduri Maharajganj India.

^{*7}Ex Researcher Of AMU Aligarh India.

^{*8}2nd Year Student, MD Programme, IMF Osh State University Osh, Kyrgyzstan.

ABSTRACT

Diabetes Mellitus has emerged as a global health concern, with Asian countries experiencing a significant rise in its prevalence. This scientific article investigates the multifaceted landscape of diabetes among diverse professional groups in Asian nations. The study encompasses a comprehensive analysis of diabetes incidence, risk factors, and management strategies tailored to the unique challenges faced by professionals in various sectors.

Furthermore, the study investigates innovative approaches to diabetes prevention and management, including workplace wellness programs and digital health solutions, tailored to the needs of Asian professionals.

Keywords: Diabetes Mellitus, Asia, Food Habits, Professions And Diabetes Mellitus, Types Of Diabetes, Lada Type Of Diabetes, Mody Type Of Diabetes, Primary Diabetes, Secondary Diabetes.

I. INTRODUCTION

Diabetes mellitus is very common disease globally, its complications are very dangerous and huge numerous like ketoacidosis, retinopathy, nephropathy, neuropathy, ischemic heart disease, gangrene of extremities, arterial obstruction etc, so it is diabetes mellitus is group of disease. It is mainly hyperglycemic disease which causes not only in metabolism of carbohydrate problem but is also alter the protein and fat metabolism that's why Diabetes mellitus is best defined as a syndrome characterized by inappropriate fasting or postprandial hyperglycemia, and its metabolic consequences which include disturbed metabolism of protein and fat.

It is occurs due to two main resions either due to insulin deficiency or due to insulin resistance its clinical consequences of polyuria, polydipsia, and weight loss.

In this article we will discuss the current situation of Diabetes mellitus in Asia especially in India based on a recent survey.

Survey

Here we can see all about our serve and we can use given link in reference for more details of questions asking in our survey

In our Survey about 411 peoples participate and mostly peoples are from India all detail is given below

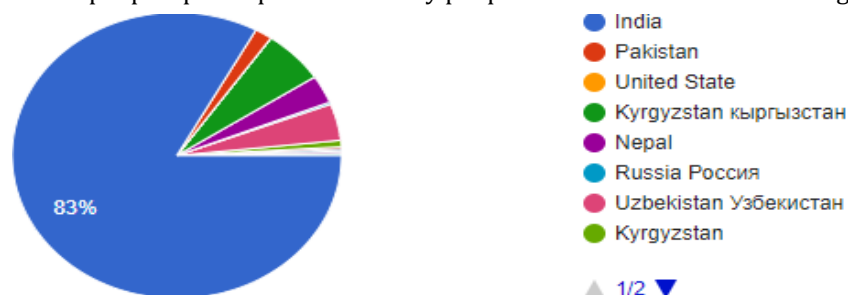


Fig 1: Profesions of participants

So here we can see here mostly peoples are from india.

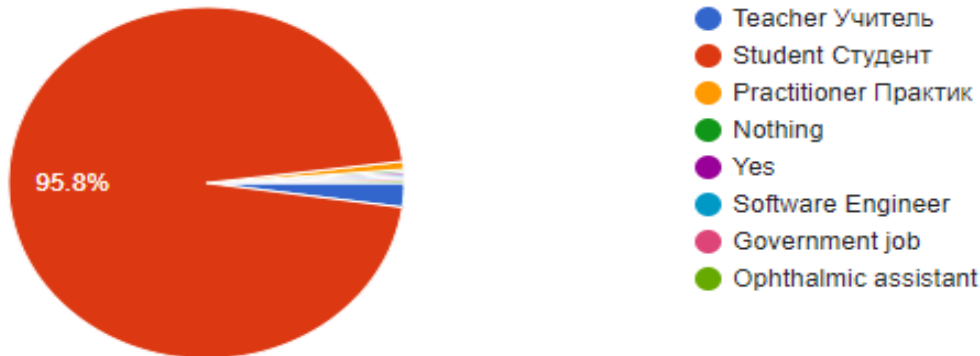


Fig 2

We can see here mostly participants are students and some are teachers because the questions ask by participants are educational and need knowledge for there response.

II. DISCUSSION

Here we will discuss in detail about diabetes mellitus and we will observe what is the current situation of diabetes mellitus.

The exact cause of most types of diabetes is unknown but it is believed that diabetes mellitus is a genetic disease specially type 1. While other causes of diabetes mellitus are Overweight, obesity, and physical inactivity, over stress, more industrialization.

What is the main cause of DM in your region?

Какова основная причина СД в вашем регионе?

411 responses

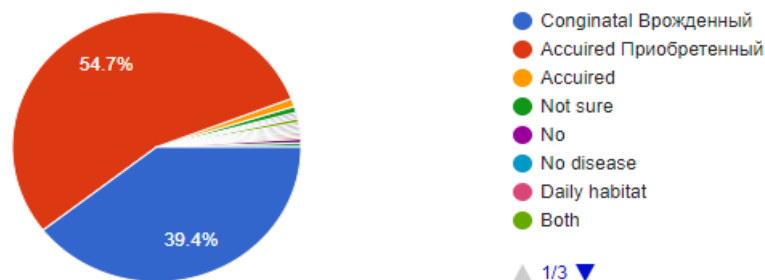


Fig 3: According to peoples participate in survey etiology is given below

We can see here about 55% peoples says that is is acquired and about 40% peoples says it is congenital.

All the features are same as type on diabetes mellitus like destruction of beta cells of pancreas due to autoimmune process but the difference is that type 1 diabetes occurs at younger age while LADA occurs after 40 years of age.

In MODY all the features of type 2 diabetes like resistance to insulin is present but type 2 diabetes occurs at older age while MODY occurs at younger age. In this mainly glucokinase become mutant or dysfunctional so release of insulin from beta cells stop eventually deficiency of insulin occurs in body, so hyperglycemia occurs.

Due to some drugs diabetes like conditions occur like Beta blockers which inhibit beta 2 receptors on beta cells of pancreas so insulin secretion stop, Thiazied, Steroid drug because of excessive proteolysis and lypolysis liver starts to excessive gluconeogenesis which leads to hyperglycemia.

Which type of diabetes mellitus is common in your area?

Какой тип сахарного диабета распространен в вашем регионе?

411 responses

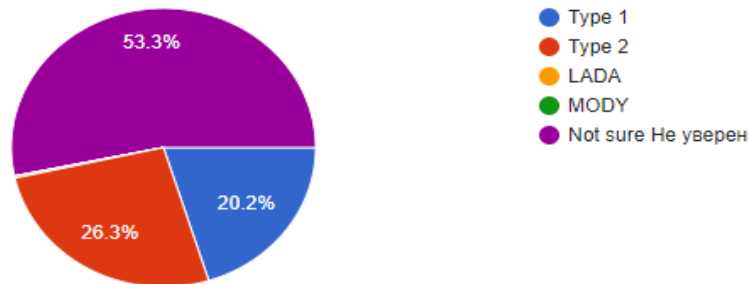


Fig 4: Distribution of Types of diabetes mellitus among participants

Here we can see the distribution of different type diabetes mellitus in Asia and we can get conclusion that as usual type 1 and type 2 diabetes mellitus is more common in Asia.

There are two main type of complication of diabetes mellitus while other numerous types of complication of diabetes mellitus also present.

Macro vascular disease and micro vascular disease

Coronary artery disease: Stable angina, unstable angina, Myocardial infarction, sudden cardiac death

Cerebrovascular disease: Stenosis of cerebral vessels, Thrombotis of cerebral vessels, embolism in cerebral vessels, hemorrhage of cerebral vessels

Peripheral Artery disease: Athromas of peripheral vessels like in femoral artery (if severe then should proceed to amputation)

Diabetic renovascular disease : Athromas in renal arteries etc.

Micro vascular complications (Diabetic Microangiopathy)

cataracts

orthostatic hypotension

Diabetic ketoacidosis

Which type of complications of DM are more common in your region?

Какой тип осложнений СД чаще встречается в вашем регионе?

411 responses

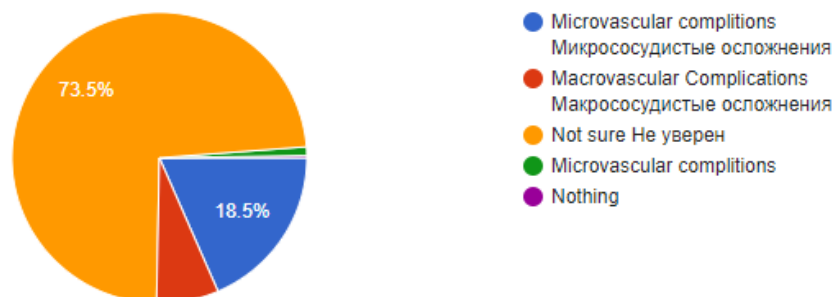


Fig 5: Complications of DM according to participants

We can see here among all complications micro vascular complications are more common in case of diabetes mellitus.

III. CONCLUSION

After all about discussion we can conclude it that instead of so much development in medical science diabetes mellitus is also common nowadays. All complications are very dangerous but we don't have any particular and permanent treatment for it.

As we can see all the etiology, types, complications have so much variation in this article. So diabetes mellitus is a slow killer with no known curable treatments. However, its complications can be reduced through proper awareness and timely treatment. Three major complications are related to blindness, kidney damage and heart attack. It is important to keep the blood glucose levels of patients under strict control for avoiding the complications. One of the difficulties with tight control of glucose levels in the blood is that such attempts may lead to hypoglycemia that creates much severe complications than an increased level of blood glucose. Researchers now look for alternative methods for diabetes treatment. So in diabetes mellitus insulin play a major role in creating different types of complications, that's why we should avoid all those things which are the risk factor for diabetes mellitus.

IV. REFERENCES

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