



A Negative Impact on Quality of Life: Silent Diabetes

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Diabetes mellitus is a metabolic disorder characterized by elevated blood glucose levels. Almost all of us have heard or seen a case of diabetes case and remain unnoticed until he or she suffers from its side effect.

Diabetes mellitus already affects nearly every community on the planet, and epidemiological evidence suggests that unless effective prevention and control programs are implemented, diabetes will certainly continue to rise globally. Diabetes is defined as a collection of illnesses characterized by hyperglycemia and glucose intolerance because of insulin insufficiency, decreased insulin activity, or both.

The decrease of insulin production in type 1 diabetes is caused by cellular-mediated autoimmune destruction of pancreatic islet cells. It is the most common chronic childhood disease in developed countries, but it affects children of all ages, with different clinical presentations depending on their age. Insulin resistance and relative insulin shortage are two characteristics of type 2 diabetes, both of which may be present when the disease manifests clinically.

In developed countries, type 2 diabetes accounts for 85 percent to 95 percent of all diabetes, with a larger percentage in poorer countries.

Keywords: Diabetes Mellitus; Type 2 Diabetes; HBA1C**Introduction**

Diabetes mellitus (DM) is a classic example of a public health issue. Because to its degenerative character, the sequel results in a significant health and economic burden, despite the finest available treatments. Diabetes mellitus is now one of the most common noncommunicable diseases in the world. By 2030, it is expected to be the seventh greatest cause of mortality. Since 2013, 347 million individuals around the world have been affected with diabetes. Diabetes kills more than 80% of people in low and middle-income nations. It is India's fourth biggest cause of death, affecting 10-16 percent of urban residents and 5.33-6.36 percent of rural residents, with the number expected to increase by 2030 [1].

Diabetes is defined as a collection of illnesses characterized by hyperglycemia and glucose intolerance as a result of insulin insufficiency, decreased insulin activity, or both. Type 1 diabetes, Type 2 diabetes, Gestational diabetes, and Other Specific Forms are the four types of diabetes. The decrease of insulin production in type

1 diabetes is caused by cellular-mediated autoimmune destruction of pancreatic islet cells [2]. It is the most common chronic childhood disease in developed countries, but it affects children of all ages, with different clinical presentations depending on their age. Insulin resistance and relative insulin shortage are two characteristics of type 2 diabetes, both of which may be present when the disease manifests clinically. In developed countries, type 2 diabetes accounts for 85 percent to 95 percent of all diabetes, with a larger percentage in poorer countries [3].

India has the highest number of diabetic subjects in the world, garnering the dubious title of "Diabetes capital of the world." Increased prevalence is linked to negative lifestyle changes, such as bad eating habits and decreased physical activity [4]. With increase in disease burden and no obvious cure, diabetes has become a lifestyle, not merely a disease. A poor and inadequate glycemic control among the diabetic patients especially with type 2 diabetes constitutes increase in risk for developing diabetic complications soon and constitutes a major public health problem [5].

Need for study

- Diabetes mellitus can now be found in almost every population in the world and Epidemiological evidence suggests that, without effective prevention and control programs, diabetes will likely continue to increase globally.
- India Has an estimated 77 million people with diabetes, which makes it is the most affected in world, after China. One in six people (17%) in the world with diabetes from India. (India's population as calculated in October 2018 was about 17.5% of the global total) the number is projected to grow by 2045 to become 134 million has per international diabetes federation.
- There are estimated 72.96 million cases of diabetes in adult population of India. Has per (INDIAB study). according to government survey found 11.8% prevalence of diabetes in India

Early Signs and symptoms;

- Urinate (pee) a lot, often at night
- Are very thirsty
- Lose weight without trying
- Are very hungry
- Have blurry vision
- Have numb or tingling hands or feet
- Feel very tired
- Have very dry skin
- Have sores that heal slowly
- Have more infections than usual



Figure 1

Recent article published by Bangalore mirror India times on September 2021, BBMP, which is going on a door-to-door visit has they surveyed 248280 houses and examined 711648 people during the survey, it was found that 57528 were suffering from comorbidities of them 35.82% have hypertension, 2.99% have hypothyroidism and 2.48 % have ischemic heart disease and 51% of people in the city were Diabetic.

Case Report

Shivamma a female 38 years aged complaining of sudden blurred vision and urinary incontinence on 23/06/2022 she fell down while going to bathroom she ate about ragi dosa for breakfast we rushed her to nearest health center doctor advised us for blood investigations (HBA1C, RBS) and the blood sugar report shot up to 380/dl and BP 120/85 she had HBA1C 7.2% physician diagnosed it has type 2 diabetes mellitus and he put her on insulin and tab metformin 500mg and continued to be on rest and it remain unnoticed until her blood investigations done.

Metformin 500mg prescribed before and after lunch and she also had its complication on eye he had prescribed eye drops and medication continues to be the same.

Discussions

Silent Diabetes, remain unnoticed and difficult to identify. there is chance that individual may not even know if he had suffered one Usually, it is accidentally discovered when they go for a Blood sugar examination.by the time they got affected with its complications, early detection and Improved blood sugar regulation is the main objective of any diabetic treatment. There are often several, life-time treatment choices available for diabetes. Patients with diabetes have low levels of medication adherence, according to several studies [3,5]. In addition to taking regular medications, patients with diabetes may benefit from additional beneficial activities that enhance their quality of life and improve blood sugar control, which can help prevent and manage impending complications like diabetic retinopathy, neuropathy, and nephropathy. These include maintaining a nutritious diet, getting regular exercise, checking blood sugar levels often, taking prescription drugs on time, practicing risk-reduction techniques, and having strong problem-solving and coping abilities.

The research was carried out to assess self-care practice and knowledge in diabetes at rural Karnataka's Sullia over. 400 was determined to be the sample size, and the sampling strategy used was probability proportional to sampling size. Consequently, the vast majority of them were upper middle class married Hindu men. Merely 24.25% have adequate knowledge. Foot care was the most neglected part of self-care routines.

Merely 25% of the participants in the survey have enough understanding about diabetes. Additionally, there was a lack of adherence to several self-care activities [6]. Government regulations may aid in the development of diabetes management standards, the financing of community awareness campaigns, the accessibility of medications, and the provision of diagnostic services and improving IEC activities in the community [5,6].

Conclusion

- Silent diabetes: it doesn't show any symptoms and goes undiagnosed until it's too late. The goal of this essay is to comprehend the effects of diabetes.
- According to NFHS 4-5 data, diabetes is an epidemic iceberg illness with a significant incidence observed in both urban and rural regions.
- Maintaining a close eye on blood glucose levels and bringing them under control when they get too high through food and medication are healthy practices that can reduce the risk of silent diabetes.

Recommendations to combat Silent Diabetes

- Diabetes screening, early diagnosis and treatment in public sector should be done.
- Specific efforts should be made to improve awareness of Complications of Diabetes to the Patients and Impact of Uncontrolled glycemic status.
- Health Education regarding healthy dietary patterns and adequate physical activities must be provided.
- The inclination towards sedentary lifestyle should not be there. Healthy lifestyle practices (physical activity, avoidance of tobacco consumption, alcohol consumption etc.) should be followed.

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