

Fighting against diabetes mellitus

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Diabetes mellitus (DM) is increasing alarmingly, even more than the anticipation of the International Diabetes Federation (IDF). As per the latest information from IDF, 537 million people were living with diabetes in 2019. The number will be increased to 643 million and 783 million in 2030 and 2045 respectively, according to IDF. The rate of increment is 68% for South East Asia (SEA).

The condition of Bangladesh is not less alarming. Bangladesh was in the 8th position in 2019, with more than 13.1 million people with DM in the 20-79 year-old-age-group. If thing is allowed to go like this, Bangladesh will be in the 7th position in 2045 with a 22.3 million diabetic population. In addition to that, worldwide, more than 541 million had impaired glucose tolerance (IGT) and 319 million had Impaired fasting glucose (IFG), which indicates more than 860 million people here have prediabetes. A large number of people with prediabetes can be prevented from developing Diabetes by taking appropriate measures like lifestyle changes. Moreover, people who had

already developed diabetes, complications can be prevented by taking necessary actions. Proper education is the most essential element for the management and prevention of diabetes and prediabetes. This is the time to ring the bell by all the stakeholders in both government and non-government level to take necessary action. The theme of World Diabetes day 2022 has been rightly selected as 'Education to protect tomorrow'. Education should cover getting informed about what to do and what not to do, it must help people to be aware of the misinformation that increase the risk, and even may endanger their life.

Regrettably, a heinous commercial advertisement regarding the treatment of diabetes is frequently observed on various social media. These Products are unscientific, absurd, and dangerous. We must make people aware of these dangerous products. Proper authority should look after the matter for greater benefit of the people.