



EDITORIAL

Diabetes Mellitus: A Global Health Concern rising in Bangladesh

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Diabetes Mellitus is a metabolic disorder; in fact, it is a multisystem disorder that is increasing throughout the globe including Bangladesh. At present, millions of Bangladeshis are suffering from diabetes¹. As the prevalence tends to high it has emerged as a formidable health challenge as well as an economic burden for the country. Diabetes results not only from abnormal carbohydrate metabolism, but also from various factors like lifestyle, environmental, genetic predisposition and so on. However, globally Bangladesh stands for 8th position in the prevalence of diabetes¹. And cases are with an increased trend in an epidemic pattern. Therefore, multidisciplinary actions should be taken very early to combat this problem. Preventive measures can be the best way to reduce this impact.

From the global scenario an estimated 537 million adults aged 20 to 79 years are currently living with diabetes³. This represents 10.5% cases of the world's population in this age group³. The total number is predicted to rise to 643 million (11.3%) by 2030 and to 783 million (12.2%) by 2045³. Moreover, 90.0% of people with undiagnosed diabetes live in low- and middle income countries like Bangladesh³.

On a survey in Bangladesh, the diabetes prevalence increased from 10.9% to 13.7% among adults aged ≥ 35 years². According to a systematic review of the literature (Kanti) more than 13 million were diabetic in 2021 and predicted to rise to 22 million by 2045 and more alarming is that 50% of them don't know that they were diabetic¹. Another study published on International journal of Clinical Practice shows the prevalence of diabetes in Bangladesh increased from 5.0% in 2001 to 13.0% in 2017/18⁴. The prevalence of undiagnosed diabetes was also found to be higher at 6% in 2017/18⁴.

People living with diabetes are at risk of developing several debilitating and life threatening complications, leading to an increased need for medical care, reduced quality of life and premature death. Globally, diabetes ranks among the top 10 causes of mortality. As diabetes is occurring in an epidemic form, several strategies should be taken. To control diabetes health education must be accompanied by public awareness campaigns. Many people remain unaware of the risk factors and preventive measures associated with diabetes. Proper health education that emphasize the importance of a balanced diet, regular physical activity and routine health check-ups is important.

Governments, non govt. organizations and policy makers should be more aware to ensure affordable access to medications and evidence-based treatment facilities and more research to take necessary actions. Community engagement can be a very effective way to prevent diabetes by online and offline support groups where people can exchange information, and find encouragement in their journey towards better health.

As Bangladesh faces the challenges posed by the rising prevalence of diabetes, a multi-faceted approach is crucial. Combining public awareness, improved healthcare facilities, technological support, and strategic policy interventions can pave the way for a healthier future.

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