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LIFESTYLE

## How diabetes and its complications can be managed effectively through proactive care management

November 15, 2021, 4:23 PM IST / Dr Sujatha K in Voices, Lifestyle, TOI

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In India, also known as the world's diabetes capital, the

WRITE FOR TOI BLOGS

**Dr Sujatha K**

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rapidly increasing number of people with diabetes has become a major public health concern. In simple terms, Diabetes is a disorder in which the body's ability to control glucose levels in the bloodstream is impaired. According to the WHO, 422 million people worldwide have diabetes, and the number is expected to rise to 642 million by 2040. People who lead a sedentary lifestyle with poor dietary habits and high-stress levels are at risk of developing diabetes. As a result, the demand for proactive care management for effectively managing diabetes and its complications is increasing.

**Why it's important to manage diabetes and its complications?**

Evidence shows that diabetes condition is linked to a variety of complications, and one complication can exacerbate another. Besides that, poorly controlled blood-sugar levels during diabetes can have catastrophic effects, causing damage to a variety of vital organs and tissues in your body, including your heart, kidneys, eyes, and nerves, which are result of diabetic complications like nephropathy, neuropathy, retinopathy, etc. People with diabetes have a two-fold increased risk of heart disease or stroke compared to those who do not have diabetes.

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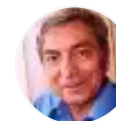
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Nerve damage is one of the most prevalent diabetic consequences, causing numbness and pain in limbs.

People with pre-existing medical conditions were severely infected with the coronavirus, indicating that people with diabetes are more prone to various kinds of infections. In order to improve overall health, it's critical to control diabetes and its complications.

### **Technology: Becoming an enabler in managing diabetes effectively**

There is no denial of the fact that technology and innovation in healthcare have improved quality of life by transforming day-to-day management, treating difficulties, and lowering healthcare expenses all across the world. As diabetes is a serious condition that necessitates continual monitoring, technology can help lessen the load on patients and their families.

Today, artificial Intelligence-based devices, as well as health-related apps available on smartphones and other wireless devices, are making life easier for people with diabetes who need to implement lifestyle changes or make prescription modifications in response to glucose-monitoring data. The introduction of smart health monitoring devices empowers people living with diabetes

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to have a personal healthcare provider that offers real-time medical support, generates alerts, helps the patients with early intervention, and remotely monitors their health status, proactively saving lives.

Health clinicians, such as diabetes educators, can incorporate this into clinical practice and urge patients to self-monitor their lifestyles and health indicators in order to manage diabetes more effectively. It also helps to keep an accurate record of your daily blood sugar readings, food consumption, physical activity, and medication easier, allowing healthcare providers to give precise, efficient, and effective interventions at the correct time in a patient's care.

### **Conclusion**

When it comes to diabetes management, the steering is always in your hands. While there have been tremendous technical improvements in managing diabetes and related complications, but eating habits and lifestyle changes, and regular exercise, in addition to medications prescribed by your doctor, play a crucial role. Diabetes is a disorder, not a disease, and it's never too late to change your lifestyle and live a healthier life.