

Research Article

A Qualitative Study on Diabetes Type 1 and 2 and Their Remedies in Pakistan

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ABSTRACT

Diabetes mellitus is a group of metabolic disorders that hyperglycemia is a common symptom. Diabetes mellitus is divided into 2 types of type 1 diabetes and type 2 diabetes. Type 2 diabetes is caused by several causes, including insulin resistance, insufficient insulin secretion, and extra glucose production by the liver. Among the risk factors for type 2 are diabetes: familial history of diabetes, overweight, lack of mobility, history of gestational diabetes, high blood pressure, low HDL levels, polycystic ovarian syndrome, history of cardio-vascular disease. Increasing the level of general information about type 2 diabetes will have a direct relationship with improving community health and improving patients and reducing the complications of the disease. In Pakistan, Public awareness about diabetes and its complications are not ideal. In addition to increasing the prevalence of illness in the coming years, late complications of the disease were such as cardiovascular events, stroke, ocular complications, renal complications, amputation of limbs and spinal cord injuries. The aim of this study was to investigate the awareness of people in relation to type 1 and 2 diabetes, in order to develop educational programs based on their findings, if necessary, and to increase the level of knowledge of this group about the occurrence or progression of diabetes mellitus prevention.

Keywords: Pakistan, qualitative study, diabetes type 1, diabetes type 2, remedies.

INTRODUCTION

Diabetes can be defined as, the situation in which the body cannot properly diagnose the food for energy which our body use. The food we eat mostly convert into sugar and glucose which our body use as energy. The organ in our body which is called pancreas lay close to the stomach produce hormones, called insulin which help the glucose to enter into the cells on the human body. If you have insulin, then in that situation your body will be able to produce sufficient insulin or will not be able to consume its own insulin. So due to that the sugar level in the body will be raised. And due to that mostly peoples mentions diabetes as sugar. Diabetes is the reason of many health problems like, heart diseases, failure of kidneys and loss of eyesight and sometimes to loss

of important body organs. Now a day's diabetes is the main cause of deaths in the world (Mathai, Ginige, Srinivasan, & Giroi, 2017).

Kinds of diabetes

Type 1

This type of diabetes is called a young diabetes, it is almost evolving in a young age people; and although type 1 diabetes could also be found in adults. In this type of diabetes, the body is not being able to produce the sufficient insulin because the immune system of the body which shows resistance against the bacteria to infect your body, injurious elements and other viruses which attacked on those cell which produce insulin in the human body (Peng et al., 2017).

Remedial action against type-1 diabetes

- a) Taking the insulin injections and medicines properly.
- b) Always eat healthy foods.
- c) Should participate in the physical activities.
- d) In type-1 diabetes blood pressure level should be controlled and also the cholesterol level the body should also be under control.

Type 2

The inception of the type-2 diabetes is most of the time found in the adults or we can say that the Type 2 diabetes are the adult diabetes but it can attack the people of any age either it can be present in the children. But mostly the type -2 diabetes can be developing in the people of the middle age and older age peoples. Most of the people who have the obesity problem and also those who are not active and do not participate in any type of physical activities are the victims of type-2 diabetes. Normally the type-2 diabetes start with the resistance of the insulin this type of condition occurs when the liver and muscles does not use insulin that transfer the glucose in the cells of the body which the body use for energy. So at the end the glucose wants extra insulin to enter into the cells in the body. Initially the pancreas maintains the level of insulin in the body by making more insulin. But after some time the pancreas will not be able to produce the required insulin because when the blood pressure is increased then the pancreas will not to produce the sufficient specially after the meal. So if your pancreas can not produce the sufficient insulin then you are required to get treatment for the type -2 diabetes (Cusi et al., 2017).

Remedial action for type-2 diabetes

- a) Medicines should be used properly for the diabetes.
- b) Healthy foods should be eaten.
- c) Should be participate in physical activities.
- d) Blood pressure should be control.
- e) Cholesterol level should also be control.

Can diabetes be prevented?

Type 1 diabetes can't be prevented. However, the same healthy lifestyle choices that help treat

prediabetes, type 2 diabetes and gestational diabetes can also help prevent them: Eat healthy foods. Choose foods lower in fat and calories and higher in fiber. After a number of studies, it has been proved that the reason behind the type-2 diabetes is the lack of physical activities so if we participate in the physical activities then we can reduce the type -2 diabetes risks and also another reason related with the type-2 diabetes is obesity (Powers et al., 2017).

Awareness regarding diabetes in Pakistan

Currently, the main challenge in the health sector around the world is diabetes. Diabetes is a standout amongst the most prevailing issue, which is evaluated by its pervasiveness, in 2013 to be 382 million diabetic patients which are anticipated to ascend to 592 million by 2035. mostly the majority living in the developing countries are the victims of diabetes (a country like Pakistan). As per IDF, as of now 6.6 million Pakistanis live with diabetes and in 2025 the aggregate number of individuals with diabetes is predicted to anticipated 14.5 million; Pakistan has the 10th biggest populace of diabetes and may be to achieve the 4th position in 2025. The management of interminable issue like diabetes requires rational restorative methodologies as well as appropriate training and guiding by health experts (AlMogbel, Amin, AlSaad, & AlMigbal, 2017). that the self- practices of people are impacted by their insight about diabetes; the more they think about their sickness, more they would have self-controlling abilities. The importance of diabetic patient training has been known since the 18th century; Dr. E.P. Joslin expressed that "the diabetic who knows the most lives the longest". It has been assessed that diabetic patient directing about the malady state, confusions, and administration, adherence to treatment and prescriptions, clearing up myths and different perspectives can diminish and keep the long haul complexities and abatements economic load and bleakness rates (Dabelea et al., 2017).

However, in Pakistan many research works are available, showing that the diabetic populace has

an outrageously poor level of knowledge about diabetes, its related confusions. A research directed in Quetta presumed that 77.11% of the examination populace had no learning of diabetes and its complexities. Another research in Karachi uncovered that larger part of people with diabetes has never gotten diabetes training. Essentially in 2009 studies in exploring the mindfulness level about diabetes mellitus and related factors in country Islamabad demonstrated that out of the three hundred adults reviewed, just 130 (44%) had any information of Diabetes Mellitus (Haider Zaidi, Yaqoob, Saleem, & Fatima, 2017). The consciousness of hazard factors was available in 43 (15%) while familiarity with the confusions related to the illness was 66 (23%). older peoples who announced as never going for normal checkups to any center or doctors were 233 (78%). Another research issue by Khalid Mahmood et al in 2011 shows that a large portion of the diabetic patients (63.7%) never got any diabetic education. further research led on a similar subject has given the same consequences. moreover, the patients, a few types of research demonstrated that the awareness about diabetes likewise lacking in relatives of the patient and even in family doctors (Motterle et al., 2017).

The awareness of the diabetic people of Pakistan about the diabetes is to be observed very weak, because of the lack of knowledge and educating program publicly and private areas. A couple of health center like Baqai Institute of Endocrinology Karachi have the entrenched center about the education of diabetes. No extended program has been arranged at the National level, in spite of the fact that the National Diabetes Advisory Board expressed in its 1993 Annual Report that -for the safety of diabetes is that if to educate the people about diabetes can save the money for treatment. Further, the American Diabetes Association, obviously characterized, the basic part of diabetes training in quality diabetes care. Also, DAWN2 think about directed in more than seventeen countries in four regions, by extrapolating worldwide DAWN2 information to Pakistan's

diabetes care condition, while concentrating on national information from socio-socially comparable nations like India, motivate us to start changes in the way we oversee diabetes. Improved association of the individual with diabetes and his or her family, following the standards of individual focused and family-focused care, is a significant feature (Rashid et al., 2017).

Diabetes mellitus is a metabolic issue and the patient is on various medications. Alongside this solid confidence in myths about eating regimen, and pharmaceuticals particularly insulin and difficulties, the requirement for training is basic. The part of expert drug specialist is consequently of unique significance in numerous perspectives. An advisor drug specialist is a man who is paid to give the master counsel on multidisciplinary medical problems at the individual level or inside establishments, or on the arrangement of drug store administrations to foundations (Sarfray, Khaliq, & Ashraf, 2017). A drug specialist as a piece of social insurance framework has the preferred standpoint to give viable advising and convey quiet instruction in centers, doctor's facilities, and group, a superior comprehension of the sickness, a way of life changes and noteworthiness of good glycemic control. Expert drug specialist can likewise be engaged with patient's adherence to their treatment design, particular insulin by teaching the administration of hypoglycemia and dosage titration as per blood glucose levels. Moreover, advisor drug specialist may likewise be engaged with teaching the patient's relatives in unique cases as of pediatric and geriatric patients and directing nursing instruction programs on diabetes mind. The conceivable dangers of numerous medication regimens (polypharmacy) in a diabetic patient can likewise be limited by a drug specialist (Iqbal, ul Haq, Bashir, & Bashaar, 2017).

CONCLUSION

In conclusion tolerant mindfulness on diabetes and its confusions, consistency with pharmaceutical, dietary confinements, and way of life adjustments

can accomplish persistent particular objectives, as the viability of solutions and reduce the probability of antagonistic occasions, in a wide range of diabetes and in all age gatherings of individuals with diabetes.

tips to help reduce your risk:

1. Lose excess body fat. Being overweight is a big risk factor for diabetes.
2. Follow a plant-based, low-calorie diet. Eat a variety of fruits and vegetables a dietary pattern studies show reduces diabetes risk.
3. Drink water.
4. Move your body.
5. Stress less.
6. Sleep well.
7. Keep medical appointments.

The pharmacist assumes a key part in gaining an achievement. Diabetes mellitus is a group of metabolic disorders that hyperglycemia is a common symptom. Diabetes mellitus is divided into 2 types of type 1 diabetes and type 2 diabetes. Type 2 diabetes is caused by several causes, including insulin resistance, insufficient insulin secretion, and extra glucose production by the liver. Among the risk factors for type 2 are diabetes: familial history of diabetes, overweight, lack of mobility, history of gestational diabetes, high blood pressure, low HDL levels, polycystic ovarian syndrome, history of cardio-vascular disease. Increasing the level of general information about type 2 diabetes will have a direct relationship with improving community health and improving patients and reducing the complications of the disease. In Pakistan, Public awareness about diabetes and its complications are not ideal. In addition to increasing the prevalence of illness in the coming years, late complications of the disease were such as cardiovascular events, stroke, ocular complications, renal complications, amputation of limbs and spinal cord injuries.

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