Diabetes mellitus has emerged as a major lifestyle disorder in recent times. Number of people suffering from diabetes mellitus has increased significantly from 108 million to 422 million in last three decades. This trend is more striking in Asian countries which contribute majority of disease burden. Pakistan has been ranked seventh in world with a prevalence of 10 percent in its adult populations. More than 12.9 million people have diabetes, among them 9.4 million are diagnosed and 3.5 million are still unaware of their diagnosis overall, among 38 million people, 20.5% women and 15.9% men have prediabetes. It is estimated that Pakistan will be 4th largest country in the world by the year 2030 in terms of adult population having diabetes. It is an alarming figure. Diabetes of all types can affect different organs of the body resulting in ischemic heart disease, cerebrovascular accidents, chronic kidney disease, leg amputation, and blindness. Diabetes caused 1.5 million deaths in 2012 and additional 2.1 million deaths, secondary to cardiovascular risk factor due to impaired blood glucose level. Current scenario imposes a huge burden to poor economy of this third world country. There are no simple solutions for addressing this mammoth ailment. A well orchestrated, multidimensional approach can make a meaningful difference. Everyone has to play its role to challenge and confront this menace. It’s highly imperative to ensure full professional commitment, appropriate resources allocation effective and accountable utilization, enhanced public private collaboration, strengthening of health system from primary to tertiary level for an integrated response to diabetes mellitus. A comprehensive National Action plan for prevention and control of Non Communicable diseases and health promotion has already been worked out in 2003 with interaction of WHO, of which diabetes is a key component. Similar endeavor with major focus on not smoking, being physically active, eating healthy diet and health education executed in Singapore in mid nineties resulted in decrease in prevalence from 9% in 1998 to 8.2% in 2000 contrary to roaring statistics of prevalence in the similar region during same time period. If they, why can’t we. It’s high time to think wisely and act smartly to save our generation from diabetes mellitus and improve the quality of lives of patients with diabetes mellitus.

How to Cite this:

This is an Open Access article distributed under the terms of the Creative Commons Attribution-NonCommercial 4.0 International License (http://creativecommons.org/licenses/by-nc/4.0/), which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

References

Correspondence to:
Jahanzeb Maqsood
Assistant Professor of Medicine
Al-Nafees Medical College & Hospital
Isra University Islamabad Campus Pakistan
Email: jahanzebmaqsood@ymail.com

Received for Publication: 12-03-17
Accepted for Publication: 30-10-17