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The insight of adolescent diabetes mellitus

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Diabetes mellitus is an endocrine disorder where hyperglycemia occurs due to defect in insulin secretion, insulin action or both. Recently WHO member countries have given more emphasis on the Non-Communicable Diseases (NCDs) rather than the communicable diseases for the sustainable developmental goal due to increased rate of long-term morbidity, mortality and high cost health related resources expenditure. Diabetes mellitus is one of the four priority NCDs related to both macrovascular and microvascular complications causing blindness, kidney failure, heart attacks, stroke and lower limb amputation. Due to genetic predisposition, environmental factors, positive family history, obesity, inadequate physical activities, sedentary lifestyle, rapid urbanization and unhealthy food practice the global prevalence of diabetes is dramatically increasing not only in the adult and older aged group but also in the children and adolescent aged group. In near future many countries of the globe may face a major public health challenge more than our anticipation due to increased prevalence of adolescent diabetes which is directly related to early onset risk factors and complications. There are high up negative significant effects on the quality of life, employment and health related expenditure when diabetes affects in this age group. So necessary steps and strategic plan should be designed for the earlier detection and intervention of adolescent diabetes.

Biography

Goutam Kumar Acherjya is a Junior Consultant of Medicine in the Upazila Health Complex, Bagherpara, Jashore, Bangladesh. He has obtained MBBS degree and completed Post-graduate Fellowship (FCPS) in Internal Medicine. He has several global publications. His areas of interest are diabetes, effect of metabolic disorders on CNS.

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