


Chapter 14

Challenging the Need for Treatment in Diabetes: A Critical Examination

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ABSTRACT

The question of whether treatment is truly required for diabetes is a multifaceted issue with implications for public health and individual well-being. While medical interventions have proven efficacy, the role of lifestyle modifications and willpower should not be underestimated. A holistic and individualized approach that considers the unique circumstances of each patient may offer a more nuanced and effective strategy for managing diabetes. Further research and ongoing dialogue are essential to guide healthcare professionals, policymakers, and individuals in making informed decisions regarding the most suitable approaches to diabetes care.

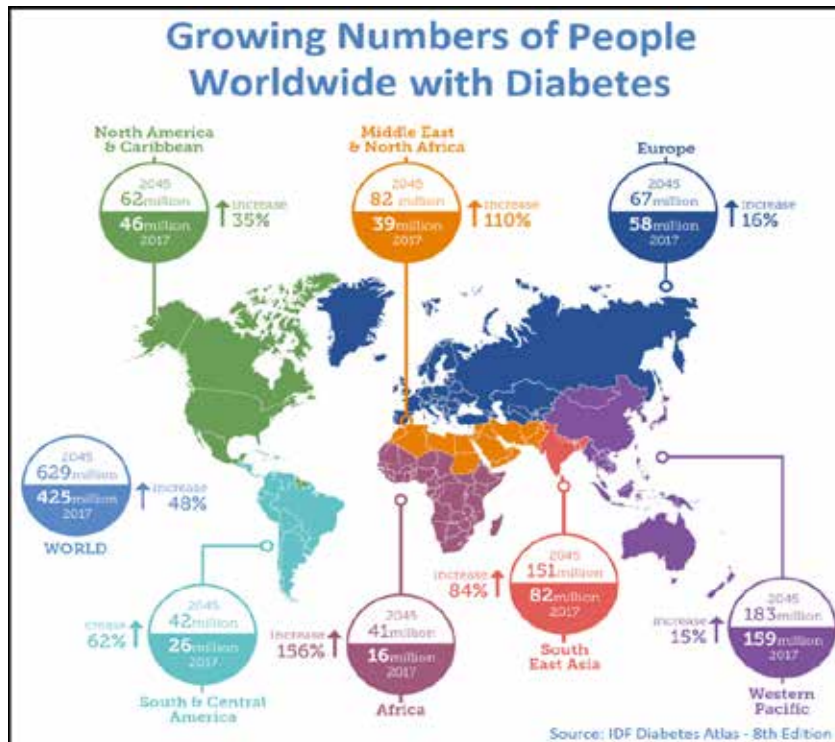
DIABETES: GLOBAL OCCURRENCE

Diabetes mellitus (DM) is a metabolic disease characterized by reduced insulin secretion and/or activity in the body. As the condition progresses, the body will unavoidably experience pathological alterations such as nephropathy, retinopathy, and cardiovascular problems. In spite of recent advancements in the pharmaceutical and technological domains, it remains a significant public health problem. It has long been known that type 2 diabetes (T2D) is an incurable chronic illness. According to the International Diabetes Federation (Cho et al., 2017), 425 million people worldwide suffer with diabetes. Globally, the number of diabetics climbed from 108 million in 1980 to 537 million in 2021—a nearly five-fold rise. Within the United States, about 30.3 million adults have diabetes and its prevalence is increasing rapidly, with at least 1.5 million new cases of diabetes diagnosed each year (Fig 1). It is estimated that 95% of people have type 2 diabetes. Type 2 diabetes is a lifelong, progressive disease characterized by insulin resistance and high blood sugar. The IDF Diabetes Atlas reports the continued global increase in the prevalence of diabetes, confirming that diabetes is a major global challenge to the health and well-being of individuals, families and societies.

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Figure 1. Worldwide occurrence of diabetes



537 million adults (aged 20-79) have diabetes - one in ten. This number is projected to increase to 643 million by 2030 and 783 million by 2045. Diabetes accounted for at least \$966 billion in health care costs - 316%. has increased over the past 15 years. 541 million adults have impaired glucose tolerance (IGT), which puts them at high risk of developing type 2 diabetes.

People with type 2 diabetes have a lot of sugar in their blood, so it may seem logical that they take medication to lower blood. sugar levels blood sugar blood sugar levels. They are more likely to develop a variety of medical problems, including eye and nerve damage, as well as heart attack and stroke (Fig 2). The main purpose of using the drug is to prevent this. The most appropriate type of medication depends on, among other things, the severity of your diabetes, your age, and whether you already have other health problems.

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