Review Article

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Epidemiology, Pathogenesis and Treatment of Diabetes: A Comprehensive Review

Mahendra Kumar Sahu[1*] and Sandip Prasad Tiwari[2]

[1]*Research Scholar, Faculty of Pharmacy, Kalinga University New Raipur, Chhattisgarh*
[2]*Principal, Faculty of Pharmacy, Kalinga University New Raipur, Chhattisgarh*

[*]**Corresponding author:** Mahendra Kumar Sahu, Research Scholar, Faculty of Pharmacy, Kalinga University New Raipur, Chhattisgarh.

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Abstract

Introduction: *Diabetes is a chronic medical condition characterized by high levels of glucose (sugar) in the blood. It occurs when the body either does not produce enough insulin or cannot effectively use the insulin it produces. Insulin is a hormone that helps regulate blood sugar levels and allows glucose to enter cells for energy. There are different types of diabetes, including type 1, type 2, and gestational diabetes. Type 1 diabetes is an autoimmune disease where the immune system mistakenly attacks and destroys the insulin-producing cells in the pancreas. Type 2 diabetes is the most common form and is often associated with lifestyle factors such as obesity and physical inactivity. Gestational diabetes occurs during pregnancy and usually resolves after childbirth. Diabetes can have serious health consequences if not properly managed, including heart disease, kidney damage, nerve damage, and vision problems. Treatment typically involves a combination of medication, lifestyle changes (such as a healthy diet and regular exercise), and monitoring blood sugar levels. Individuals with diabetes need to work closely with healthcare professionals to effectively manage their condition and reduce the risk of complications.*

Methodology: *Data is collected using various methods, such as medical records, surveys, interviews, or laboratory tests. This may include demographic information, medical history, lifestyle factors, and biomarkers related to diabetes.*

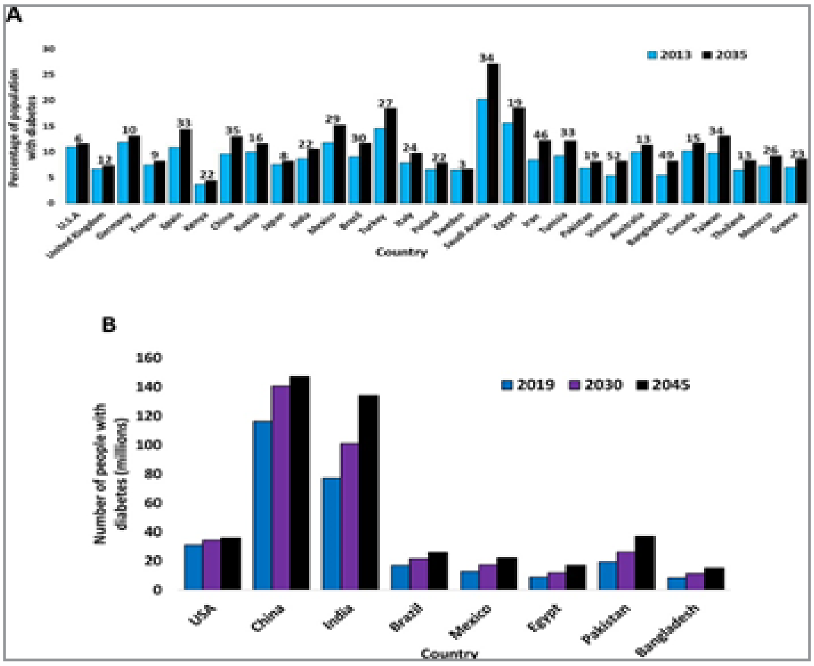
Result & Discussion: *The findings are presented and interpreted, often through statistical analyses and data visualization. Researchers discuss the implications of the results and their significance in the context of existing knowledge.*

Conclusion: *Based on the study findings, researchers conclude and provide recommendations for further research, clinical practice, or public health interventions.*

Keywords: Diabetes, Pathogenesis, Treatment

History

The history of diabetes is a complex journey that spans centuries. From its early recognition in ancient times to the advancements in medical understanding and treatment in recent years, diabetes has played a significant role in shaping human health [1]. In this 1000-word history, we will dive into the key milestones and developments that have shaped our understanding of diabetes. Diabetes has been documented in various civilizations since ancient times [2, 3]. The first known mention of a condition resembling diabetes dates back to ancient Egypt, where the Ebbers Papyrus, a document from around 1550 BCE, describes a disease characterized by excessive thirst and frequent urination [4-6]. Ancient Greek and Roman physicians further expanded on these descriptions, coining the term "diabetes" derived from the Greek word for "siphon" to describe the increased flow of urine [7]. However, it wasn't until the 17th century that diabetes started to be more systematically studied. Thomas Willis, an English physician, made significant contributions by identifying the sweet taste of diabetic urine. This observation led to the distinction between two types of diabetes: diabetes mellitus (sweet diabetes) and diabetes insipidus (tasteless diabetes). Over the next century, physicians made strides towards understanding both the symptoms and potential treatments for diabetes [8, 9]. In 1815, Jean-Etienne Prevost, a Swiss physician, discovered that the pancreas produces a substance that influences sugar metabolism. This laid the foundation for further understanding of the role of the pancreas in diabetes [10]. The breakthrough in diabetes research came in 1889 when two German scientists, Oskar Makowski and Joseph von Miring, made a groundbreaking discovery [11]. They found that removing the pancreas from dogs caused them to develop diabetes-like symptoms [12]. This implicated the pancreas as the source of a substance that regulates blood sugar levels.



The early 20th century witnessed further progress in understanding and managing diabetes. In 1921, Frederick Banting and Charles Best, a Canadian team, successfully isolated insulin, the hormone responsible for regulating blood sugar levels, from the pancreas of dogs and used it to treat a 14-year-old boy with severe diabetes [14, 15]. This groundbreaking discovery marked the birth of insulin therapy, which has since saved countless lives. The discovery of insulin revolutionized diabetes care, but optimizing its production presented a challenge. In the following years, insulin purification methods improved, and the first commercially available insulin hit the market [16]. Insulin became an essential treatment for diabetic patients, greatly improving their quality of life. In the mid-20th century, scientists discovered that diabetes could be classified into two distinct forms: type 1 and type 2 diabetes. In 1959, British physician D. F. Trail identified that autoimmune destruction of the insulin-producing pancreatic cells caused type 1 diabetes [17]. In contrast, type 2 diabetes was characterized by insulin resistance and impaired insulin production, often associated with obesity. As medical knowledge advanced, so did the management of diabetes [18]. The ability to monitor blood glucose levels in patients became vital, leading to the development of portable glucose monitoring devices. Initially, urine testing for glucose was common, but by the 1980s, blood glucose meters were introduced, allowing more accurate monitoring. Over the past few decades, researchers have made significant strides in understanding the molecular and genetic aspects of diabetes. The identification of genes associated with diabetes has led to a better understanding of its pathogenesis. This paved the way for increased research in preventive measures and targeted treatment options [19].

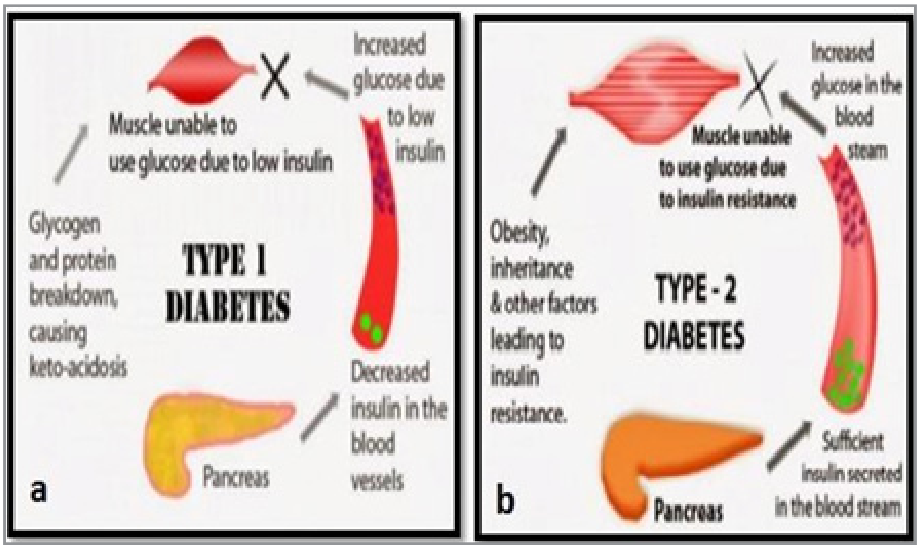
In recent years, technology has played a transformative role in diabetes management. Continuous glucose monitoring (CGM) systems, insulin pumps, and closed-loop systems (also known as artificial pancreas systems) are revolutionizing diabetes care [20]. These innovations aim to provide better glycemic control and enhance the overall quality of life for individuals living with diabetes. The history of diabetes reflects the evolution of medical knowledge and the dedication of researchers and healthcare professionals. While diabetes remains a global health challenge, our understanding of the disease has come a long way. With ongoing research and advancements in technology, we can look forward to even better prevention, management, and treatment strategies for diabetes in the future [21, 22].

Classification

Diabetes mellitus is a chronic metabolic disorder characterized by high blood glucose levels (hyperglycemia). It is a heterogeneous condition with multiple forms and underlying causes. To effectively manage and treat diabetes, classification systems have been developed to differentiate various types of the disease [23]. This comprehensive overview will delve into the classification of diabetes mellitus, providing detailed information about the different types, subtypes, and classification criteria [24]. There are several classification systems used to categorize diabetes mellitus effectively. The two main systems are the World Health Organization (WHO) classification system and the American Diabetes Association (ADA) classification system. World Health Organization (WHO) Classification System: The WHO classification system focuses on a etiology and encompasses a broader range of diabetes mellitus categories [25, 26]. It recognizes the following types of diabetes:

a) Type 1 Diabetes (T1D): Type 1 diabetes is characterized by the destruction of insulin-producing beta cells in the pancreas, resulting in absolute insulin deficiency. It commonly develops in childhood or adolescence, and individuals with T1D require lifelong insulin therapy for survival.

b) Type 2 Diabetes (T2D): Type 2 diabetes is the most prevalent form and is typically associated with insulin resistance and impaired insulin secretion. It often develops later in life and is strongly influenced by lifestyle factors, such as physical inactivity, obesity, and poor diet. Management of T2D may involve lifestyle modifications, oral medication, and sometimes insulin therapy [27].



c) Gestational Diabetes Mellitus (GDM): Gestational diabetes is a form of diabetes that develops during pregnancy, primarily due to hormonal changes and increased insulin resistance. It usually resolves after childbirth. GDM requires proper management to prevent complications for both the mother and the baby. Women with GDM are at an increased risk of developing type 2 diabetes later in life [28].

d) Other Specified Types: This category includes various specific types of diabetes mellitus caused by other etiological factors, such as genetic mutations, pancreatic diseases, endocrine disorders, drug-induced diabetes, and infections [29].

e) Unspecified Diabetes Mellitus: This category encompasses cases in which the healthcare provider cannot determine the specific type of diabetes due to insufficient information.

American Diabetes Association (ADA) Classification System: The ADA classification system provides a more practical approach that is widely used in clinical practice. It focuses on the treatment strategies for diabetes and emphasizes the need for individualized management [30]. According to the ADA, diabetes is classified into the following categories:

a) Type 1 Diabetes (T1D) Type 1 diabetes in the ADA classification aligns with the WHO classification. It refers to autoimmune-mediated diabetes destroying pancreatic beta cells, leading to absolute insulin deficiency [31].

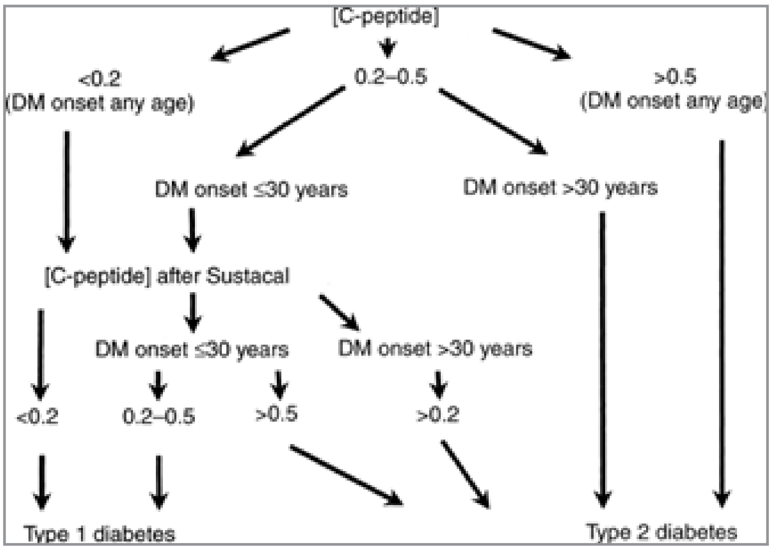
b) Type 2 Diabetes (T2D) Type 2 diabetes aligns with the WHO classification and is characterized by insulin resistance and impaired insulin secretion. The ADA classification further divides T2D into various stages based on the patient's management and treatment requirements. - Stage 1: Prediabetes - Blood glucose levels above normal but not meeting the diagnostic criteria for diabetes. Intervention strategies aim to prevent or delay the onset of diabetes. - Stage 2: Established Diabetes - Diabetes diagnosed, which may be initially managed through lifestyle modifications and oral medications. - Stage 3: Advanced Diabetes - Requires insulin therapy or additional glucose-lowering agents due to disease progression [32].

c) Gestational Diabetes Mellitus (GDM) The classification of GDM remains the same as in the WHO system. GDM is diagnosed during pregnancy and necessitates proper management to minimize maternal and fetal complications.

d) Other Specific Types or Genetic Syndromes ADA recognizes other specific types of diabetes influenced by specific genetic mutations or syndromes. These include MODY (Maturity-Onset Diabetes of the Young), neonatal diabetes, cystic fibrosis-related diabetes, and others. Each subtype requires specialized management strategies [33].

Classification Criteria: Accurate classification of diabetes mellitus is crucial to ensure appropriate treatment strategies. Various criteria, including clinical observations, laboratory tests, and diagnostic thresholds, are used for precise classification:

- **Criteria for Type 1 Diabetes:** Clinical symptoms of severe hyperglycemia and rapid onset (polyuria, polydipsia, weight loss) - Measurement of fasting plasma glucose (FPG) or random plasma glucose (RPG) levels above the diagnostic threshold - Demonstration of autoimmunity (e.g., the presence of specific autoantibodies) [34].



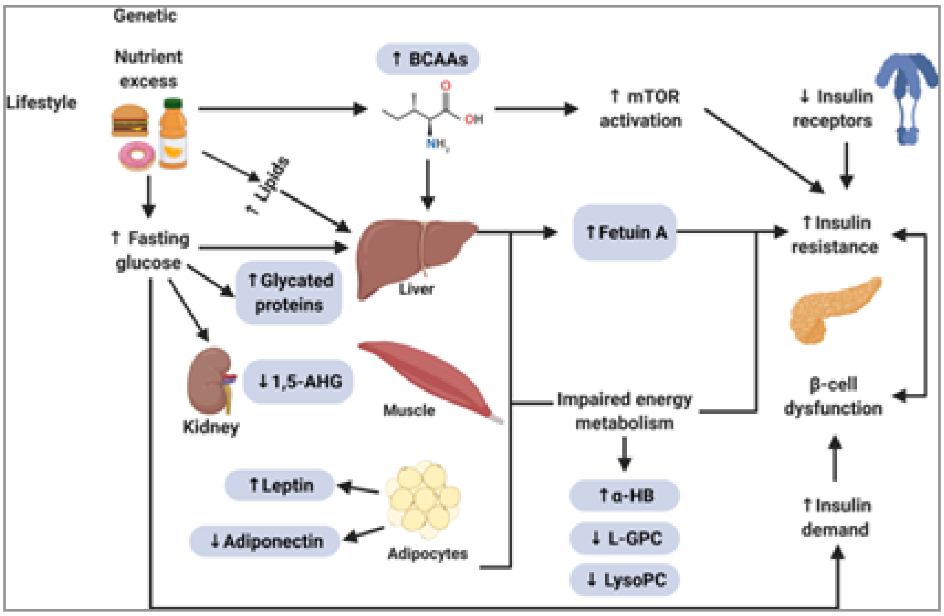
Criteria for Type 2 Diabetes: - Clinical symptoms of hyperglycemia (polyuria, polydipsia, blurred vision) - FPG or RPG levels above the diagnostic threshold - Oral glucose tolerance test (OGTT) showing elevated glucose levels after ingestion of a standardized glucose load - HbA1c (glycated hemoglobin) levels meeting or exceeding the diagnostic threshold

Criteria for Other Specific Types: - Identification of a specific etiology (e.g., genetic mutation, pancreatic disease, endocrine disorder) through clinical evaluation and relevant laboratory tests

Classification plays a crucial role in understanding and managing diabetes mellitus effectively. The WHO and ADA classification systems provide a comprehensive framework for categorizing different types and subtypes of diabetes based on etiology, treatment strategies, and diagnostic criteria. Accurate classification allows healthcare professionals to tailor individualized treatment plans and improve patient outcomes. As research progresses, further refinements to these systems may occur to incorporate emerging knowledge about the underlying mechanisms and genetics of diabetes mellitus [35].

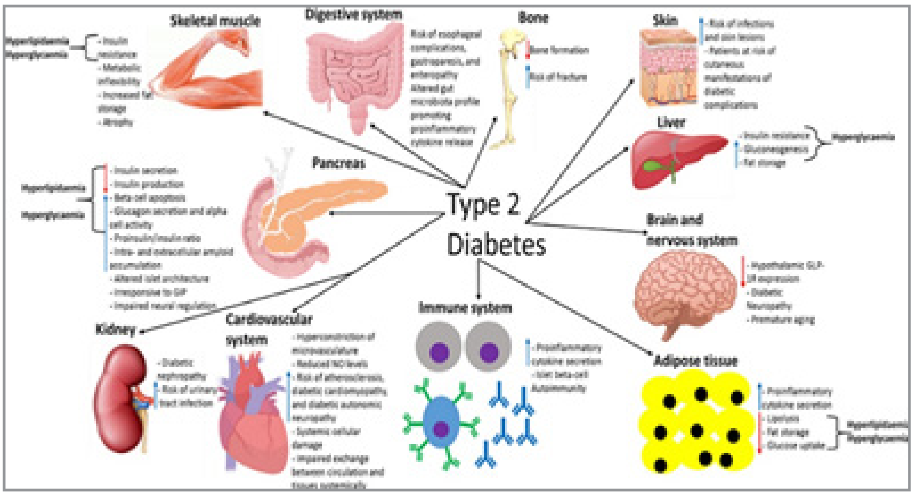
Population Data

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood glucose. Hyperglycemia, also called raised blood glucose or raised blood sugar, is a common effect of uncontrolled diabetes and over time leads to serious damage to many of the body's systems, especially the nerves and blood vessels. In 2014, 8.5% of adults aged 18 years and older had diabetes. In 2019, diabetes was the direct cause of 1.5 million deaths and 48% of all deaths due to diabetes occurred before the age of 70 years [36]. Another 4,60,000 kidney disease deaths were caused by diabetes, and raised blood glucose causes around 20% of cardiovascular deaths (1). Between 2000 and 2019, there was a 3% increase in age-standardized mortality rates from diabetes. In lower-middle-income countries, the mortality rate due to diabetes increased 13%. By contrast, the probability of dying from any one of the four main noncommunicable diseases (cardiovascular diseases, cancer, chronic respiratory diseases or diabetes) between the ages of 30 and 70 decreased by 22% globally between 2000 and 2019 [37].



Descriptive Epidemiology

Diabetes is a chronic metabolic disorder characterized by high blood sugar levels resulting from the body's inability to produce or effectively use insulin. It is a global health concern that affects millions of people worldwide. In this response, I will provide a descriptive overview of diabetes, including its prevalence, risk factors, complications, and global burden [38].



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Prevalence

Diabetes has reached epidemic proportions, with its prevalence steadily increasing over the past few decades. According to the International Diabetes Federation (IDF), in 2019, approximately 463 million adults (20-79 years) were living with diabetes globally, representing 9.3% of the world's population. This number is projected to rise to 700 million by 2045 if current trends continue [39].

Types of Diabetes

There are several types of diabetes, with the most common being type 1 and type 2 diabetes. Type 1 diabetes is an autoimmune condition where the body's immune system mistakenly attacks and destroys the insulin-producing cells in the pancreas. It typically develops in childhood or adolescence and requires lifelong insulin therapy. Type 2 diabetes, on the other hand, is characterized by insulin resistance and impaired insulin secretion. It is often associated with lifestyle factors such as obesity, physical inactivity, and poor diet.

Risk Factors

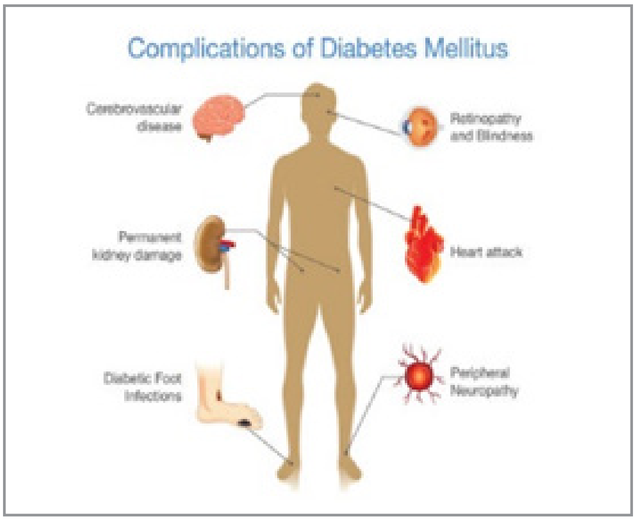
Various risk factors contribute to the development of diabetes. These include genetic predisposition, family history, obesity, sedentary lifestyle, unhealthy diet, age, ethnicity, and gestational diabetes during pregnancy. Additionally, certain medical conditions like polycystic ovary syndrome (PCOS) and impaired glucose tolerance (prediabetes) increase the risk of developing type 2 diabetes.

Complications

Diabetes can lead to a range of complications affecting multiple organ systems. Chronic hyperglycemia (high blood sugar) can damage blood vessels, leading to cardiovascular diseases such as heart attacks and strokes. It can also cause microvascular complications like diabetic retinopathy (a leading cause of blindness), diabetic nephropathy (kidney damage), and diabetic neuropathy (nerve damage). Furthermore, diabetes increases the risk of foot ulcers and lower limb amputations. Additionally, poorly controlled diabetes during pregnancy can result in adverse outcomes for both the mother and the baby.

Global Burden

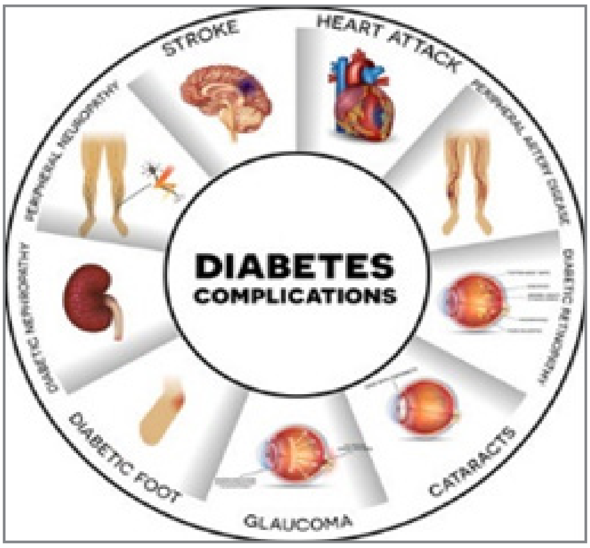
Diabetes poses a significant economic burden on healthcare systems worldwide. The IDF estimated that in 2019, diabetes-related healthcare expenditures reached USD 760 billion, accounting for 10% of global healthcare spending. Moreover, diabetes contributes to lost productivity and reduced quality of life for individuals and their families. The burden of diabetes is not evenly distributed globally. Low- and middle-income countries bear a substantial proportion of the burden, with over 79% of adults with diabetes living in these regions. However, diabetes is also a growing concern in high-income countries due to the increasing prevalence of obesity and sedentary lifestyles [40].



In conclusion, diabetes is a prevalent chronic disease with a significant global burden. Its increasing prevalence, coupled with its associated complications, highlights the need for effective prevention strategies, early diagnosis, and comprehensive management. Public health efforts should focus on promoting healthy lifestyles, raising awareness, and ensuring access to quality healthcare services to mitigate the impact of diabetes on individuals and societies.

Risk Factor, Complication & Treatment

Diabetes is a chronic condition that affects millions of people worldwide. It is characterized by high blood sugar levels, either due to the body's inability to produce enough insulin (Type 1 diabetes) or the body's inability to effectively use insulin (Type 2 diabetes) [41]. In this response, I will provide an overview of the risk factors, complications, and treatment options for diabetes. Risk Factors for Diabetes:



1. **Genetics:** Family history of diabetes can increase the risk of developing the condition. Certain genes can make individuals more susceptible to diabetes.
2. **Obesity:** Being overweight or obese is a significant risk factor for Type 2 diabetes. Excess body fat can interfere with insulin's ability to regulate blood sugar levels.
3. **Sedentary Lifestyle:** Lack of physical activity and a sedentary lifestyle can contribute to the development of Type 2 diabetes. Regular exercise helps improve insulin sensitivity and maintain a healthy weight.
4. **Unhealthy Diet:** Consuming a diet high in processed foods, sugary beverages, and unhealthy fats increases the risk of developing Type 2 diabetes. A diet rich in fruits, vegetables, whole grains, and lean proteins is recommended [42].
5. **Age:** The risk of developing Type 2 diabetes increases with age, especially after the age of 45. This may be due to factors such as decreased physical activity and muscle mass.
6. **Gestational Diabetes:** Women who develop gestational diabetes during pregnancy have an increased risk of developing Type 2 diabetes later in life.

Complications of Diabetes:

1. **Cardiovascular Disease:** Diabetes significantly increases the risk of heart disease, including heart attacks, strokes, and peripheral artery disease. High blood sugar levels can damage blood vessels and lead to atherosclerosis.
2. **Neuropathy:** Diabetes can cause nerve damage, leading to symptoms such as numbness, tingling, and pain in the hands and feet. It can also affect other organs, including the digestive system and sexual organs [43].
3. **Retinopathy:** Elevated blood sugar levels can damage the blood vessels in the retina, leading to diabetic retinopathy.

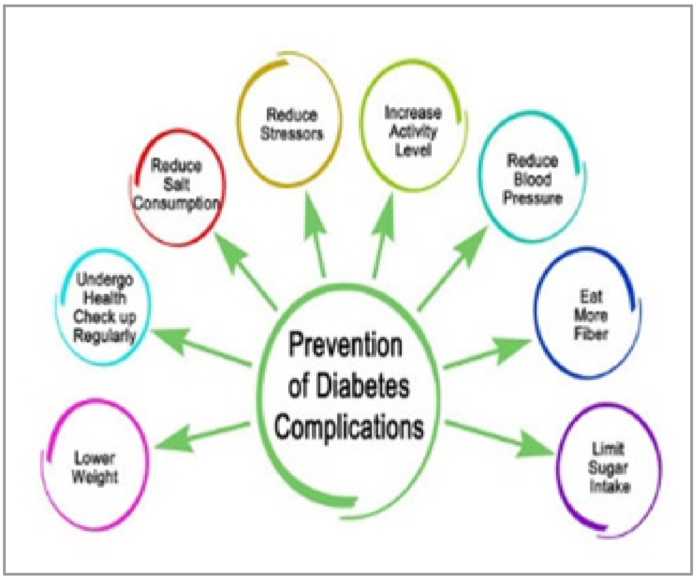
This condition can cause vision problems and, if left untreated, may lead to blindness.

4. **Nephropathy:** Diabetes is a leading cause of kidney disease. High blood sugar levels can damage the kidneys' filtering units, leading to kidney failure if not properly managed [44].
5. **Foot Problems:** Diabetes can cause nerve damage and poor blood circulation in the feet, increasing the risk of foot ulcers, infections, and, in severe cases, amputation.

Treatment Options for Diabetes:

1. **Lifestyle Modifications:** A healthy lifestyle is crucial in managing diabetes. This includes adopting a balanced diet, engaging in regular physical activity, maintaining a healthy weight, and avoiding tobacco and excessive alcohol consumption.
2. **Medications:** Depending on the type and severity of diabetes, medications may be prescribed to help manage blood sugar levels. These may include insulin injections, oral medications that stimulate insulin production or improve insulin sensitivity, and other medications that help control blood sugar levels.
3. **Blood Sugar Monitoring:** Regular monitoring of blood sugar levels is essential for diabetes management. This helps individuals understand how their lifestyle choices and medications affect their blood sugar levels and allows for adjustments to be made accordingly [44].
4. **Diabetes Education:** Diabetes self-management education and support programs can provide individuals with the knowledge and skills needed to effectively manage their condition. These programs cover topics such as healthy eating, physical activity, medication management, and blood sugar monitoring.
5. **Regular Check-ups:** Regular visits to healthcare professionals, including primary care physicians, endocrinologists, and diabetes educators, are important for monitoring overall health, managing complications, and adjusting treatment plans as needed [45].

It is important to note that diabetes management is highly individualized, and treatment plans may vary depending on factors such as age, overall health, and personal preferences. Consulting with healthcare professionals is crucial for personalized advice and guidance regarding the risk factors, complications, and treatment options for diabetes [46].



Conclusion

Diabetes has reached epidemic proportions worldwide, with an estimated 463 million adults living with the condition in 2019. This number is projected to rise to 700 million by 2045. The prevalence of diabetes varies across different regions, with higher rates observed in low- and middle-income countries. The disease affects both developed and developing nations, posing a significant burden on healthcare systems and individuals alike [47]. The history of diabetes dates back to ancient times, with the first known mention of the disease found in an Egyptian papyrus from around 1550 BCE. Over the centuries, our understanding of diabetes has evolved, leading to significant advancements in diagnosis and treatment. In 1921, the discovery of insulin revolutionized diabetes management, providing a life-saving treatment for individuals with type 1 diabetes.

The treatment of diabetes depends on the type of diabetes and individual patient factors. For type 1 diabetes, insulin therapy is essential, as the body does not produce insulin. This can be administered through injections or insulin pumps. Type 2 diabetes, which accounts for the majority of diabetes cases, can often be managed through lifestyle modifications, including a healthy diet, regular exercise, and weight management. In some cases, oral medications or injectable therapies may be prescribed to help control blood sugar levels [48]. In conclusion, diabetes is a global health concern with a significant impact on individuals and healthcare systems. Its prevalence continues to rise, necessitating effective prevention and management strategies. Understanding the epidemiology of diabetes helps identify high-risk populations and guide public health interventions. The historical context of diabetes highlights the progress made in diagnosis and treatment, particularly with the discovery of insulin. Treatment options for diabetes include lifestyle modifications, medications, and insulin therapy, tailored to the individual's needs [49].

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