

# Advance technologies in diabetes research and therapy psychological care of diabetics



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## Biography

M S Alam has completed his Medical graduation from GSVM medical college, India in 1996. Diploma in family medicine in 2014. Fellowship in diabetes 2018. He is working in ministry of health Saudi Arab as primary health physician.



## Abstract

Diabetes is not a disease but a syndrome affecting multiple organ and system. Early diagnosis and implementation of health education, life style modification, treatment and psychological support are key role in control of diabetic complications. Introduction of new drugs insulin and devices made treatment easier.

In general practice we experienced that newly diagnosed diabetic patient takes time to accept their illness and worried about prognosis and questioning regarding lifelong treatment. Complications of diabetes bring a lot of depression which further effect on compliance. Poor emotional and psychological wellbeing is associated with poorer quality of life, and poorer diabetes management.

Working in gulf we experienced that middle age and old female diabetics have much more psychological manifestation as compare to male. Obesity also play greater role by limiting daily activities, hence vicious circle begins. Cultural and poor lifestyle also play role which reflect as depression. Poor compliance and depression results further in fluctuation of blood sugar.

Diabetes can cause a condition called diabetes distress which shares some traits of stress, depression and anxiety. Changes in blood sugar can cause rapid changes in mood and other mental symptoms such as fatigue, trouble thinking clearly, and anxiety.

Hence all diabetics need at least once a year counselling session and medication if needed.

[3<sup>rd</sup> Global experts meet on Advanced Technologies in Diabetes Research and Therapy](#) | November 02-03, 2020

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