



# On the occasion of world diabetes day 2015; act today to change tomorrow

Mahmood Rafieian-Kopaei<sup>1</sup>, Azar Baradaran<sup>2\*</sup>

**D**iabetes is the general name for a range of conditions containing diabetes mellitus type II, diabetes mellitus type I and gestational diabetes (1). These are all situations, which affect the body reacts to insulin and how the pancreas secretes this hormone (2). According to the type and severity, diabetes mellitus is controlled by weight loss, dietary measures, oral medication or injected or inhaled insulin (3). There is a wide range of short and long-term complications of diabetes mellitus like eye, foot and kidney problems and vascular diseases (4).

World diabetes day was envisaged in 1991 by World Health Organization (WHO) and the International Diabetes Federation in response to increasing concerns about the escalating health threat that diabetes currency poses. World diabetes day is a campaign that presents a new theme selected by the International Diabetes Federation each year to focus on issues facing the global diabetes community (5). The day itself is celebrated on November 14, to address the birthday of Frederick Banting who, along with Charles Best, first conceived the scheme which resulted to the discovery of insulin in 1921 (6). In fact, this day unites the global diabetes community to create a powerful voice for diabetes alertness and advocacy. World diabetes day draws concentration to issues of highlight importance to the diabetes worldwide and keeps diabetes firmly in the public attention. Each year world diabetes day is centered on a subject related to diabetes (7). Themes covered in the past have incorporated diabetes and lifestyle, diabetes and human rights, diabetes in the disadvantaged and the vulnerable, diabetes in children and adolescents, diabetes and obesity and talking about diabetes (8). Healthy living and diabetes is the them, chosen by world diabetes day theme for 2014-2016. The theme of this year is act today to change tomorrow concentrating on the importance of starting the day with a healthy breakfast to help prevent the onset of type II diabetes and effectively manage all types of diabetes to avoid complications (6). Accordingly, world diabetes day sought to increase

## ■ Implication for health policy/practice/research/medical education

World diabetes day was envisaged in 1991 by World Health Organization (WHO) and the International Diabetes Federation in response to increasing concerns about the escalating health threat that diabetes currency poses. The theme of this year (2015) is act today to change tomorrow concentrating on the importance of starting the day with a healthy breakfast to help prevent the onset of type II diabetes and effectively manage all types of diabetes to avoid complications.

■ **Keywords:** World diabetes day, Diabetic kidney disease, Hypertension

an awareness of the influences of diabetes and the complications caused by the disease by alertness to prevent the complications and the care that individuals with the condition necessitate (5). Nongovernmental organizations and private businesses and governments, are encouraged to increase attentiveness of the disease, mainly among the general population and the media (6). In fact, people with diabetes have a greater risk of developing a number of grave health problems, such as diabetic kidney disease, cardiovascular disease or hypertension (9). Additionally, high blood glucose levels can result to other serious diseases like, eyes, nerves and teeth too (10). In addition, individuals with diabetes also have a greater risk of developing infections (11). Various investigations have shown, in high-income countries, diabetes is a principal cause of kidney failure, cardiovascular disease, blindness and lower limb amputation (12). Maintaining blood pressure, and cholesterol and mostly important, blood glucose levels, at or close to normal might help delay or prevent diabetes complications (10,13). Hence, people with diabetes need regular monitoring. It should be remembered that, long-term complications of diabetes extend gradually. The longer you have diabetes, and the less controlled the blood glucose, the greater the risk of complications (4). Finally, diabetic kidney disease may

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<sup>1</sup>Medical Plants Research Center, Shahrekord University of Medical Sciences, Shahrekord, Iran. <sup>2</sup>Department of Pathology, Isfahan University of Medical Sciences, Isfahan, Iran.

\*Corresponding author: Prof. Azar Baradaran, Email: [azarbaradaran@med.mui.ac.ir](mailto:azarbaradaran@med.mui.ac.ir)

be disabling or even life-threatening, while, kidneys are remarkable organs (14). And severe injury can lead to renal insufficiency or irreversible end-stage renal disease, which may needs dialysis or a kidney transplant (15). Renal disease is much more common in individuals with diabetes than in those without diabetes. Keeping near normal value of blood sugar and levels of blood pressure lead to reduce the risk of kidney disease (16).

### Conclusion

Diabetes mellitus increases the risk for various serious health problems. However, with the correct treatment and suggested lifestyle changes, many individuals with diabetes are capable to prevent or delay the beginning of complications.

### Authors' contribution

AB wrote the primary draft. MRK edited the manuscript. All authors read and sign the paper.

### Conflicts of interest

The authors declared no competing interests.

### Ethical considerations

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