



Relationship between the Insulin use and Stigma in Type 2 Diabetes Mellitus

Ismail Toygar*

Department of Health Sciences, University of Koçman, Turkey

INTRODUCTION

Diabetes mellitus, commonly referred to as diabetes, is a chronic metabolic disorder characterized by elevated blood sugar levels. With an alarming rise in its prevalence worldwide, diabetes has become a silent epidemic that affects millions of individuals [1,2]. While managing blood sugar levels is the primary concern for individuals with diabetes, it is essential to acknowledge the potential side effects that can arise from this condition. In this article, we will delve into the various side effects associated with diabetes mellitus, shedding light on both short-term and long-term complications. Acute complications of diabetes can occur suddenly and demand immediate medical attention. Hypoglycemia, or low blood sugar, is one such side effect that can cause dizziness, confusion, and even loss of consciousness. On the other hand, hyperglycemia, or high blood sugar, can lead to Diabetic Ketoacidosis (DKA) or Hyperosmolar Hyperglycemic State (HHS), both of which can be life-threatening if left untreated. Diabetic neuropathy, characterized by nerve damage, is another common short-term side effect of diabetes. This condition can result in tingling, numbness, or pain in the extremities, leading to complications like foot ulcers and amputations if not managed effectively. Additionally, individuals with diabetes are prone to infections, as high blood sugar levels impair the immune system's ability to fight off pathogens. Skin infections, urinary tract infections, and yeast infections are more prevalent in those with diabetes.

DESCRIPTION

The long-term complications of diabetes can significantly impact a person's overall health and quality of life. One of the most prominent consequences is diabetic retinopathy, a condition that affects the eyes and can lead to vision loss or blind-

ness if not monitored and treated appropriately. Diabetes is also a major risk factor for cardiovascular diseases, including heart attacks, strokes, and peripheral arterial disease. Elevated blood sugar levels contribute to the development of atherosclerosis, leading to the narrowing and hardening of blood vessels. Diabetic nephropathy, or kidney disease, is another grave long-term side effect of diabetes. It is a leading cause of end-stage renal disease, necessitating dialysis or kidney transplantation for survival. Diabetes can also impair the body's ability to heal wounds, leading to chronic foot ulcers and infections that can ultimately result in amputations. Furthermore, individuals with diabetes are prone to gastrointestinal complications such as gastroparesis, which affects the normal movement of food through the digestive system. Psychological side effects are also prevalent among those living with diabetes. The constant need to monitor blood sugar levels, adhere to strict dietary restrictions, and manage medications can contribute to feelings of stress, anxiety, and depression [3-5]. Moreover, sexual dysfunction, particularly erectile dysfunction in men, is a common consequence of diabetes due to nerve and blood vessel damage.

CONCLUSION

Diabetes mellitus is a chronic condition that requires constant vigilance to prevent and manage its complications. The short-term side effects of diabetes, such as hypoglycemia and neuropathy, demand immediate attention, while the long-term side effects, including retinopathy, cardiovascular diseases, and kidney complications, necessitate ongoing care and monitoring. Understanding the potential side effects of diabetes is crucial for individuals living with the condition, as well as for healthcare professionals involved in their care. By promoting early detection, effective management, and lifestyle modifica-

Received:	01-March-2023	Manuscript No:	IPBJR-23-16604
Editor assigned:	03-March-2023	PreQC No:	IPBJR-23-16604 (PQ)
Reviewed:	17-March-2023	QC No:	IPBJR-23-16604
Revised:	22-March-2023	Manuscript No:	IPBJR-23-16604 (R)
Published:	29-March-2023	DOI:	10.35841/2394-3718-10.3.25

Corresponding author Ismail Toygar, Department of Health Sciences, University of Kocman, Turkey, E-mail: ismail_toygar1@gmail.com

Citation Toygar I (2023) Relationship between the Insulin use and Stigma in Type 2 Diabetes Mellitus. Br J Res. 10:25.

Copyright © 2023 Toygar I. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

tions, we can minimize the impact of diabetes and enhance the overall well-being of those affected by this silent enemy within.

ACKNOWLEDGEMENT

None.

CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

REFERENCES

1. Kato A, Fujimaki Y, Fujimori S, Izumida Y, Suzuki R, et al. (2016) A qualitative study on the impact of internalized stigma on type 2 diabetes self-management. *Patient Educ Couns* 99(7): 1233-1239.
2. Wang W, Fu C, Zhuo H, Luo J, Xu B (2010) Factors affecting costs and utilization of type 2 diabetes healthcare: A cross-sectional survey among 15 hospitals in urban China. *BMC Health Serv Res* 10: 244.
3. Reznik Y, Cohen O, Aronson R, Conget I, Runzis S, et al. (2014) Insulin pump treatment compared with multiple daily injections for treatment of type 2 diabetes (OpT-2mise): A randomised open-label controlled trial. *Lancet* 384(9950): 1265-1272.
4. Gredig D, Bartelsen-Raemy A (2017) Diabetes-related stigma affects the quality of life of people living with diabetes mellitus in Switzerland: Implications for healthcare providers. *Health Soc Care Community* 25(5): 1620-1633.
5. Browne JL, Ventura AD, Mosely K, Speight K (2016) Measuring the stigma surrounding type 2 diabetes: Development and validation of the type 2 diabetes stigma assessment scale (DSAS-2). *Diabetes Care* 39(12): 2141-2148.