

Comments on Nabeea Junaid et al (JPMA 68: 1171; 2018)**Early diagnosis of type 2 diabetes mellitus and its risk factor a worth full issue**Ayesha Afridi,¹ Rooma Rouf Chughtai,²

We have read the article "Prevalence of undiagnosed type 2 diabetes mellitus in Pakistan: Results of screen-diabetes disease registry"¹ we highly appreciate the authors point of view for early diagnosis, early management along with life style interventions in diabetes mellitus type 2 patients. No doubt diabetes could be treated more effectively in early stage as compare to late stages associated with numerous complications. Not only on early diagnosis should further researches be conducted in Pakistan on pre-determination of diabetes mellitus type 2. previous researchers have estimated that children with obesity at age 7 which remain continued in adulthood are more likely to be associated with the risk of development of type 2 diabetes mellitus or people with elevated glucose levels (impaired glucose tolerance) for at least 30 minutes are at high risk of development of diabetes mellitus type 2² early management of newly diagnosed diabetes and pre-diabetics mainly with exercise can effectively help to impede cardiovascular, renal, neuropathic consequences of type 2 diabetes mellitus by inducing glycemic control and lowering the HbA1c levels of diabetic patients³ and can help to overcome those financial burdens on diabetic patients which are mainly associated with these diabetic complications as indicated by Khalid Mehmood et al¹. More over exercise training has been proved as an effective tool for the improvement of vascular functions in patients of type 2 diabetes mellitus, normal vascular functions established due to adequate amount of physical activity will ultimately help maintaining endoneurium blood flow there would brighter chances to prevent diabetic peripheral neuropathy in patients⁴ which shows high prevalence in diabetic patients of Pakistan.⁵ Early diagnosis and early management of type 2 diabetes mellitus with diet and physical activity will ultimately help doctors to put patients on reduced dosage of medications especially those who are already suffering from liver and kidney

disease and can develop lactic acidosis a fatal condition due to diabetic medications i.e. metformin⁶. Recent study has shown that gestational diabetes is the risk factor in development of type 2 diabetes mellitus in women but with adequate amount of physical activity and exercises during pregnancy can prevent development of gestational diabetes. Early diagnosis of type 2 diabetes mellitus and its risk factors can help to manage and prevent type 2 diabetes mellitus more easily when its associated complications have not appeared in patients and can help to overcome the increasing mortality and morbidity rates associated with type 2 diabetes mellitus⁷.

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