

**Response to comments on Nabeeha Junaid et al (JPMA 68: 1171; 2018)**  
**Early diagnosis of type 2 diabetes mellitus and its risk factor a worth full issue**

Nabeeha Junaid

We really appreciate the comments of our valuable reader on our article "Prevalence of undiagnosed type 2 diabetes mellitus in Pakistan: Results of screen-diabetes disease registry", published on September 2018 issue of JPMA.

The main objective of this research was to determine the burden of undiagnosed DM in urban settlements of Pakistan. This study emphasized the significance of blood sugar level screening, as a part of a routine medical checkup of the middle-aged and elderly population. Results of the study proposed drastic changes in blood sugar profile of type 2 diabetes mellitus (T2DM) patients, who strictly adhered with the proposed treatment, along with a competent adaptation of lifestyle modification practices<sup>1</sup>.

We agree with the reviewer comment that childhood obesity and high glucose level for at least 30 minutes are considered to be high-risk factors for the incidence of T2DM at adulthood, as already established in the previous literature.<sup>2</sup> In high-risk individuals, prompt actions need to be taken earlier in life in the form of lifestyle modification (like exercises and healthy eating habits) can not only decrease the chance of occurrence of disease in adulthood but also reduces financial

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burdens related to the disease complications.

To further our reviewer comments, gestational diabetes is not just associated with increased risk (10 fold) of T2DM in women later<sup>3</sup>, but a child born from a mother with gestational diabetes can have a high chance to develop T2DM later in life<sup>4</sup>. Early diagnosis of gestational diabetes and adequate control by taking necessary medications, healthy diet and exercises act as a pivotal, to prevent the incidence of T2DM in mother and child.

**Disclaimer:** None to declare.

**Conflict of Interest:** None to declare.

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**References**

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