Diabetes as a communicable disease
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Madam, We appreciate the interest in our review ‘diabetes as a communicable disease,’ by the authors. Rehabilitation professionals, including physiotherapists, have an important role to play in the prevention and management of diabetes. As mentioned by JPMA’s readers, and noted by researchers elsewhere, awareness and education regarding this aspect of health is poor.

Just as diabetes is communicable, so are physical activity and exercise. Fostering an exercise-friendly culture in society will help improve metabolic health and prevent diabetes. Timely referral to rehabilitation professionals, well-versed with the nuances of diabetes care, will also help in secondary and tertiary prevention of diabetes and its complications.

We appreciate and encourage communication regarding ways to fight diabetes: if diabetes is communicable, we should use communication to defeat it!

References

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