

Social Media Target on Type-2 Diabetes: Prevent Threat for Pakistani Population

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Dear Editor,

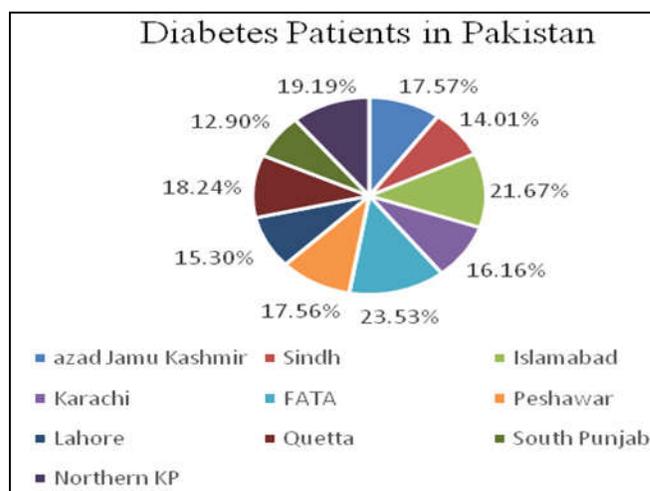
The aim of this letter is to shed light on the current scenario of Type-2 diabetes and its affected victims in Pakistan. Diabetes is a condition of persistent hyperglycaemia with or without glycosuria, later develops neuropathy and cardiovascular complications and it is mainly caused by an insulin resistance. Most reported symptoms of diabetes are weight loss, frequent urination, and thirst. Globally, diabetes is also a major health concern it is reported by Centres for disease Control and Prevention that among from all diabetics 90 to 95% individuals have type-2 diabetes. People of ages later than 60 have 25% prevalence of this chronic disorder^{1,2}.

In Pakistan, one of the most important causes for type -2 Diabetes in teenagers is the use of Junk Food. Junk food makes the body's immune system hyperactive and aggressive as a result when body switched to a healthy diet body's immune response remains in its hyperactive state these changes and adaptations cause the atherosclerosis and diabetes. Social media revolution is also one of the important cause of eating too much fast food because people are quite showing off themselves on social media by taking pictures and upload them so that their friends can watch. Social media applications restrict the children activities indoor and led to sedentary lifestyles that ultimately responsible for early cause of Diabetes Mellitus³.

Eminent Prof. Zaman Sheikh demonstrated in his lecture that 82,000 women die due to diabetes in Pakistan annually. During his talk with International Diabetes Federation he said: Pakistan has 7 million diabetic patients and this number would increase by 2040 if preventive measures will not take⁴. Recently, reported 26% Pakistani population is affected by diabetes and 15% population is going to develop diabetes in life in later stages. According to National Survey of Pakistan 2017 35.5 million adults have diabetes and its number increasing day by day⁵.

Different preventive measures and diabetes management therapies has been discussed by the experts. According to experts, women and men should walk 30 -35 minutes in a day to remain healthy and children should do exercise to remain healthy and fit. Sanofi Pakistan has organized a conference to aware Pakistani Population about risks of diabetes. This

Figure I: According to National Survey of Pakistan 2017, Diabetic Patients reported in different areas of Pakistan



conference was a three-day held from 25-27 January 2018. Foreign speakers also give informative lecture on diabetes in Islamabad⁶. According to news of Daily times breastfeeding is a way to reduce diabetes in mothers. Mothers who breastfeeding their children lowers the chances of developing diabetes by 47%. Pakistan is considered a country with low-breastfeeding rate that's why women have higher risk of developing type-2 diabetes⁷.

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