

Which solution is better for the prevention and even treatment of diabetes in Iran?

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Dear Editor

The present article was written under the pretext of World Health Day 2016 to attract the attention of society and health policy makers toward this issue. Due to the importance of this issue, WHO is marking World Health Day, April 7th, by calling for action on beating diabetes.

Diabetes is a chronic disease that occurs either when the pancreas does not produce enough insulin or when the body cannot effectively use the insulin it produces. Insulin is a hormone that regulates blood sugar. Hyperglycemia, or raised blood sugar, is a common effect of uncontrolled

diabetes and, over time, leads to serious damage to many of the body's systems, especially the nerves and blood vessels (1). In 2014, 8.5% of adults aged 18 years and older had diabetes. In 2012, diabetes was reported to be the direct cause of 1.5 million deaths and high blood glucose was the cause of another 2.2 million deaths (2). According to the latest statistics from the Iranian Diabetes Association, the growth of diabetes in the last 25 years in Iran is extremely worrying, and the percentage of people with diabetes has increased from 5 to nearly 15% (Figure 1).

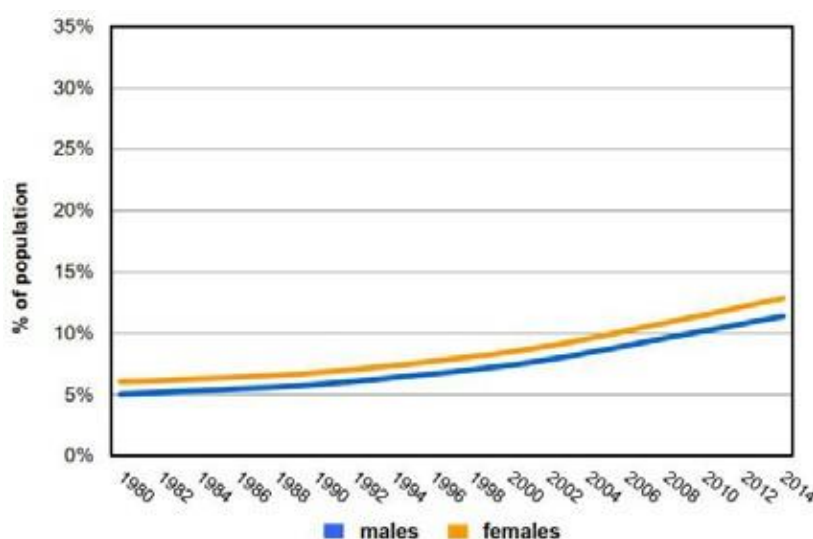


Figure 1. Percentage of the population with diabetes in Iran

So far, there are several routine ways to treat and prevent diabetes around the world, such as weight loss, appropriate nutrition, and more physical activity (3), but here we are looking for answers to this question by presenting three options according to the situations in the country. The question is according to the situations in Iran, which of the solutions is more suitable for the treatment of diabetic patients? Option 1: Prescribing blood glucose lowering drugs in pre-diabetic people, Option 2: Encouraging people, especially the pre-diabetic individuals, to change their lifestyle, and Option 3: Changing transport policies in Iran.

The authors of the current article believe that due to the impact of Social

Determinants of Health, changes in transport policies is the best solution for the prevention and even treatment of diabetics in Iran. What do you think about it?

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