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®Clinical opinion and review: (Eyes on diabetes) Role of psychological aspects of management of type 2 diabetes and obesity

The theme of World Diabetes Day 2016 is eyes on diabetes. Real vision not comes from eyes, it comes from hearts. Diabetes is the one leading causes of psychological impairment and depression which is giving bad impacts on the community and global health hazards. Still diabetes management is missing real eyes focusing on the overall patient profile from all the aspects of this complex group of cardio-metabolic global health risk disorders. Diabetes had multiple health problems and high incidence of cardio metabolic comorbidities due to the nature of disease progress, leading to diabetic complications and disabilities which impair individual productivity towards the community. Prevalence of adult diabetes worldwide is growing forcibly to affect the adolescence especially in Gulf areas and America due to unhealthy life styles and physical inactivity. The most common cause of adult diabetes is the obesity. Obesity is defined as a chronic, relapsing, multi-factorial, neurobehavioral disease, wherein an increase in body fat promotes adipose tissue dysfunction and abnormal fat mass physical forces, resulting in adverse metabolic, biomechanical, and psychosocial health consequences. Diabetes and obesity are the highest prevalence of the Gulf area and America; Saudi Arabia considered highest real country worldwide in diabetes and obesity prevalence. Diabetes is linked to depression derived comorbidities due to nature of disease progression and strict life styles modifications and medications complexity non-adherence and long term unpleasant complications. Also, obesity carried the same psychological impacts which interfere with individual compliance and affecting the overall public health and individual productivity. The missing roles in vision of health care providers and experts dealing with diabetic/obese patients from the view of psychological therapy and communication skills and clinical quality care services needed for those special type of patients; leading to increasing health burden of both cardio-metabolic disease which affect the global adult healthy lives. According to latest data from the International Diabetes Federation (IDF): Diabetes is a huge and growing burden: 415 million adults were living with diabetes in 2015 and this number is expected to increase or even be doubled by 2040. One third of global adults around puberty age diagnosed as insulin resistance metabolic syndrome and type 2 diabetes due to the invading obesity which is caused by genetic, endocrinal, sedentary life styles, depression and physical inactivity. The fast global warning of diabetes and obesity among the adults will affect our future and the subsequent life expectancies for our productivity powers. We should put our eyes (hearts) towards our adult futures by understanding the overall challenges to face this global warning, we should improve our skills of communications to fight the depression and psychological barriers of adherence of the diabetics and obese patients to building the structure of trust between health care experts and patients to reduce cardio-metabolic risks of these fast global warning of diabetes and obesity. Also role of clinical quality care services for diabetes and obesity and their complications together with psychological impacts and depression should be improved to be not only medical therapies but also role of quality achievement and psychological support to such patients could be the global key answer for their future problems.

Biography

Adel Ahmed Mohmed Ahmed Elnaggar is a Medical Endocrinologist with an extended expertise in Adult Diabetes and Obesity. He is also working on community planning against chronic diseases/disabilities affecting community productivity; prevention and management. He is experienced in Thyroid Diseases and Female Endocrine Health Problems. He is a graduate and has earned his undergraduate and Post-graduate Residency in Internal Medicine and Endocrinology from Ain Shams University, School of Medicine, Cairo, Egypt. He is a Member of Endocrine and Diabetes Society in Saudi Arabia. He gives lectures on Diabetes and Obesity Management and takes part in Diabetes Health Educational programs for the patients and health care professionals.

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