**DIABETES IS NOT A MONSTER!**

What do you know about Diabetes? It’s well known that diabetes (Type 1 and Type 2) is a complicated, chronic condition that requires all time medical care which greatly involves risk reduction beyond management of glucose. However, Diabetes is no more a monster!

Many nations worldwide are making great efforts to curb the progress of development of diabetes, to prolong life of diabetes patients and reduce the death rates from the disease among their populations. This involves by improving the health care systems and making the drugs available and affordable.

It’s important to understand at a personal level that it’s hard to provide treatment options for complications that are associated with diabetes for example diabetic retinopathy, high-blood pressure, diabetic foot ulcers, but guess what! These conditions can be screened and managed. (Alleppo, Aroda, & Bannuru, 2023).

What efforts are young making as an individual? Are you aware that exercise plays a key role in fighting diabetes disease and it's associated conditions? When was your last time to make a bicycle ride, walk around? Obesity is a monster behind development of diabetes in the human body. This is a factor increasing your chances of getting diabetes. Say no to obesity! Let your body’s internal organs function normally and with ease for you to see your future generation.

What are your favourite meals? Sugary foods and junk foods should be a no go zone for you as a diabetic patient. Food is not just food; healthy food should be your choice. Food is medicine if it’s taken in right proportions. American Diabetes Association, mentions very well that, fruits and vegetables, whole grains, nuts and seeds, sea food and plant based oils was found to prevent 120,000 cases of diabetes. It is possible to fight diabetes! (Levi, Bleich, & Seligman, 2023)

Are you aware that positivity is the road towards fighting diabetes and prolonging life? Definition of mental health according to the World Health Organization, is the state of wellbeing in which individual realizes his or her abilities to cope with life’s normal stresses. Thus poor mental health leads to poor health outcomes. So positivity is very key. (Sachar, Breslin, & Ng, 2022)

In conclusion, it’s very evident that diabetes is not a monster, it’s manageable and preventable. It’s just like any other disease. Go for screening, adhere to treatment and have a positive mind.

**References**

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