

Impact of Glycemic Control in Preventing Microvascular Complications of Diabetes

Subrata Mallik¹ and Dr. Rakhee Paresk Kelaskar²

Research Scholar, Department of Medical Science¹

Professor, Department of Medical Science²

OPJS University, Churu, Rajasthan, India

Abstract: *A vital element of managing diabetes comprehensively is preventing microvascular problems. Microvascular disorders such as retinopathy, nephropathy, and neuropathy significantly raise the morbidity and mortality associated with diabetes. A complete preventative approach involves regular blood glucose tests, prescription treatments, and lifestyle modifications aimed at achieving rigorous glycemic control. Additionally, as hypertension and dyslipidemia exacerbate microvascular damage, it is essential to control these comorbidities. Raising awareness of the importance of routine medical exams, healthy diet, and medication adherence requires patient education. Early screening and detection of microvascular issues is necessary to enable timely intervention to impede their progression. Personalized healthcare solutions have the potential to enhance risk classification and facilitate targeted preventive measures, such as genetic and biomarker analyses. Collaboration between medical experts, patients, and social support networks in the community is necessary to promote a comprehensive plan to prevent microvascular complications in individuals with diabetes. Making preventative care a priority not only improves the quality of life for those with diabetes but also lowers the overall cost of healthcare associated with these issues.*

Keywords: Diabetes, Microvascular complications

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