

## Exploring Concerns and Knowledge of Women about Diabetes across them Lifespan are Essential to Provide Scientific Guidelines for the Prevention of Diabetes

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Population growth and ageing have caused the rise of diabetes prevalence. According to a study of worldwide trends in diabetes, since 1980 the number of women with the disease has increased by nearly 3.0% [1].

In the future, cases of diabetes will rise the most in low- and middle-income countries. The new estimates of diabetes in adults confirm the large burden of diabetes, especially in developing countries [2].

In women, if diabetes is not controlled, long-term, and severe health problems may occur such as high blood cholesterol levels that can lead to stroke and heart disease as well certain infections [3].

Vaginal yeast infections and urinary tract infections are quite common, but women with high blood sugar levels are at a greater risk. Before and during the menstrual cycle women experience hormonal changes, which effect blood sugar levels and make diabetes more difficult to manage. In addition, diabetes can lower the interest of women in sex and make women harder to get pregnant. High blood sugar can also increase their risk for high blood pressure, delivery by cesarean section and miscarriage [4].

In a study conducted in women in reproductive age, 90% of those affected by impaired fasting glucose tolerance or pre-diabetes were unaware of their metabolic derangement. Although impaired fasting glucose tolerance increases one's risk of developing type 2 diabetes, once identified, application of lifestyle changes by affected individuals may avoid or delay the onset of type 2 diabetes. For reproductive age women who are found to have impaired fasting glucose tolerance, lifestyle changes may be an effective tool to diminish the reproductive health consequences of insulin resistance related diseases [5].

Woman's health across her lifespan may be effected by diabetes. Diabetes impacts not only pregnancy, but can cause various serious health problems such as endometrial adenocarcinomas, ovarian and breast cancer [6,7].

Diabetic patients, particularly menopausal women, should be screened for osteoporosis as they are at a greater risk of fracture [8].

The latest evidence suggests that diabetes negatively affects bone health and creates other clinical problems [9].

Diabetes during pregnancy increases the risk for several health problems [4] but as suggests a study conducted in 590 pregnant women, a large proportions of pregnant women do not have any knowledge or have poor knowledge regarding diabetes [10].

Increasing patient knowledge on diabetes risk factors, prevention and its complications has benefits in treatment and self-management [11].

A study in women diagnosed with gestational diabetes suggests the need for evidence based information resources [12].

Managing diabetes for menopausal women is very difficult as they are subjected to other medical problems related to this period of life. A rise in awareness and knowledge can help women keep their health under control [13].

Implications for practice are related to extensive health education and promotion programs based on concerns and knowledge of women to prevent diabetes in women across their lifespan. Health risks and lifestyle changes need to be discussed for the prevention of diabetes based on scientific guidelines for the prevention of diabetes.

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