

The Importance of Family Support and the Need to Teach this Issue to First-Degree Relatives in Diabetes Control

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Diabetes mellitus (DM) is a group of metabolic disorders determined by hyperglycemia due to a deficiency in insulin, insulin resistance, or both. The Prevalence of diabetes is rapidly rising globally, with particularly high rates in low- and middle-income countries such as Iran [1]. The results of a study show that the prevalence of diabetes has been rising more rapidly in both urban and rural areas of Iran, with a prevalence of 15.0% (95% CI 12.6-17.3) [2]. People with diabetes are at risk for a range of complications that significantly impact their quality of life and overall health [2-4].

A prospective analysis of more than 30,000 adult patients with diabetes reported that only 13.2% of patients had controlled hyperglycemia. Engaging in self-care activities is crucial for managing the disease and preventing complications, yet a large percentage of patients do not have well-controlled hyperglycemia [5,6].

Family support plays a vital role in promoting successful self-management, but many patients lack the necessary support or face barriers within their family environments. Educational interventions that address the needs of both patients and their families can help foster healthy family behaviors, improve diabetes self-management, and ultimately lead to better outcomes for individuals with diabetes [5-8].

The role of women is of utmost importance in supporting individuals with diabetes and their families. Women often play a central role in family dynamics, taking care of household responsibilities, meal planning, and ensuring the well-being of their loved ones. In the Middle East countries, including Iran, women have played an essential role in providing care and maintaining the family unit. Women play a key role as health managers and promote the overall health of the family. In addition, diabetic men are supported by their spouses, while female patients do not have the same support from their spouses [7-10]. In the context of diabetes management, women have the potential to serve as powerful advocates and educators within their families. By prioritizing their health and knowledge about diabetes, women can lead by example and inspire positive changes in their families' lifestyles [8,10,11].

Women can take the lead in ensuring that healthy meals are prepared, encouraging regular physical activity for the entire family, and reminding their loved ones to follow medication and self-care routines. Women can also provide emotional support and create an open dialogue about diabetes, addressing any challenges or misconceptions that may arise. Empowering women with the necessary

information and resources can have a cascading effect on the whole family's well-being and ultimately contribute to better diabetes control and improved health outcomes for all [8-11].

In conclusion, family support is crucial for effective disease management in individuals with diabetes. The training should emphasize the significance of family involvement and educate family members about the disease, its management, and the importance of their support. In this regard, women play a key role as health supporters, guides or guardians of family members. More importantly, women must be empowered to use their unique roles in the family as a means to promote the overall health of the family. By addressing barriers, providing accurate information, and fostering ongoing support, family members, especially women, can play an active role in helping their loved ones successfully manage their diabetes. Ultimately, this holistic approach to diabetes care can lead to better control of the disease, improved quality of life, and reduced risk of long-term complications.

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