

## Diabetes & depression: An overview to the vicious cycle

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Dealing with more than one health problem at a time can be difficult and if the diseases are like diabetes and depression then proper treatment along with ancillary measures is very important. Both these diseases are the most costly, burdensome, common non-communicable chronic diseases of our time. All around the globe, diabetes and depression are two words now more often paired together, regardless of culture or country. Depression and diabetes interferes with the daily life routine and reduces the quality of life. In addition to possibly increasing the risk for depression, diabetes may make symptoms of depression worse. The stress of managing diabetes everyday and the effects of diabetes on the brain may contribute to depression. Scientists report that for people who have diabetes and depression, treating depression can raise mood levels and increase blood glucose control. A solution for diabetes and depression should be efficacious and cost effective treatment along with social awareness to improve the quality of health and lives of millions of people around the globe suffering from this complex disease. There is growing emphasis on a recovery model across the world that involves empowering people with mental illness to take charge of their own illness, their treatment and their lives. As an individual, health care provider, community, national and international level it is time to educate and spread awareness about diabetes and depression and support those who are suffering from this complex disease.

### Biography

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