

# 21<sup>st</sup> Annual European Pharma Congress

May 20-22, 2019 | Zurich, Switzerland

## Why is insulin injected, instead of taken by mouth?

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Diabetes is a very common disease among the adult people in Bangladesh and all over the world now-a-days. This is becoming the major cause of death and disability. To treat diabetes different antidiabetic drugs prescribed by the doctors and prescribers. The purpose of this study was to determine the frequency of use of Dipeptidyl-peptidase inhibitor (DPP-4 inhibitors) in the prescription by the doctors. Doctors are not so convinced and familiar with this class of antidiabetic drugs. Therefore, this class especially Sitagliptin, Linagliptin and Vildagliptin require more promotion to increase its market. Another objective was to determine whether this new class of drug is required or the older class is enough to fill up the requirements of the diabetic patients. To work on these two objectives, a survey was performed by collecting 500 prescriptions from Bangladesh Institute of research & Rehabilitation in Diabetes, Endocrine and Metabolic Disorders.

**Type 1 Diabetes:** An autoimmune disease, body's own immune system attacks and destroys the beta cells. This type involves the processes of beta-cell destruction, which results in absolute insulin deficiency. It occurs at the age of less than 30 years. This is also called insulin dependent diabetes or juvenile diabetes mellitus

**Type 2 Diabetes:** It is the most common form of diabetes. Type 2 diabetes is often undiagnosed and sometimes when a patient consult with doctor for another medical problems or for the eye or physical examination, suddenly it appeared. Middle-aged and older people who are also overweight or obese. It is also called non-insulin dependent diabetes mellitus (NIDDM).

**Signs and Symptoms of Diabetes Mellitus:** The most common signs and symptoms of diabetes are: Frequent urination, Excessive thirst, Disproportionate thirst, Intense hunger, Weight gain, Unusual weight loss, Increased fatigue Irritability. Take insulin as a pill and use as a spray to take insulin nasally.

**Nose, Mouth and lungs:** Three principal target areas are obvious in developing alternative insulin delivery systems. Insulin cannot be taken orally because it would break down in the digestive process.

**Why Injection Is Better:** Blood sugar levels are subject to great change throughout the day. What foods were consumed, exercise, stress, illness, even time of day – all of these impact glucose levels. If this were not so, there would be no need to monitor levels with a finger prick multiple times each day.

**Conclusion:** There is active research to develop alternatives to injections. One of the most promising is inhaled insulin. Diabetes mellitus (DM) is a chronic metabolic disorder caused by an absolute or relative deficiency of insulin. Absence, destruction, or loss of beta cells of the islets of Langerhans causes an absolute deficiency of insulin, most children with diabetes have IDDM and a lifetime dependence on exogenous insulin. Researchers, doctors, and people with diabetes agree that, Injected insulin works well to manage the disease. They'll probably also say that getting insulin into people's body through something other than a needle would be even better.