

# Environmental toxins and its risk factors contributing to the pathogenesis and prevention of diabetes mellitus.

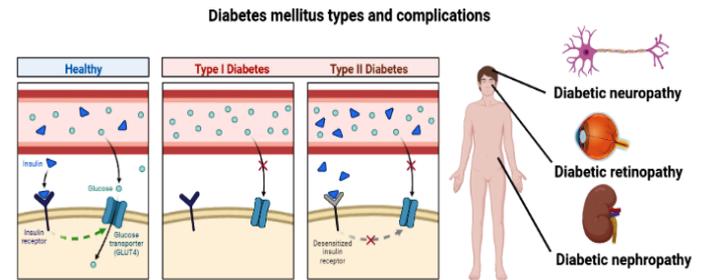
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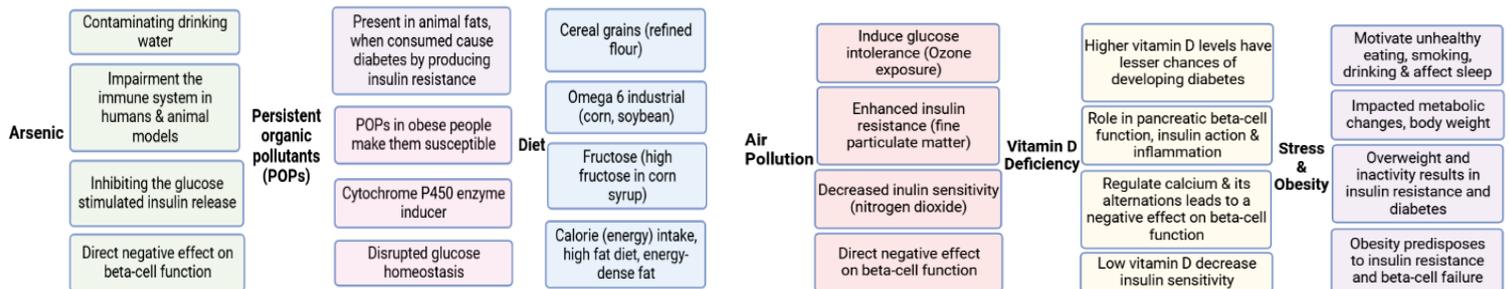
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## INTRODUCTION

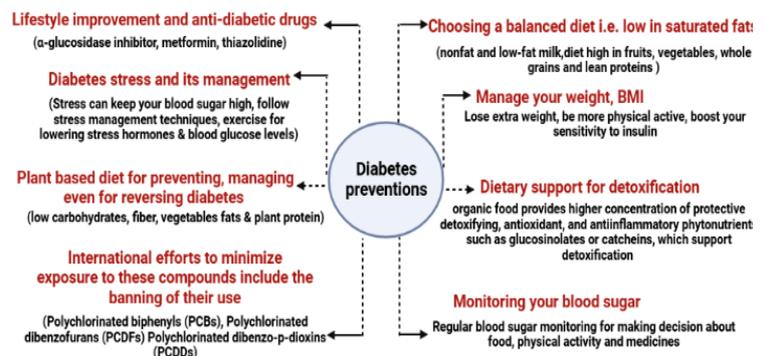
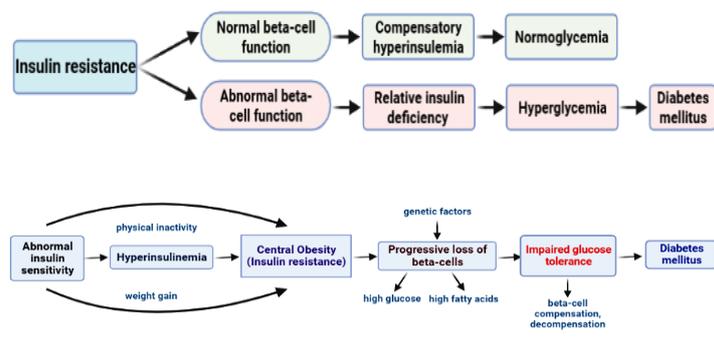
- India currently experiencing an epidemic of diabetes mellitus (DM), a heterogeneous syndrome accompanied by detrimental effects on life expectancy and quality of life.
- The most important promoters of metabolic syndrome and diabetes identified among environmental factors are lifestyle changes and dietary practice.
- Based on both molecular and pathological findings, some toxins found in the environment interfere with the functioning of the pancreas islets of langerhans cells, and consequently they affect insulin production.



## IMPACT & RISK FACTORS OF ENVIRONMENTAL TOXINS ON DIABETES MELLITUS



## PATHOGENESIS & PREVENTION OF DIABETES MELLITUS



## CONCLUSIONS

- Increasing evidence now implicates exposure to a variety of environmental toxicants in the pathogenesis of diabetes.
- Earlier intervention and continued treatment are the keys to achieving the treatment goals.
- Plant based diet, lowering stress, changing lifestyle habits along with focus on proper physical activity improves the body's glucose response, insulin signalling and insulin sensitivity. It is, therefore, necessary to conduct more sustained, long-term research to assess the significance of such environmental risk factors with reference to their implications in the prognosis of Diabetes mellitus.

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