

Victoria Potarina Explains Why She Champions Diabetes Screening and Treatment

Victoria Potarina Explains Why Early Diabetes Diagnostics is important

New South Wales, Sydney, Aug 5, 2021 ([Issuewire.com](https://www.issuewire.com)) - Diabetes is a grave public health concern globally. Medical industry executive Victoria Potarina breaks down diabetes monitoring, treatment, and prevention.

Diabetes is a serious and common chronic condition. If not properly managed, diabetes could ruin your quality of life and complications can prove fatal. Medical industry expert [Victoria Potarina](#), who managed one of the biggest Eastern Europe's largest diabetes screening efforts in Russia and Eastern Europe, is going to explain why diabetes is a serious threat across the world.

"Unfortunately, diabetes rates have been increasing in Europe and globally in recent years," Victoria Potarina points out. "Often, diabetes and especially type-2 diabetes, is manageable, if managed from the onset, but many people don't even realize that they're developing diabetes."

Across the world, medical experts are working to manage and mitigate both Type 1 and Type 2 diabetes. Type 1 diabetes is an autoimmune disease. The patient's immune system attacks insulin-producing cells, thus depriving the person of needed insulin. Type 2 diabetes occurs when a person builds resistance to insulin, thus resulting in unhealthy insulin levels. During the early stages of Type 1 and especially Type 2 diabetes, there may be no symptoms, or they are obfuscated by other health conditions. That's why [Victoria Potarina](#) helped launch Eastern Europe's largest and most comprehensive diabetes screening campaign.

As a result of this campaign, more than 200,000 people were screened in Russia and Eastern Europe for type 2 diabetes. The campaign required a joint effort with doctors, key opinion leaders, public health officials, media organizations, pharmacies, and employees all working together. Proper diagnosis and awareness may save lives in the long run. Across Europe, roughly 60 million people have diabetes. Of men aged 25 years and older, approximately 10.3 percent have diabetes, while 9.6 percent of women (25 and older) suffer from this grave disease. Yet many people fail to recognize the early signs of Type 2 diabetes, which can result in many health problems. Type 2 diabetes is generally more prevalent among senior citizens, but adults in their prime and even children can develop Type 2 diabetes. Type 1 diabetes, which is an autoimmune disease, is also a grave risk and is most commonly diagnosed in children.

Research has found that diabetes is the fourth leading cause of death among people aged 45 to 64 and 7th leading cause for those 65 and older. "Diabetes is so common that some people may underestimate just how serious and deadly this condition is," [Victoria Potarina](#) argues. "And the symptoms at first may not be too severe, you may not realize something is wrong. That's why screening is so important. If we can catch diabetes earlier, it's easier to manage." A leading European non-profit focused on combating diabetes, reports that people with Type II diabetes may see their lifespan reduced by as much as 10 years. Type 1 diabetes may reduce one's lifespan by 20 years or more. Fortunately, modern medicine may help people suffering from diabetes lead longer, healthier lives." "Modern insulin pumps are extremely effective for patients, especially with Type 1 diabetes, and can make managing diabetes much easier," [Victoria Potarina](#) notes. "It's important to teach people to both identify and manage diabetes."

With the right tools, many people with diabetes are enjoying longer, healthier lives. That's because diabetes treatment has improved markedly in recent years. Still, diabetes can cause a wide range of issues and may exacerbate other conditions. Scientists are still working out what exactly causes diabetes. Many different factors may be linked to Type 1 and type II diabetes. However, determining casual relationships is difficult. "We know that people with a family history of diabetes are more likely to develop both Type 1 and especially Type II diabetes," Victoria Potarina notes. "Other risk factors include smoking, being overweight, and having high blood pressure, among other things. On the other hand, those people who get 30 minutes or more exercise per day appear to be less likely to develop diabetes."

Diabetes is on the rise with people eating more processed and sugary foods and more people overweight and out of shape than ever before. By eating a healthier diet and regularly exercising, you may reduce the risks of contracting diabetes.

Media Contact

NetReputation.com

brandon@netreputation.com

Source : Victoria Potarina

[See on IssueWire](#)