

Disease Management of Type 2 Diabetes Mellitus: A Clinical Approach

Hiroshi Tanaka*

Department of Pediatrics, University of Barcelona, Spain

Editorial

Received: 02-Jun-2025, Manuscript No. jcmcs-25-186988; **Editor assigned:** 04-Jun-2025, Pre-QC No. jcmcs-25-186988 (PQ); **Reviewed:** 17-Jun-2025, QC No. jcmcs-25-186988; **Revised:** 22-Jun-2025, Manuscript No. jcmcs-25-186988 (R); **Published:** 27-Jun-2025, DOI: 10.4172/jcmcs.10.007

*For Correspondence

Hiroshi Tanaka, Department of Pediatrics, University of Barcelona, Spain

E-mail: h.tanaka@u-tokyo.ac.jp

Citation: Hiroshi Tanaka, Disease Management of Type 2 Diabetes Mellitus: A Clinical Approach. J Clin Med Case Stud. 2025.10.007.

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Dietary control (low glycemic index foods)

Regular physical activity

Weight reduction

These interventions improve insulin sensitivity and reduce complications.

2. Pharmacological Therapy

Common medications include:

Metformin (first-line)

Sulfonylureas

Insulin therapy

Treatment should be individualized based on patient condition and comorbidities.

3. Patient Education and Self-Management

Patient education improves adherence and outcomes. Disease management programs emphasize self-care and compliance as

ABSTRACT

Type 2 diabetes mellitus (T2DM) is a chronic metabolic disorder requiring long-term management strategies. Effective disease management involves lifestyle modification, pharmacological therapy, and patient education. This article explores a comprehensive approach to managing T2DM, emphasizing patient-centered care and integrated healthcare systems[1].

Keywords

Disease management; Type 2 diabetes mellitus; Patient-centered care; Glycemic control; Chronic disease; Clinical management

INTRODUCTION

Disease management is defined as a systematic, coordinated approach to improving outcomes in chronic diseases through prevention, treatment, and patient education[2]. T2DM is one of the most prevalent chronic diseases worldwide and requires continuous monitoring and intervention.

Pathophysiology Overview

T2DM is characterized by insulin resistance and impaired insulin secretion. Chronic hyperglycemia leads to complications such as neuropathy, nephropathy, and cardiovascular disease.

Clinical Management Strategies

1. Lifestyle Modifications

Lifestyle intervention remains the cornerstone of diabetes management:

essential components[3,4] .

4. Monitoring and Follow-Up

HbA1c every 3–6 months

Blood glucose monitoring

Screening for complications

Integrated Care Approach

Disease management focuses on coordinated care across healthcare systems, including primary care, specialists, and support services .

Challenges in Management

Poor adherence

Limited access to care

Comorbid conditions

CONCLUSION

Effective diabetes management requires a multidisciplinary approach combining lifestyle changes, medication, and patient engagement. Early intervention significantly improves outcomes and reduces complications[5].

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