



Alarm for Patients with Diabetes Following COVID-19 Outbreak

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Dear Editor,

Due to the high prevalence of diabetes, one of the most important chronic and metabolic diseases, many people are coping with this disease in the present century. Diabetes can lead to disruption of daily life activities because of its effects on the individual's quality of life and its potential for developing other chronic diseases (1, 2). These patients deal with various complications of diabetes. The meta-analysis study of Mohammadi et al. (2), which assessed 34 articles with a total sample size of 17079 showed that the overall prevalence of retinopathy in people with diabetes is 37.8%. Tolossa et al. (3), in their meta-analysis study of 12 articles with a total sample size of 2768 patients, reported the prevalence of diabetic foot ulcers, one of the most critical and serious complications in these patients, to be 11.9%. Prevention plays a crucial role in determining the health status of these patients.

COVID-19 had started spreading in China in 2019 and has had a rapid growth within months, affecting the entire world in 2020. This disease led to the hospitalization of many patients (4). Many people have quarantined themselves at home and avoided any outdoor activity to prevent the disease. It seems that community self-quarantine has led patients to refuse health services such as hospitalization for other health problems, even though patients with diabetes need to check and monitor their blood glucose regularly.

Patients with diabetes should adhere to their diet and medication regimen in order to prevent the complications of the disease. Progression of diabetic foot ulcers in these

patients may lead to non-compliance to treatment. These wounds can deteriorate and ultimately lead to amputation of the limb.

Patients with diabetes are expected to prevent future complications with precise self-care and regular blood glucose checks. These patients may not have adequate health literacy and may still need support from the health care system. These days, health and treatment systems have to work together in one direction. It is recommended that comprehensive urban and rural health centers in collaboration with the medical professional team conduct telephone follow-up sessions for patients with diabetes.

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