



DISCUSSION:

A total of 60 people had taken part in the survey, 34 males and 26 females. Nearly 57% of the participants were educated working professionals and 6% comprised of retired citizens. None of them were involved in any medical profession or course of study. 23% of the participants were students. On the whole only 35% of them were aware of Diabetes mellitus but more than 80% were not aware of its types as a large part of the participants were students. 15 of the participants were diabetic but 36% of the participants were aware of their own blood sugar level and also if it was within normal limits or not. According to the response of the individuals the most common risk factor for Diabetes is improper diet with nearly 60.8% agreeing to this fact while old age and stress

where least familiar as risk factors among the individuals. The participants were all generally aware of the symptoms of diabetes mellitus and heart problems increased hunger and kidney problem was the most familiar symptoms to the individuals. 32 out of 60 people said that pregnant women are prone to diabetes and nearly 40% of them were aware of the complications and congenital disorders the child born to a diabetic mother would face. More than 70% of the participants were of the opinion that exercise is a great preventive measure. Most of them were also well aware of insulin as a treatment but nearly 60% of them were not aware that hypoglycemia was a consequence of insulin overdose.

CONCLUSION:

I thereby conclude that 65% of the public as represented by the samples in this survey were not aware of Diabetes mellitus as 23% of them were students and that more awareness programs and diabetic centers must be set up to spread the awareness of this disease. The participants in the survey are quite aware and well informed about this disease except in the few areas mentioned before. An improved educational program that tackles the misconceptions and areas of weaknesses can potentially increase the level of public awareness of diabetes.

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