

Fatigue in Patients with Type II Diabetes Mellitus in Korea: Contributing Factors

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Abstract

Fatigue is a common symptom experienced by individuals with type II diabetes mellitus and can significantly impact their quality of life. This article explores the factors influencing fatigue in patients with type II diabetes mellitus in Korea, focusing on the unique cultural, lifestyle, and healthcare system factors that may contribute to fatigue in this population. Physical factors, such as glycemic control and obesity, play a role in fatigue experienced by individuals with diabetes. Psychosocial factors, including psychological distress and diabetes-related distress, can also contribute to fatigue. Lifestyle factors, such as physical inactivity and sleep disturbances, [1] further exacerbate fatigue in this population. Recognizing and addressing these factors are essential for healthcare professionals to provide comprehensive care and improve the well-being of patients with type II diabetes mellitus. Strategies aimed at optimizing glycemic control, promoting physical activity, addressing psychosocial well-being, and managing sleep disorders can help alleviate fatigue and improve overall health outcomes in individuals with type II diabetes mellitus in Korea [2].

Keywords: Fatigue; Hypoglycaemia; Type 2 diabetes mellitus

Introduction

Fatigue is a common and distressing symptom experienced by individuals with type II diabetes mellitus. Understanding the factors contributing to fatigue in this population is crucial for improving patient care and quality of life. This article focuses on exploring the factors influencing fatigue in patients with type II diabetes mellitus in Korea, shedding light on potential determinants and implications for healthcare professionals [3].

Prevalence and impact of fatigue in type II diabetes mellitus

Fatigue is a prevalent symptom among individuals with type II diabetes mellitus, affecting their daily functioning and overall well-being. It can have a profound impact on various aspects of life, including work productivity, social interactions, and adherence to diabetes management regimens. However, the specific factors influencing fatigue in this population may vary due to cultural, lifestyle, and healthcare system differences [4-6].

Physical factors

Glycemic control: Poor glycemic control, characterized by elevated blood glucose levels, has been associated with increased fatigue in individuals with type II diabetes mellitus. Fluctuating glucose levels and chronic hyperglycemia can contribute to fatigue by impairing energy metabolism and

causing oxidative stress.

Obesity: Excess body weight and obesity are prevalent in individuals with type II diabetes mellitus and can contribute to fatigue. Adipose tissue dysfunction, insulin resistance, and hormonal imbalances associated with obesity may negatively affect energy levels and contribute to fatigue [7, 8].

Psychosocial factors

Psychological distress: Anxiety, depression, and stress are commonly experienced by individuals with type II diabetes mellitus and are known to be associated with fatigue. Psychosocial factors can influence fatigue through various mechanisms, including sleep disturbances, altered neuroendocrine function, and decreased motivation for self-care behaviors [9-12].

Diabetes-related distress: The burden of diabetes management, such as medication adherence, dietary restrictions, and regular blood glucose monitoring, can lead to diabetes-related distress. The added emotional and psychological stress associated with diabetes management can contribute to fatigue [12].

Lifestyle factors

Physical inactivity: Sedentary behavior and lack of regular physical activity are prevalent in individuals with type II diabetes mellitus and can contribute to fatigue. Exercise has been shown to improve energy levels, reduce fatigue, and enhance overall well-being in this population.

Sleep disturbances: Sleep disorders, including obstructive sleep apnea and poor sleep quality, are common in individuals with type II diabetes mellitus and can exacerbate fatigue. Addressing and treating sleep disturbances may help alleviate fatigue symptoms [13-15].

Conclusion

Fatigue is a significant concern for individuals with type II diabetes mellitus in Korea, impacting their daily lives and disease management. Multiple factors contribute to fatigue, including glycemic control, obesity, psychological distress, diabetes-related distress, physical inactivity, and sleep disturbances. Recognizing and addressing these factors are crucial for healthcare professionals in providing comprehensive care and improving the quality of life for patients with type II diabetes mellitus. Strategies such as optimizing glycemic control, promoting physical activity, addressing psychosocial well-being, and managing sleep disorders can help alleviate fatigue and enhance overall health outcomes in this population.

Acknowledgement

None

Conflict of Interest

None

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