



Have Fall Prevention Programs become Mandatory in Type II Diabetes Mellitus

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Diabetes is a systemic disorder with its Primary and secondary complications ending up with patients being afraid of fall when they interact in society during their leisure hours and becomes a great hindrance leading them to isolate themselves. Falls are predictable during the course of disease, once when fall risk assessments are done, working on it as an important short term goal leads to improved balance components whereby progression due to fall risk is eliminated. It is known that the ability to maintain balance is a skill that needs integration of multiple sensory Motor and cognitive process. Evidence suggest diabetes related decline in sensory metabolic and executive functions contribute to increased fall and hence motivational strategies to prevent falls are reviewed. In the study in 2020 fall risk and balance confidence in patients with diabetic neuropathy an observational study this is analysed and in the recent trends fall prevention programs becomes mandatory as an important aspect to be considered which will fasten up the rehabilitation process of type 2 Diabetes mellitus that aids Health care workers Self-satisfaction of the treatment process.