



the 1990s, the number of people with diabetes has increased in all industrialized countries, and this increase is continuing at a rapid rate (1).

Diabetes is a chronic disease, and the long-term consequences of the disease are determined by the degree of glycaemic control. The most serious complications of diabetes are cardiovascular disease, nephropathy, retinopathy, and neuropathy. The prevalence of these complications is directly related to the duration and severity of the disease (2).

Diabetes is a complex disease, and the pathogenesis is still unclear. It is a multifactorial disease, and the pathogenesis is determined by a combination of genetic and environmental factors. The most important genetic factors are the HLA genes, the insulin gene, and the insulin receptor gene. The most important environmental factors are obesity, physical inactivity, and diet (3).

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