



**Keywords:** Patient education; Blood pressure control; Cholesterol management; Smoking cessation; Foot care

## Introduction

Adult onset diabetes, also known as type 2 diabetes, is a chronic metabolic disorder that affects millions of adults worldwide. Unlike type 1 diabetes, which typically manifests in childhood and is characterized by a lack of insulin production, type 2 diabetes often develops later in life and is associated with insulin resistance and impaired glucose metabolism [1]. The rising prevalence of adult onset diabetes has become a global health concern, driven by factors such as sedentary lifestyles, unhealthy diets, and genetic predisposition. Managing this condition effectively is paramount in preventing complications, enhancing quality of life, and reducing the economic burden on healthcare systems [2]. This introduction explores various strategies for the management of adult onset diabetes, encompassing lifestyle modifications, medication, and healthcare support, with the overarching goal of empowering individuals to take control of their health and lead fulfilling lives despite the challenges posed by this condition.

**Regular eye and dental exams:** Diabetes can affect vision and dental health. Regular eye and [9] dental check-ups can help detect and address issues early.

**Smoking cessation:** Smoking is a significant risk factor for heart disease and can exacerbate the complications of diabetes [10]. Quitting smoking is an important step in diabetes management.

**Alcohol Consumption:** Drinking alcohol can affect blood sugar levels. It's important to drink in moderation and monitor its impact on your blood sugar.

## **Conclusion**

Managing adult-onset diabetes requires a comprehensive approach