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Revolutionizing Diabetes Care: Innovative Strategies for Effective Management and Improved Patient Outcomes

Vanshika*, Archana Chaudhary, Tarun Kumar Sharma and Vinay Pandit and M.S. Ashawat

Department of Pharmaceutics, Laureate Institute of Pharmacy, VPO-Kathog, Kangra H.P 176031, India

***Corresponding Author:** Vanshika, Department of Pharmaceutics, Laureate Institute of Pharmacy, VPO-Kathog, Kangra H.P 176031, India, E-mail: Vanshikadhiman5@gmail.com

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Abstract

Diabetes mellitus presents a complex and growing public health concern, characterized by a significant increase in its global prevalence. The management of this chronic condition is often hindered by various factors, including insufficient health-care communication, systemic inefficiencies, and inadequate patient education. However, advancements in technology and innovative treatment strategies, such as bionic pancreas systems and stem cell therapies, hold promise for improving patient outcomes. Additionally, the potential integration of herbal remedies into conventional care may enhance the effectiveness of diabetes management. Emphasizing holistic, patient-centered approaches is essential to enhance the standard of living for diabetics and lessen the complex toll that the illness takes on persons and healthcare systems.

Keywords: Diabetes Mellitus; Herbal remedies; Health care systems; Chronic condition

Type 2 diabetes

Diabetes mellitus is a chronic metabolic disease characterized by elevated blood glucose (or blood sugar) levels. Most people with diabetes have type 2, which usually affects adults. It results from either insufficient insulin production or insulin resistance.

Increased thirst, increased hunger, and frequent urination are common symptoms. Diabetes can lead to numerous consequences if treatment is not received [1,2].

A few severe long-term issues are heart disease, stroke, and chronic renal disease, ulcers on the feet, nerve and eye damage, and cognitive decline. The most typical Diabetes can be classified as either type 1 (5%), an autoimmune disease, or type 2 (95%), which is linked to fatness [3]. In contrast to gestational diabetes, which develops during pregnancy, other forms of diabetes are very rare and are caused by a single gene mutation.

Diabetes cannot be cured. You can, however, live a long, healthy life with therapy and lifestyle modifications [4-6]. Either insufficient sensitivity of cells to the impact of endocrine hormones or insufficient production of endocrine (produced by the duct gland and lowering blood glucose). An excessive amount of sugar stays in your blood if you have very little or no endocrine function or are endocrine resistant. Those with polygenic diseases have higher than normal glucose levels [7,8].

Furthermore, it was discovered that females had higher rates of DM, hypercholesteremia, dysglycemia, and high blood pressure [9]. In contrast, the WHO report indicates that an Associate in Nursing DM's calculable prevalence in a South American country is 8.8%. According to the International Polygenic Disease Federation's (IDF) 2016 study, the prevalence is 11.1% [10,11]. The likelihood of a significant rise in the prevalence of problems linked to diabetes, partly as a result of rising fleshiness rates. The potential for current health care systems to become overwhelmed by the growing diversity of people with DM and the complexity of their care. The necessity of utilizing new findings on the social and personal fronts of better polygenic illness management and intervention by disseminating life-saving findings to a larger audience [12].

The prevalence of diabetes mellitus has increased globally over the past 40 years [13,14], and it is expected to continue to rise in all ethnic groups, male and female, and across all age groups [15,16]. In particular, type 2 diabetic mellitus (T2DM) showed this growth [17].

As part of clinical research to enhance treatment results and as part of the monitoring process in the clinical field of diabetes care, quality of life is measured [18,19].

Types

Type 1: In the islets of Langerhans, the beta (ß) and alpha (α) cells release glucagon and insulin, respectively. Through glycogenesis, insulin lowers blood glucose levels by transferring glucose into the muscles, liver, and adipose tissue. Although erythrocytes and brain tissue do not need insulin to consume glucose, alpha (α) cells are essential for blood glucose management because they generate glucagon, which accelerates the glycogenolysis process and boosts blood glucose levels [20,21].

The majority of patients with type I diabetes mellitus who have insulin-dependent diabetes mellitus (IDDM) are children and adolescents. It can be lethal and usually manifests abruptly. The autoimmune processes that cause beta-cell death are indicated by the presence of insulin, islet cell, or anti-glutamic acid decarboxylase antibodies, which are commonly seen in type 1 diabetes [22,23].

According to the American Diabetes Association (2014), Insulin insufficiency is usually the outcome of b-cell depletion, which causes type 1 diabetes. The rate of beta cell destruction varies widely. and might happen quickly in some sluggish in others and fast in others. Insulin production is severely reduced or absent as a result of the pancreatic ß-islets cells being destroyed. Insulin injections are necessary for treatment [24].

Type 2: T2D accounts for over 90% of all instances of diabetes because of impaired insulin synthesis by the pancreatic islet β cells as well as inadequate insulin action (insulin resistance). Because of this illness, the glucose levels in the blood. Age, obesity, and physical inactivity in type 2 diabetes are all associated with insulin resistance. To make up for insulin resistance, the pancreatic islets create

more insulin by growing their cell mass. When this attempt to compensate for insulin resistance is unsuccessful, type 2 diabetes develops. Among people with diabetes type 2, long-term chronic insulin resistance has a number of negative effects, including micro vascular problems like as well as retinopathy, neuropathy, and nephropathy macro vascular problems like atherosclerosis [25-27].

After ten years of insulin resistance, the malfunction of pancreatic β cells causes more than half of T2D patients to need insulin therapy [28,29].

Gestational diabetes

Physiological state GDM, or diabetes mellitus, is the term for aldohexose intolerance that develops for the first time or is identified during pregnancy [30]. Women Global Health Girls with undetected, symptomless types of diabetes that are found throughout pregnancy are characterized as having physiological diabetes mellitus (GDM), while organizations develop Type 1 diabetes mellitus during pregnancy [31]. GDM, or physiological state diabetes, one of the forms of which is identified during pregnancy but is not obviously associated with diabetes [32]. Age, obesity, prior pregnancies with large babies, and any GDM risk is increased by a history of impaired glucose tolerance or GDM [33,34]. GDM has been associated with an increased lifetime risk of type 2 diabetes as well. Consequently, to ensure an early identification of type 2 diabetes, it is highly recommended that these individuals have lifetime and routine screening for any type of glucose impairment [35-37].

Epidemiology

Since 1980, there has been a significant global increase in the incidence of diabetes. The World Health Organization estimated that there were 108 million adults. in 1980. Globally, people with diabetes; as of 2014, 422 million people had the disease. Adult diabetes prevalence increased from 4.7% to 8.5%; rising prevalence was seen throughout the country. n 1980, the estimated prevalence of diabetes in Africa was 3.1%, and by 2014, it was 7.1% [38,39].

The United States (30.2 million), China (114.4 million), India (72.9 million), and Brazil (12.4 million) have greatest diabetes prevalence rates. 12.0 million in Mexico and 10.3 million in Indonesia. 8.8% of adults, according to the International Diabetes Federation (IDF), have diabetes, with somewhat higher rates among men 9.6%) compared to 9.0% among females. Those who reported having diabetes in The National Health Interview Survey of the United States, 2016 were asked if they had type 1 diabetes, type 2 diabetes, or another form of the disease, as well as what drugs they were taking.

According to estimations based on these data, 0.55% of the US population had received a diagnosis of type 1 diabetes, 8.58 % type 2 diabetes, and 0.31% with another kind of diabetes. T1DM was only defined as those they stated that they currently use insulin and have type 1 diabetes [40]. Diabetes type 1 affected 6% of people, while type 2 diabetes affected 91%. The incidence of T1DM varies greatly throughout the world; for instance, according to one study, it might range from 0.1/100,000 annually in China to 36.5/100,000 in Finland [41].

Current research disputes earlier conclusions that type 2 diabetes was more common in migrant Indians than in native-born Indians. The Asian Indians in Chennai were found to have a greater prevalence of type 2 diabetes (38%) than those in San Francisco and Chicago, USA (24%) [42].

The National Family Health Survey, conducted in 15 Indian states and union territories between 2014 and 2015, found that the Andaman and Nicobar Islands had the highest prevalence of diabetes (26 and 14.5% in men and women, respectively), while the lowest prevalence is found in prevalence's were found in Bihar (6.1%) and Haryana (8.2% in men and women, respectively [43].

In developing countries, it is anticipated that the latter would equal or possibly surpass theformer, resulting in a twofold burden due to the current trend of shifting from communicable to illnesses that are not communicable [44].

Etiology of Diabetes Mellitus

Type 1 Diabetes Mellitus

The main autoimmune cause of the destruction of the beta cells in the pancreas that make insulin is known as type 1 diabetes [45]. Although the precise etiology of this autoimmune reaction is yet unknown, genetic predisposition

is a major contributing factor. For instance, children are more at risk if one parent has Type 1 diabetes [46]. Viral infections and other environmental variables have also been identified as possible causes [47].

Diabetes mellitus type 2

Resistance to insulin and inadequate insulin production work together to cause type 2 diabetes. Insulin resistance can develop as a result of poor diet, obesity, and physical inactivity, all of which are strongly associated with this syndrome. Additionally important are genetic variables a family background of Type 2 diabetes significantly raises the probability of developing the condition [48].

Risk factors of Diabetes Mellitus

Common risk factors for complications included gender, having diabetes for a long time, and having poor and insufficient glycemic control, poor medication adherence, a negative outlook on diabetes, and a lack of understanding of the condition and how to manage it [49,50]. Family history, obesity, race/ethnicity, age increase (>/= 40 years), hyperlipidemia, reduced ability to tolerate glucose hypertension (HTN), lowered fasting glucose levels, and a history of diabetes mellitus during pregnancy are the primary risk factors for type 2 diabetes development [51]. Diabetes is a long-term illness brought on by either a relative or complete shortage of insulin. Symptomatic glucose intolerance leading to hyperglycemia and changes in lipid and protein metabolism are its defining clinical features [52].

Pathophysiology

Insulin insensitivity brought on by Type 2 diabetes is characterized by insulin resistance, reduced insulin generation, and eventually loss of beta cells in the pancreas. the quantity of glucose that is subsequently transferred into the liver, muscle, and fat cells. Hyperglycemia increases the rate at which fat is broken down [53,54]. Patients with type 1 diabetes are typically young (children or teenagers) and not obese when their symptoms initially appear. First-degree relatives of an index case have a 10-fold higher prevalence of this genetic propensity, which is strongly correlated with certain histocompatibility antigens (HLA types). Research on identical twins has demonstrated that those who are genetically predisposed need to be exposed to environmental factors such viral infections in addition to Pancreatic B cells may be harmed by viral infections, which can also reveal antigens that start an inflammatory reaction that keeps getting worse. Only when over 90% of the B cells have been killed does the patient become clearly diabetic. This kind of insulin. Deficiency weakens long-term potentiating and may result in memory and learning impairments. Both insulin resistance and decreased insulin production are associated with type 2 diabetes, and both are crucial to the disease's etiology. These patients often appear in adulthood and are frequently obese; as B-cell activity deteriorates with age, the incidence increases gradually. In this case, tau hyperphosphorylation and Aβ plaque development are both caused due to insulin resistance. Hyperinsulinemia results in Aβ accumulation and plaque formation as a result of insulin and Aβ competing for the insulin-degrading enzyme hyperphosphorylation [55,56].

Complication of Diabetes Mellitus

High blood glucose levels in diabetics might result in secondary illnesses known as diabetes complications. These problems might be classified as either acute or chronic. Lactic acidosis (LA), hypoglycemia, hyperglycemic hyperosmolar state (HHS), and diabetic ketoacidosis (DKA) are examples of acute complications, which are problems that appear quickly [57]. Microvascular and macrovascular are the two general groups into which chronic problems fall as they develop over time Microvascular issues include retinopathy, neuropathy, and nephropathy; macrovascular issues include peripheral vascular disease, cardiovascular disease, and stroke [58]. Non-modifiable risk factors, such as gender, heredity, age at which diabetes first manifests, and type of diabetes, may have an impact on risk. Other health problems, such as smoking, obesity, high blood pressure, elevated cholesterol, and inconsistent exercise, aggravate the chronic difficulties of diabetes. Complications of diabetes pose a serious risk factor for serious COVID-19 sickness [59].

Acute complications

Diabetic ketoacidosis (DKA) is one of the serious, sometimes fatal side effects of diabetes that requires prompt care [60]. It is regarded as a medical emergency and is more common in persons with type 1 diabetes (T1D) than type 2 diabetes (T2D) [61]. DKA is caused by marked-

ly low insulin levels brought on by a number of conditions, including as undiagnosed diabetes (diabetes that a person does not realize they have), missed or delayed doses, inadequate insulin administration, or physiological stress (e.g., illness, surgery, stroke, or trauma) [62,63].

Diabetic coma is a medical emergency where a diabetic patient falls unconscious due to one of the acute consequences of the disease [64,65].

Hypoglycemia

Acute complications from a number of diabetic therapies include hypoglycemia, or excessively low blood glucose [66]. It is more true to state that in both type 1 and severe forms of diabetes, impaired glucose anti-regulation and absolute (or relative) insulin excess usually work together to cause iatrogenic hypoglycemia [67,68].

Chronic complications

In diabetic retinopathy, changes in retinal microcirculation result in the formation of fragile, low- capillary closure or high-quality new blood capillaries in the retina, which causes ischemia or intravascular content extravasation, which causes edema (macula swelling) [69].

Diabetic cardiomyopathy, which can develop independently of blood vessel Over time, damage from elevated blood glucose levels is typified by impairment of the heart muscle, which hinders the heart's ability to relax andability to fill with blood (diastolic dysfunction) and ultimately results in heart failure [70].

Dysfunction of the erection, with a prevalence rate of 52.5%, which is 3. More than five times as many as men without diabetes, men with erectile dysfunction with diabetes are at a much higher risk and are likely to have had the issue up to 10 to 15 years earlier than those without [71]. Is described as a persistent failure to achieve an erection that is sufficiently firm for sexual activity [72]. Damage to tiny blood vessels and nerves can also cause sexual dysfunction in women [73,74].

Recent Developments in the Treatment of Diabetes Mellitus

Diabetes and Lifestyle Change

An essential component of managing diabetes is changing one's lifestyle. Both individuals with pre-diabetes and those with diabetes are advised to take it. Among the suggested lifestyle changes are healthier meals, more physical activity, and a less sedentary lifestyle. The patient's condition may influence the appropriate workout. Exercise aids in lowering plasma glucose levels. Diabetic people should restrict foods high in fat and sugar, prefer lean meats and nonfat dairy products, and consume a lot of fruits, vegetables, and whole grains for a healthy diet. Reducing alcohol consumption and quitting smoking are further lifestyle modifications [75,76].

Diabetes and Nanotechnology

Nanoparticles (less than 100 nm) are used in nanotechnology. Individual atoms or molecules within a substance are manipulated to create these nanoparticles. Nanomedicine is the word used to describe the use of nanotechnology in medicine. The application of nanotechnology expertise to the use of medications or diagnostic chemicals, which typically enhances their capacity to target particular cells or tissues, is known as nanomedicine. Through the use of innovative nanotechnology-based glucose testing and insulin administration methods, nanotechnology in diabetes research has improved the results of diabetic management in a number of ways [77,78]. For the delivery of insulin and the creation of a more effective vaccination, as well as cell-based and gene-based treatments for type 1 diabetes, nanotechnology uses non-invasive methods [77]. The treatment of a disease may be just as crucial as an early and precise diagnosis. Early detection can shorten the period until diabetes onset and prevent dysglycemia [79].

Gene Therapy and Diabetes Mellitus

The process of restoring the symptoms of a disease caused by a faulty gene by introducing the external normal gene is known as gene therapy. It has the benefit of being able to cure any kind of illness with a single treatment, and gene therapy is now creating new therapeutic choices across several medical specialties [80]. Currently, gene modification includes not only adding a gene but also editing and modulating it [81,82]. Somatic gene therapy and germline gene therapy are two further subcategories of gene therapy. Germline gene therapy targets the reproductive cells,

whereas somatic gene therapy primarily targets the diseased cells, sometimes referred to as somatic cells. Germline therapy stops the disease from spreading in subsequent generations [83]. Given that gene treatments can be used to treat a variety of conditions that are challenging to treat with traditional medicines, such as diabetes mellitus, autoimmune disorders, heart illnesses, and malignancies, they are being used as trends in emerging therapeutics [84].

Treatment of Diabetes mellitus

High dosages of a typical hypoglycemic medication are used as part of the treatment to combat the underlying cause. Once the condition is under control, the demand for hypoglycemic agent's returns to normal. High dosages of a typical hypoglycemic medication are used as part of the treatment to combat the underlying cause [85].

Somatic cell support

According to research, monocytes and macrophages may also be major contributors to the hypoglycemic medication resistance and chronic inflammations seen in T2DM patients [86] novel technology called somatic cell professional medical aid is designed to control or reverse immunological dysfunctions [87].

Medical care that prevents

Patients with type 2 diabetes are treated for aerophilous stress using a range of antioxidants, including vitamins, supplements, active ingredients derived from plants, and medications having inhibitory effects. The best supplements to prevent aerophilous stress and its effects are vitamin C and tocopherol tocopherol carotene [88].

Treatment with anti-inflammatory drugs

The alterations suggest that inflammation is a key factor in the pathophysiology of type 2 diabetes and its sequelae [89]. The number and activation state of different white blood cell populations, increased programmed cell death, tissue pathology, and altered levels of particular cytokines and chemokines are all part of type 2 diabetes, especially in animal tissue, exocrine and islets, the liver, the vasculature, and current leukocytes [90].

Treatment of Diabetes Mellitus with Herbs

In recent decades, eco-friendly, bio-friendly, reasonably priced, and generally safe plant-based pharmaceuticals have moved from the fringe to the mainstream as a result of increased research in traditional medicine. The assessment of Over 300 plant species have been identified by Atta-ar-Rahman recognized because of their hypoglycemic properties, they are the most educational of the numerous literature evaluations on anti-diabetic herbal medicines written by various writer. The botanical name, country of origin, parts used, and type of active substance have all been used to classify the plants in this review. Among these plants is Momordica charantia (Family: Cucurbitaceous) [91]. According to the WHO, 21,000 plants have therapeutic uses for global uses. In India, 150 of these 2500 species are used fairly extensively for commercial purposes. India also referred to as the "botanical garden of the world," is the world's biggest medical herb grower [92].

Herbal Medicine with Anti-Diabetic Properties

Sylvestre Gymnema

One significant medicinal herb with anti-hyperglycemic properties is Gymnema sylvestre (GS), which is frequently used as a supplement for DM patients [93]. Southern Asia is where the plant GS is grown, and the East Indies. Although the precise mechanism is still unknown, the roots and leaves of the GS plant have therapeutic benefits. In addition to their capacity to detect sweet flavors, plant extracts also boost the activity of the enzymes involved in the absorption and utilization of glucose. The GS extract increases insulin secretion and activates pancreatic cell functions [94]. According to studies, GS extract has hepatoprotective, antisweet, and blood sugar-lowering properties. In streptozotocin-induced diabetic rats, GS leaf extract demonstrated antihyperglycemic action and decreased blood cholesterol levels, according to a recent study [95].

Cardifolia rubia

Up to 3500 meters above sea level, rubia cardifolia (RC) grows in evergreen forests in the upper Ghats. Traditional medicine has long recognized RC's ability to treat a wide range of illnesses. It is widely used to treat blood, skin, and urinary problems because it has multiple therapeutic benefits, including acting as a blood purifier [96]. Sweet,

acrid, bitter, and astringent are some of the root's unusual qualities. It also has antidysenteric, antipyretic, analgesic, anti-inflammatory, antiseptic, constipating, diuretic, anodyne, galactopurifier, and rejuvenating tonic properties. In the current pharmacopeia, the GS extract has been utilized to treat a number of illnesses due to the aforementioned qualities [97,98].

A Bilberry

Vaccinium myrtillus, the formal name for bilberries, is a member of the Ericaceae family. Bilberries are used medicinally to treat a number of conditions, such as fever, cough, diabetes, and liver disease. This plant was primarily found in the forests of northern USA and Europe [99,100]. The fruit contains hypoglycemic and antidiabetic properties, according to research publications [101,102]. Quercetin, catechins, tannins, vitamins, and pectins are among the phytochemicals found in bilberries [103].

Tea with Green Leaf

Camellia sinensis is the botanical name for green tea; the plant has a lot of polyphenols with phormocological properties.Green tea is regarded as one of the most significant drinks that people drink. globally [104]. According to a scientific study, polyphenol oxidase, which is present in fresh tea leaves, has antidiabetic properties [105]. Green tea may have anti-diabetic properties due to its polyphenol concentration.

The fenugreek plant

Trigonella foenum-graecum is the botanical name for fenugreek. The following nations have grown fenugreek primarily: southern Europe and North Africa. India exports a significant quantity of Fenugreek all throughout the world. Trigonella foenum-graecum is the source of the chemical galactomannan (40–45%), which has anti-hypoglycemic properties [106]. Studies showed that in the alloxan-modeled specimen, fenugreek galactomannan decreased blood glucose levels [106].

The ashwagandha

The ashwagandha plant is botanically known as Withania somnifera (L.). Indian ginseng is It's known by this popular name. Ashwagandha belongs to the Solanum family. Withanolides, a class of compounds found in ashwagandha, Numerous pharmacological actions are attributed to steroidal lactones [107]. Ashwagandha leaves typically contain the chemical withanolide steroidal lactone. Withanolide has been shown in numerous research to have hypoglycemic and anticancer effects. The plant's nutritional qualities, which include flavonoids and other phenolic substances, have been well investigated. Most people are aware that flavonoids have antidiabetic and hypoglycemic properties [107].

A bitter melon

Memordica Charanti's hypoglycemic mechanism is conceivable in this activity. Located in Asia, India, and East Africa, Memordica Charantia is a well-known hypoglycemic plant that is a member of the cucurbitaceae family. This plant can reach a height of 5 meters, and its fruits have a knobby shape. The sour melon includes chemical components such as phenolic chemicals, steroids, lipids, and alkaloids. These substances are in charge of the anti-diabetic effects. Triterpenoids, which contain AMP-activated protein kinase activity, are the main constituents of bitter melon. This action is a believable mechanism of Memordica Charantia's hypoglycemic action [108].

Indica azadirachta

It is a medium- to large-sized tree that grows widely in deciduous woods across India.Azadirachta indica hydroalcoholic extract shown Effects on normal, glucose-fed, and STZ-diabetic rats were both hypoglycemic and anti-hyperglycemic [109]. Regardless of when it is administered, that is, before or after the injection of alloxan, the plant exhibits pharmacological activity [110]. The plant increases peripheral glucose utilization by inhibiting the effect of adrenaline on glucose metabolism [111]. In isolated rat hemidiaphragm, it also enhanced glycogen deposition and glucose absorption [112].

Current Challenges and Future Direction

Current Challenges

Patients with T2DM encounter a variety of challenges that complicate effective disease management.

Among these, communication barriers between healthcare providers and patients are significant, as many patients report poor interactions characterized by insufficient empathy and understanding from medical staff [113]. This often leads to a lack of psychological support, creating additional distress among patients concerning their symptoms [114]. Furthermore, the healthcare system's inefficiencies, such as short appointment durations and coordination failures, exacerbate the difficulties associated with managing diabetes, often leaving patients feeling unsupported [114]. Inadequate education is also a major factor in the administration of difficulties faced by diabetes patients. Inadequate training and the discontinuity of educational programs hinder effective self-care practices, with many patients expressing dissatisfaction with the information provided regarding their condition and treatment [114]. Lack of participation in treatment planning further alienates patients, as they often feel their preferences and concerns are overlooked in decision--making processes [114].

Future Direction in Diabetes Research

Research advancements are crucial for overcoming existing challenges in diabetes management. Trends indicate a shift towards innovative approaches such as the development of "bionic pancreas" systems and stem cell therapies aimed at restoring insulin production [115]. Emerging treatment options also include the exploration of nanotechnology for early diagnosis and management of diabetes, which could optimize personalized care [115]. Furthermore, studies suggest that integrating behavioral medicine perspectives into diabetes care can significantly enhance patient self-management and adherence to treatment.

Conclusion

Diabetes mellitus remains a significant public health challenge, particularly with the alarming rise in its prevalence globally. While the management of diabetes can be complicated by various factors—including inadequate healthcare communication, systemic inefficiencies, and lack of patient education—advancements in technology and treatment approaches provide hope for improved outcomes. Continued research into innovative interventions, such as bionic pancreas systems and stem cell therapies, as well as an openness to integrating herbal remedies, can lead to enhanced management strategies. By focusing on holistic and patient-centered care, it is possible to improve the quality of life for individuals living with diabetes, ultimately reducing the disease's complex burden on patients and healthcare systems alike.

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