Diabetes is becoming an asian epidemic by phil zabriskie

Health & Medicine

After giving a convincing account of the enormity of the vulnerability of the Asian countries to diabetes, the author deals with a more relevant question - What is speeding the sweep of Type 2 diabetes across Asia He provides compelling reasons too, which make the people in the health care industry reflect on the need for greater vigilance against the epidemic. " Above all, it's a matter of lifestyle. The shape of Asia is literally changing, and many are inclined to blame it on Western-style food, personified by ubiquitous chains like McDonald's and KFC Evolution also comes into play. Researchers cite the theory of the 'thrifty gene,' which posits that the human body is designed to survive periods of feast and famine-the bountiful seasons of harvest and hunting followed by the inevitable fallow seasons." (Zabriskie) Therefore, the article by Zabriskie is one of the most applicable explorations of the disease of diabetes across Asia. The article is highly valuable in the efforts to check the spreading of the disease in the region and in finding important future solutions.

From the evidences cited in the article, it becomes lucid that diabetes is largely becoming an Asian epidemic and its victims are younger than ever. In any effort to counter the issues concerning the disease and its spreading, the article seems to provide valuable guidance to the government and the health sector. In other words, a clear understanding of the situation as well as the elements leading up to the wide spread of the disease is vital and the agencies in the workout for future solution need to realize the factors behind the crisis. Thus, there should be more valuable efforts to implement a lifestyle which does not contribute to the spreading of the diabetes. The government and the health sector in these nations need to be more

proactive to face the situation and the model of social engineering adopted in Singapore may be followed other parts of Asia. The article, therefore, provides a greatly valuable contribution to the efforts to counter the spreading of diabetes.