

A quarter of Iranian adults suffer from pre-diabetes

Social Desk

Twenty-five percent of Iran's adult population has pre-diabetes, putting them at risk of developing the disease and its complications, according to the head of the Endocrine and Metabolism Research Institute of Tehran University of Medical Sciences.

"However, this risk can be mitigated through proper education and adopting a healthy lifestyle," said Afshin Ostovar, according to IRNA.

Ostovar revealed these concerning statistics regarding diabetes in the country during a press conference held on the eve of World Diabetes Day (November 14).

He further pointed out that diabetes is among the most prevalent metabolic diseases worldwide, affecting approximately 450 million individuals.

"This number is projected to exceed 700 million by 2040," he said.

Additionally, he noted that more than 20 percent of the Iranian population over the age of 18 is overweight, with women being twice as likely to be overweight as men, which is a "significant risk factor for diabetes."

Furthermore, Ostovar said that two-thirds of individuals over the age of 60 in Iran are

overweight. He also revealed that over 50 percent of people in the country do not engage in the recommended amount of physical activity, particularly women, who exhibit a 60 percent lack of physical activity.

According to Ostovar, the prevalence of diabetes in Iran is currently at 14 percent, indicating a 30 percent increase over the past five years.

"This rise poses a significant burden on the healthcare system, leading to increased treatment costs. To address these challenges, a new diabetes symposium is scheduled to take place on November 14, which aims to raise awareness of high-risk factors and promote effective actions to combat diabetes," he said.

Another expert, Mohammadreza Mohajer, a professor from Tehran University of Medical Sciences, also warned about the escalating incidence of diabetes in the country. He highlighted that "four out of ten people in Iran have abnormal blood sugar levels," indicating a high prevalence of the condition. Moreover, many individuals remain unaware of their diabetes, seeking medical assistance for other health concerns such as heart disease.

"If left untreated, diabetes can lead to coma and death," Mohajer said.

There are other severe

complications as well, including blindness, kidney failure, and even the need for leg amputation. "Fifteen percent of diabetic patients suffer from foot ulcers, with 25 percent requiring amputations," he said.

Mohajer stressed the importance of early diagnosis and proper management of diabetes. However, he expressed concern that despite available information, a significant portion of the population remains unaware of their condition or fails to adequately control their blood sugar levels. To combat diabetes effectively, he proposed collaborative efforts between the Ministries of Sports and Youth and Education.

"These efforts would involve creating suitable sports facilities and training students as health ambassadors to prevent the further spread of the disease."

The rise in diabetes can be attributed to various factors, including the consumption of high-calorie foods and a sedentary lifestyle. Being overweight alone accounts for 50 percent of diabetes cases, and the aging population also contributes to its increasing prevalence. In fact, diabetic patients currently rank as the third most populous group globally. By 2040, the number of diabetes cases is projected



● IRNA

to reach a whopping 700 million people, according to statistics from the World Health Organization.

The COVID-19 pandemic has further complicated the situation, as it has increased insulin resistance and secretion. The fear of seeking medical attention during the pandemic has led to an increase in amputations due to diabetes. To address these challenges, steps must be taken to ensure that individuals receive appropriate medical care and treatment.

On a more positive note, it was announced that Iran will begin producing a new insulin drug from December 2023 onwards.

"This insulin will be readily available in pharmacies and will provide patients with a longer-lasting and more effective treatment option," Mohajer said, adding, "Unlike previous insulin drugs, this new formulation will only require two daily injections." He then noted that there are already insulin drugs available internationally that allow patients to control their blood

sugar levels with just a single injection. Furthermore, ongoing studies are exploring the potential of insulin drugs that require only one injection per week to maintain blood sugar control.

The fight against diabetes in Iran requires increased awareness, education, and access to proper healthcare. By addressing risk factors, promoting healthy lifestyles, and improving treatment options, it is possible to curb the escalating prevalence of this chronic disease.

Loneliness blurs brain's line between real friends and fictional characters

A recent neuroimaging study published in Cerebral Cortex has shed light on how loneliness can affect the way our brains process real-life friends and fictional characters from television shows.

The study indicates that lonely individuals may blur the boundary between real friends and beloved fictional characters, experiencing a more similar neural response when thinking about both, compared to their less lonely counterparts, according to PsyPost.

The backdrop to this research stems from the

challenging period of the COVID-19 pandemic, which limited opportunities for socializing with friends and acquaintances. People around the world turned to television series, books, and other forms of fiction to fill the void left by physical isolation. In the United States alone, individuals reported spending an extra 30 minutes a day on personal interest activities like watching TV or reading during the pandemic.

A similar trend was observed in the United Kingdom, where adults increased their daily

streaming service usage by 71 percent. With subscriptions to streaming services surpassing one billion during the pandemic, it's clear that engagement with fictional narratives reached new heights. Simultaneously, there was a growing concern about loneliness, especially among young adults.

Prior research has shown that individuals tend to seek a sense of social connection from mediated experiences, such as engaging with fictional characters, when they are feeling socially rejected or

lonely. This study aimed to explore the relationship between loneliness and the way the brain represents real friends and fictional characters.

"My students and I have long been interested in how the brain makes sense of other people," said study author Dylan D. Wagner, an associate professor of psychology at The Ohio State University.

"How we learn about them, how that knowledge is stored and retrieved, how it may be different for different people. Along the way, we became

interested in how people feel and think about fictional characters and form so-called parasocial relationships with them."

The study involved 19 right-handed participants (10 females, median age = 24) who were fans of the popular television series "Game of Thrones." The researchers selected this show because it featured a large and diverse cast of characters, allowing for a variety of attachments. Data was collected during the seventh season of the show, which aired in 2017.



Second Announcement

NATIONAL IRANIAN SOUTH OILFIELDS COMPANY
AHVAZ-IRAN

TENDER NO.: 08-21-0140006

Items	Material Description	Quantity
01	TUBING 4-1/2 IN. API GRADE L-80 SEAMLESS "VAM", "N.VAM", THREAD, 15.1 PPF	3000 LE

Vendors who intend to participate in aforesaid tenders are requested to send their "Intention To Participate" letter via fax to the following number along with their resume according to Qualitative Assessment Form no. 1, available at: www.nisoc.ir, not later than 14 days after the second announcement, otherwise, their requests for participation in the tender will be disregarded.

The applicants should have relevant background in supplying the required goods and capability to provide and submit a bid bond of 73,066/10 EURO or 28,700,000,000 RIAL, in favor of NISOC. Tender documents including the materials through technical specifications and Qualitative Assessment Forms can be accessed via: www.nisoc.ir-material-procurement-management-tab.

ONLY ACCEPTABLE DELIVERY TERM IS D.D.P. NISOC'S WAREHOUSE, AGHAJARI, IRAN PAYMENT TERM IS C.O.D., SUBSEQUENT TO NISOC'S MATERIAL APPROVAL.

FOREIGN PURCHASING DEPARTMENT
Bldg. No. 104, Material Procurement Management Complex, Kouy-e-Fadaeian Islam (New Site), Ahvaz, Iran
Tel. No.: 061 34 12 4644
Fax No.: 061 34 45 74 37

Public Relations

WWW.SHANA.IR WWW.NISOC.IR <http://IETS.MPORG.IR> 1598531

PIC OF THE DAY



The medical staff of Shiraz University of Medical Sciences hospitals gathered together to condemn the crimes of Israel and express support for the oppressed Palestinians in Gaza, on November 13, 2023. The photo depicts a protester holding a poster of Israeli Prime Minister Benjamin Netanyahu, featuring a dialogue printed on it: "What's your job?" "Killing children."

● MOHAMMADREZA DEHDARI/ISNA