

Healing Beyond Blood Sugar

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Editors

Healing Beyond Blood Sugar

A Complete Guide to Managing
Diabetes-Related Disabilities

 Springer

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I dedicate this work with deepest love and gratitude to my beloved parents, Ms. Sonali Adhikary and Mr. Dipak Adhikary, My sister Ms. Barnali Adhikary and My Wife Ms. Supriya Adhikary, whose unconditional support, sacrifices, values, and constant encouragement have been the foundation of my academic journey and personal growth. Their faith in my dreams gave me the strength to persevere through every challenge.

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This work stands as a humble tribute to their lasting influence on my life and career.

Preface

Diabetes mellitus has long been framed through the narrow lens of glycemic control numbers, targets, medications, and metabolic indices. While these remain essential to clinical management, they represent only one dimension of a far more complex and human condition. Across the globe, millions of individuals living with diabetes quietly navigate a second, often under-acknowledged reality: the progressive disabilities and functional limitations that emerge from long-term complications. It is within this overlooked terrain that *Healing Beyond Blood Sugar: A Complete Guide to Managing Diabetes-Related Disabilities* finds its purpose.

This book was conceived from a shared realization among clinicians, researchers, rehabilitation specialists, and educators that diabetes care must evolve beyond glucose monitoring alone. Neuropathy, retinopathy, nephropathy, chronic wounds, cognitive decline, sexual dysfunction, psychological distress, and mobility impairments are not isolated sequelae—they are life-altering conditions that shape independence, dignity, and quality of life. Yet patients and caregivers frequently report fragmented guidance once such complications arise. Traditional diabetes manuals seldom address the lived experience of disability, rehabilitation pathways, or long-term functional adaptation. This volume seeks to bridge that gap.

Organized into fifteen thematically integrated chapters, the book adopts a multidisciplinary and person-centered approach. It begins by expanding the clinical narrative examining the full spectrum of diabetes complications and the mechanisms underlying progressive disability. Subsequent chapters focus on early recognition of functional decline, followed by in-depth explorations of major complication domains: nerve damage, non-healing wounds, visual impairment, renal dysfunction, cognitive and mental health challenges, and musculoskeletal limitations.

Importantly, this work does not remain confined to pathology. Equal emphasis is placed on restoration, adaptation, and empowerment. Dedicated sections explore therapeutic nutrition, rehabilitative exercise, infection control, digital health technologies, assistive devices, and strategies for sustaining independence in daily living. Psychosocial dimensions including stigma, intimacy, caregiver burden, and social participation are addressed with sensitivity, recognizing that healing is as much emotional and societal as it is biological.

A defining strength of this book lies in its interdisciplinary authorship. Contributors span clinical medicine, biomedical sciences, rehabilitation, public health, and allied health professions. This diversity enables a 360-degree perspective blending evidence-based medicine with practical care models, case insights, and culturally responsive strategies. The integration of real-world experiences alongside scientific discourse ensures that the text remains both academically grounded and pragmatically useful.

The intended readership is equally broad yet interconnected. Healthcare professionals will find guidance for multidisciplinary care planning and long-term complication management. Rehabilitation specialists and nurses may use the text to design function-focused interventions. Public health practitioners can draw on its disability-inclusive frameworks. Most importantly, individuals living with diabetes and those who care for them will discover actionable knowledge to preserve mobility, autonomy, and well-being.

As global diabetes prevalence continues to rise alongside aging populations and multimorbidity, the burden of diabetes-related disability will expand in parallel. Health systems must therefore transition from episodic metabolic care to continuous, life-course support models. By foregrounding function, independence, and quality of life, this book aligns with that emerging paradigm.

This volume is not merely a clinical reference; it is an advocacy effort. It calls for recognition of diabetes-related disabilities as a critical public health priority and urges the integration of rehabilitation, psychosocial care, and assistive innovation into mainstream diabetes management.

We extend our sincere appreciation to all chapter contributors, reviewers, and professional collaborators whose scholarship and dedication made this work possible. We are equally grateful to the patients and caregivers whose lived experiences continue to inform, challenge, and inspire advancements in compassionate chronic care.

It is our hope that *Healing Beyond Blood Sugar* will serve as a meaningful resource guiding readers not only in managing complications, but in restoring possibility, resilience, and dignity beyond diagnosis.

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Dr. Krishnendu Adhikary

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Abbreviations

AC	Aadhesive capsulitis
ADL	Activities of daily living
AGEs	Advanced glycation end products
AI	Artificial Intelligence
CTS	Carpal Tunnel Syndrome
DM	Diabetes mellitus
IGF	Iinsulin-like growth factor
LJM	Limited Joint Mobility
MSDs	Musculoskeletal disorders
NSAIDs	Non-steroidal anti-inflammatory drugs
OA	Oosteoarthritis
RAGE	Receptor for advanced glycation end-products
ROM	Range of Motion
SfTf	Stenosing flexor tenosynovitis of the finger