

Pain and Diabetes: An interdisciplinary Approach

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Introduction

- Chronic pain is a frequent but underrecognized complication in patients with diabetes.
- Hypertension, intercurrent morbidities contribute to reduced quality of life.
- A holistic, interdisciplinary approach beyond glycemic control is needed

Objectives

- Conducting interactions between diabetes and pain.
- Highlight interdisciplinary models for managing pain in diabetic patients.
- Discuss patient-centered strategies for improving outcomes

Discussion

- Pain management in diabetes is complex and should rely solely on pharmacologic approaches.
- Lifestyle modification, patient education, and psychosocial support in addition to medical therapy.
- Multidisciplinary collaboration to address biological, psychological, and social dimensions of pain

References

Results

- Diabetic peripheral neuropathy remains the most common source of chronic pain.
- Higher prevalences of frozen shoulder, osteoarthritis, and carpal tunnel syndrome in diabetics.
- Depression and anxiety aggravate the perception of pain,
- Interdisciplinary models improve both symptom control and quality of life



Conclusion

- Pain and diabetes are interrelated in significant ways.
- A comprehensive, interdisciplinary approach leads to better patient outcomes and reduced healthcare burden
- Future research focus on integrated care pathways and long-term patient-reported outcomes