



**Keywords:** Diabetes mellitus; Type 2 diabetes; Genetic predisposition; Lifestyle factors; Morbidity

## **Introduction**

Diabetes mellitus, a chronic metabolic disorder characterized by elevated blood glucose levels, stands as one of the most pressing global health challenges of the 21st century. Its prevalence has reached

of high blood sugar levels. It is a multifaceted condition influenced by genetics, lifestyle choices, environmental factors, and a spectrum of clinical manifestations and complications. Recognizing and addressing