

Diabetes and Stress: A Review

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ABSTRACT Stress is a part and parcel of modern day life. Stressors may be internal and external. Our body responds to stress either as fight or flight response and repeated stress may lead to failing rheostat phenomenon of hypothalamus leading to less efficient hormonal control through feed-backs. This leads to various changes in body functioning at various levels like cellular, organic or systemic and finally leads to various diseases. Diabetes may be an outcome of stress and further sets in a vicious cycle of stress-diabetes relationship. Stress coping mechanisms are many and it depends on resources available with a wide range of personal variations.