

Diabetes, whether Type 1 or Type 2, is a pervasive health issue impacting millions worldwide. Therefore, managing diabetes through medication, diet, exercise, and regular monitoring is crucial in mitigating its detrimental effects and improving overall quality of life. Type 1 diabetes occurs when the body's immune system mistakenly attacks and destroys insulin-producing cells in the pancreas. This autoimmune response leaves individuals reliant on external insulin administration for survival.