In conclusion, diabetes mellitus remains a widespread chronic condition affecting a significant proportion of the global adult population.Ultimately, effective diabetes management depends on a collaborative approach involving patients, healthcare professionals, and broader health systems to overcome barriers and improve outcomes.However, maintaining consistent adherence to daily insulin injections continues to be challenging for many patients, as various lifestyle and personal factors can interfere with treatment routines.This review highlights that missed insulin doses are strongly associated with poor glycemic control, increased risk of complications, and higher rates of hospital admissions.Technologies such as real–time monitoring devices and mobile applications may support self–management, but human support from healthcare providers and family members remains essential.Evidence suggests that adherence improves when patients receive education tailored to their daily lives, combined with appropriate clinical support and accessible management tools.

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