Our Worst Pandemic and We Still Don’t Know the Cause

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THE PANDEMIC

The prevalence of diabetes cases has risen dramatically in the 21st century. The world is confronted by the most serious pandemic in history that promises a catastrophic prevalence of strokes, blindness, renal failure, amputations, and other devastating outcomes of the metabolic syndrome. This is a crisis we can no longer ignore.

REDEFINING THE METABOLIC SYNDROME

The current definition of the metabolic syndrome by the American Heart Association is that it involves having at least 3 out of 5 conditions, i.e., central obesity, hypertension, hyperglycemia, high LDL and low HDL cholesterol values. However, bariatric surgery and/or the administration of the new GLP1-agonist drugs leads to resolution of not only all five of these entities but also to a reduction in the prevalence of cancer, nonalcoholic steatotic hepatitis (NASH), polycystic ovary syndrome, an increase in cognition, and others.

METHODS

PubMed was used to conduct a review of 2,254 publications related to diabetes and pesticides. Of these, 74 met the criteria for review in terms of the diabetogenic effects of chronic pesticide exposure to humans. After realizing that the timeline of pesticide use did not correlate with the dramatic increase in diabetes cases, we pivoted to reviewing current literature related to potential causes of diabetes, including signaling pathways, diet, the intestinal microbiome, and viruses.

REFERENCES


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