Persistent Organic Pollutants and Diabetes Mellitus

Sir,

Lee and Co-workers\(^1\) study associating chronic exposure to persistent organic pollutants to Diabetes has far reaching public health importance and may explain the Diabetic Epidemic occurring globally as well as in our country. This may explain the increased prevalence of Diabetes in rural areas. It is found in the above study that those who show high concentration of polychlorinated biphenyl have five times higher prevalence of Diabetes in general population.\(^2\) Obesity per-se may not be a risk factor unless obese have higher levels of persistent organic pollutants in the serum. The lipophylic compounds have long half-life in fatty tissues, cause insulin resistance and Type-2 diabetes. Persistent organic pollutants are implicated in hypertension, Type-2 diabetes, neuropathy, immune dysfunction, reproductive anomalies and carcinogenesis.

We need to study persistent pollutants serum level in Indian population, both in non-diabetics and diabetics. Measures to reduce the pollutants concentration in the environment and food change are to be worked out and public should be made aware about this problem.

---

**References**

2. Persistent Organic Pollutants and the Burden of Diabetes – *The...*