

**Response to Comments on Sanjay Kalra et al (J Pak Med Assoc. 2019; 69(1): 127)****Diabetes as a communicable disease**Sanjay Kalra<sup>1</sup>, Arun Kumar<sup>2</sup>

Madam, We appreciate the interest in our review 'diabetes as a communicable disease,<sup>1</sup> by the authors<sup>2</sup>. Rehabilitation professionals, including physiotherapists<sup>3</sup> have an important role to play in the prevention and management of diabetes. As mentioned by JPMA's readers<sup>2</sup>, and noted by researchers elsewhere<sup>4</sup>, awareness and education regarding this aspect of health is poor.

Just as diabetes is communicable, so are physical activity and exercise. Fostering an exercise-friendly culture in society will help improve metabolic health and prevent diabetes. Timely referral to rehabilitation professionals, well-versed with the nuances of diabetes care, will also help in secondary and tertiary prevention of diabetes and

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its complications.

We appreciate and encourage communication regarding ways to fight diabetes: if diabetes is communicable, we should use communication to defeat it!

**References**

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