

Review of: "Glycemic Control and Its Determinants Among Type 2 Diabetes Mellitus Patients at the Limbe Regional Hospital, Limbe, Southwestern Cameroon"

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Potential competing interests: No potential competing interests to declare.

Thank you for this opportunity. Diabetes is a critical public health issue around the world. This study will contribute to the control of diabetes in Cameroon. I propose that you should add the following items to the discussion section of your manuscript:

1. Early diagnosis is important to prevent the worst effects of type 2 diabetes. The World Health Organization recommends that the best way to detect type 2 diabetes at an early stage is through regular check-ups and blood tests from a healthcare provider. Improving glycemic control in diabetic patients therefore requires the support of healthcare professionals. Training of medical professionals such as diabetes doctors, pharmacists, nurses, dietitians, and exercise therapists is, and will remain, a major challenge. Medical professionals should consider creating programs to encourage patients to improve their self-management.
2. The authors stated, "A diet rich in fiber is helpful for the management of hyperglycemia in diabetics". In my view, furthermore, eating a healthy balanced diet and avoiding excess sugar and fat, so that calorie intake is appropriate for weight control, is more significant for glycemic control.