

## REVIEWER'S REPORT

Manuscript No.: IJAR-55676

**Title:** Degenerative Complications of Type 2 Diabetes: A Cross-Sectional Study in a Moroccan Population

### Recommendation:

Accept as it is .....

**Accept after minor revision.....**

Accept after major revision .....

Do not accept (*Reasons below*) .....

Rating	Excel.	Good	Fair	Poor
Originality		Good		
Techn. Quality		Good		
Clarity	Excellent			
Significance	Excellent			

Reviewer Name: Dr. Sumathi

### Detailed Reviewer's Report

- Degenerative complications are problems that arise from the progressive, irreversible breakdown of cells, tissues, or organs over time, often linked to aging, wear-and-tear, genetics, or lifestyle factors, leading to gradual loss of function, disability, and conditions or degenerative disc disease, causing symptoms like pain, weakness, or impaired movement as the condition worsens.**
- Degenerative complications of type 2 diabetes are long-term, progressive damages to organs and systems, primarily from high blood sugar harming blood vessels and nerves, leading to severe issues like heart disease, stroke (macrovascular), and nerve damage (neuropathy) affecting feet and digestion, kidney disease (nephropathy), eye damage (retinopathy, glaucoma, cataracts, blindness), slow-healing foot sores, infections, and increased risk for Alzheimer's and osteoporosis.**
- These complications develop gradually and significantly reduce quality of life and lifespan, affecting the cardiovascular, nervous, renal, and visual systems, as well as bones and skin.**
- Type 2 diabetes is a chronic condition where the body either doesn't make enough insulin or doesn't use insulin properly (insulin**

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resistance), causing blood sugar (glucose) to build up in the blood instead of entering cells for energy.

5. It's the most common type of diabetes, often developing slowly over time, with symptoms like increased thirst, frequent urination, fatigue, and slow-healing sores, and is linked to genetics, excess weight, inactivity, and aging.
6. Moroccan Type 2 Diabetes (T2D) is a significant public health concern, with prevalence around 12-16% in adults, affecting over 2 million people, and T2D making up about 80% of cases, driven by lifestyle factors like obesity, inactivity, and unhealthy diets, with many cases undiagnosed (around 50%). Key risk factors include older age, obesity, hypertension, family history, and urban living, while complications like blindness, kidney, and heart disease are common, making lifestyle changes crucial for prevention and management.
7. Key words must be given
8. Abstract is good.
9. Result part is awesome can be given graphs for tables.
10. Summary points must be included.
11. References should be in alphabetical order.
12. After a small changes good to publish in your journal.