INSPIRATIONAL STORY

Peace of Mind

Once, Buddha was walking from one town to another town with a few of his followers. This was in the initial days. While they were traveling, they happened to pass a lake. They stopped there and Buddha told one of his disciples, "I am thirsty. Do get me some water from that lake there."

The disciple walked up to the lake. When he reached it, he noticed that some people were washing clothes in the water and, right at that moment, a bullock cart started crossing through the lake. As a result, the water became very muddy, very turbid.

The disciple thought, "How can I give this muddy water to Buddha to drink!" So he came back and told Buddha, "The water in there is very muddy. I don't think it is fit to drink."

After about half an hour, again Buddha asked the same disciple to go back to the lake and get him some water to drink. The disciple obediently went back to the lake. This time he found that the lake had absolutely clear water in it. The mud had settled down and the water above it looked fit to be had. So, he collected some water in a pot and brought it to Buddha.

Buddha looked at the water, and then he looked up at the disciple and said, "See what you did to make the water clean. You let it be… and the mud settled down on its own – and you got clear water… Your mind is also like that. When it is disturbed, just let it be. Give it a little time. It will settle down on its own. You don't have to put in any effort to calm it down. It will happen. It is effortless."

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Persistent Hypertriglyceridemia and Risk of Incident Type 2 Diabetes among Young Adults

Young adults with persistent high triglyceride levels are thrice more likely to develop new-onset type 2 diabetes, suggests a recent study from South Korea published in the journal *Diabetes Research and Clinical Practice*.[1]

Researchers from the Hanyang University College of Medicine, Soongsil University, Konayng University Hospital, Republic of Korea conducted this study to investigate a potential connection between cumulative exposure to hypertriglyceridemia over a 4-year period and the risk of developing type 2 diabetes in young adults. They analyzed data of a large sample of 1,840,251 participants, aged 20 to 39 years, from the South Korean National Health Insurance Service (NHIS) database, who had undergone four consecutive annual health checkups and had no prior history of type 2 diabetes. These participants were divided into five groups (exposure score 0-4) based on the frequency of hypertriglyceridemia diagnosis. The primary outcome of interest was the occurrence of incident type 2 diabetes. During the 6.53-year follow-up period, 40,286 participants, who had cumulative exposure to fasting triglyceride levels of 150 mg/dL or higher, were found to have developed type 2 diabetes. The cumulative incidence of type 2 diabetes showed a significant increase with higher exposure scores for hypertriglyceridemia. The hazard ratio (HR) for incident diabetes, adjusted for multiple variables such as blood pressure, smoking, body mass index (BMI), among others, was 3.715 for participants with an exposure score of 4 vis-à-vis 1.674 for those with an exposure score of 1. The HRs for participants with exposure score of 2 and 3 were 2.192 and 2.637, respectively compared to those with an exposure score of 0.

This study has demonstrated a significant association between exposure to hypertriglyceridemia and an increased risk of type 2 diabetes. This association was found to be independent of lifestyle-related factors. Hence, maintaining healthy triglyceride levels is important in reducing the risk of developing type 2 diabetes in young adults as they are more likely to develop type 2 diabetes over time. Regular health checkups can help identify and monitor triglyceride levels, allowing for early intervention and management to mitigate the risk of developing type 2 diabetes.

Reference

1. Lee MK, et al. Cumulative exposure to hypertriglyceridemia and risk of type 2 diabetes in young adults. Diabetes Res Clin Pract. 2024;208:111109.