



Calidad de vida y hábitos saludables en las aulas: Una alternativa para el diagnóstico y monitorización de la diabetes mellitus a través de compuestos volátiles orgánicos

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Analítica

Diabetes Mellitus (DM) is a common and widespread biochemical disorder that affects nearly 400 million people worldwide. It is a multiorgan disease that produces serious and lifethreatening complications. In situations of hypoglycaemia, the ability to concentrate and the intensity of physical activity may be reduced. It's necessary to establish seminars and pedagogical activities in the classrooms, in order to avoid the risk among students of developing this disease, which is increasing more and more among sedentary people, overweight and unhealthy eating habits. This research tries to establish the characteristics and factors to take into account to identify a profile of VOCs (Volatile Organic Compounds) present in exhaled air. A systematic review has been carried out based on the PRISM Declaration by the QUADAS-2 (Quality Assessment of Diagnostic Accuracy Studies 2) method. It's concluded that the main advantage of this approach shows a non invasive method that can help improve people's quality of life. The practice of sport and physical activity can promote progress at a therapeutic and preventive level, obtaining optimal health benefits

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