The understanding and treatment of diabetes mellitus have undergone significant transformations over the centuries, marked by notable milestones that have shaped current practices. Initially, diabetes was recognized as a condition of excessive urination and thirst, with ancient physicians offering rudimentary treatments based on dietary restrictions. The discovery of insulin in 1921 represented a groundbreaking advancement, transforming diabetes from a fatal disease into a manageable chronic condition (Ref-f055947). Over time, the development of oral hypoglycemic agents and advanced diagnostic tools has further refined treatment strategies, allowing for more individualized patient care. Furthermore, the advent of genetic and molecular research has deepened the comprehension of diabetes' pathophysiology, paving the way for innovative therapeutic interventions and a more nuanced classification of the disease (Ref-f055947).