

## What is Diabetes?

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**Annotation:** “Diabetes Diagnosis” contains safe and useful information for patients with diabetes. Patients diagnosed with diabetes can read the resources listed in this article and get the advice they need. It also provides information the influential factors that can cause or be effecting to diabet, once a reader gets a full information about it, he should avoid this affects. Moreover, there is information about types of diabetes and the way they lead to a severe health problem. To avoid all of these I also illustrate some key factors to avoid immediately, as they are harmful and performances that should be taken.

**Key words:** insulin, hormone, glucose, treatment, sugar levels, diabetic nephropathy, substances.

Firs of all, Diabetes is a chronic disease that occurs when the pancreas does not produce enough insulin or when the body does not use the insulin produced effectively. Insulin is a hormone that controls sugar level in blood. When we eat, our body breaks down nutrients into smaller pieces. One of these small parts is glucose, which is absorbed from the intestines into the blood. A hormone called insulin, secreted by the pancreas, helps glucose in the blood move into the body's cells. Figuratively speaking, insulin opens the cell door and glucose enters the cell. Glucose entering the cell is mainly used for energy production.

Diabetes is a complicated condition which can take many different forms. In addition to the more common types of diabetes - type 1, type 2 and gestational diabetes, there are a range of other types of diabetes, which are just as important.

About 2% of people have these other types of diabetes. These include different types of monogenic diabetes, cystic fibrosis-related diabetes, and diabetes caused by rare syndromes. Certain medications such as steroids and antipsychotics could lead to other types of diabetes, as well as surgery or hormonal imbalances. Unfortunately, many of these people are misdiagnosed leading to delays in getting the right treatment.

We're proud of the research we have supported to ensure better diagnosis and treatments for all types of diabetes, and it's taught us a lot about the condition.

If you have type 1 diabetes, your blood sugar is too high because your body can't make a hormone called insulin.

Fewer than one in 10 people in the UK who have diabetes have type 1 diabetes. There is nothing you can do to prevent yourself or others developing type 1 diabetes. The exact causes are not known.

Although it's often diagnosed in childhood, people can develop type 1 diabetes at any age. You are at a slightly higher risk of type 1 diabetes if your mother, father, brother or sister has it. Insulin

is the main treatment for type 1 diabetes. You can't live without insulin injections or using an insulin pump. Checking and managing your blood sugar levels is important to help you reduce your risk of serious short or long-term health problems. These are called diabetes complications.

Type 2 diabetes is the most common type. It is high blood sugar levels due to your body not making enough of a hormone called insulin, or what it makes not working properly — known as insulin resistance.

Treatment includes eating well and moving more. Some people may also need to take diabetes medication such as metformin or insulin.

Type 2 diabetes can go undiagnosed for years if symptoms are missed. Left untreated high blood sugar levels can cause serious health problems called diabetes complications.

Anyone can develop type 2 diabetes but it mostly affects people over 25 often with a family history. Type 2 diabetes doesn't just affect people living with overweight or obesity, although this is one of the risk factors, along with ethnicity.

There's no cure but some people with type 2 diabetes can put their diabetes into remission by losing a significant amount of weight.

There are several types of diabetes: type 2 diabetes is the most common among other types of diabetes, accounting for 85-90% of patients. Type 2 diabetes can occur at any age, but is most common among people who are overweight (obese) and over 35.

### **Control and maintenance**

The main goal of diabetes treatment is to maintain blood sugar levels as close to normal as possible. Some people do not know they have diabetes for months or years, and only discover the disease when complications arise. To diagnose this widely known disorder humans should be aware of symptoms and signs as well. There number of symptoms that a majority of diabetes sufferers face in these days:

#### **Symptoms of diabetes:**

1. Frequent urination;
2. Dizziness, strong thirst;
3. Obvious weakness, drowsiness;
4. Feeling of hunger;
5. Losing weight;
6. Itchy skin.

If you have type 2 diabetes, you may not need to use insulin straight away. But some people have very high blood sugar levels when they are first diagnosed. Insulin can be used as a short-term treatment to help quickly bring down your blood sugar levels.

Some people may need to take insulin for a particular reason, like during pregnancy, a severe illness, or after surgery. But you may also need to start insulin as a treatment if other medications haven't helped managed your blood sugar levels or aren't appropriate for you. Many people with type 2 diabetes need to use insulin as treatment at some point. If you need to start insulin treatment, remember that this isn't your fault.

It's still important to keep going to your appointments and manage your condition with healthy lifestyle choices. Staying active and eating a healthy diet will reduce the risk of complications from your diabetes. When you start taking insulin, you may notice that you start to put on weight. There are lots of reasons for this, like how much insulin you take, your diet and the type of insulin you're taking. If you're worried about putting on weight, or you'd like some help losing weight, then we're here to help.

### **COMPLICATIONS OF DIABETES**

In diabetes, the amount of urine also changes, that is, it comes out a lot. The reason is that when there is a lot of glucose in the urine of the kidney tubules, the unabsorbed glucose increases the

osmotic pressure of the urine and retains water in it. Due to the insufficient absorption of water in the tubules, the kidneys begin to produce excess urine. Because of this, patients are always thirsty, which forces them to drink a lot of water. And as a result, organs located in different parts of a body sometimes refuse and in long period they come out of work. Here are a few consequences that diabetes jeopardises personal health:

- Stroke
- Visual impairment
- Heart attack
- Kidney failure
- Leg amputation.

### **Visual impairment - diabetic retinopathy**

Diabetic retinopathy and blindness may develop as a result of damage to small vessels.

### **Kidney damage diabetic nephropathy**

Healthy kidneys remove harmful substances from the human body. If an excessive amount of glucose damages the kidney vessels, kidney function is impaired. In this case, it is possible to see the excretion of protein through the urine. Diabetic foot syndrome affects diabetic retinopathy and large blood vessels, arteries and nerves.

### **Foot damage diabetic palmar syndrome.**

Diabetic neuropathy is accompanied by various pains in the legs, tingling, "crawling", stabbing pains, tingling.

#### **Allowed:**

1. Nails can be treated only with a nail file.
2. Regular use of foot creams.
3. It is necessary to warm the feet with warm socks without rubber.

#### **Prohibited:**

1. It is impossible to heat the feet near a heater, electric heating equipment or a heating battery.
2. It is forbidden to bathe the feet in very hot (above 40°C) baths.
3. Walking barefoot is prohibited.
4. It is forbidden to wear uncomfortable, hard, narrow, high-heeled shoes and even maxis.
5. Do not use tight rubber, compression stockings.

The main healthy lifestyle of patients with type 2 diabetes is a proper and healthy diet.

### **Food products that cannot be eaten:**

Ice-cream, pancakes, wheat porridge, animal fat, potatoes fried in vegetable oil, mutton, cream, grapes, melons, hot dogs, sausages from smoked products, fried eggs, raisins, figs, carbonated drinks, especially alcoholic drinks. Diabetic patients can also do sports.

#### **Available sports:**

- volleyball, basketball, tennis, badminton, running and others.

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