


**Learning english conversation 101**

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Diabetes Mellitus, also known as Diabetes, is a health condition that develops when your body can not process the Azúcar normally. It leads to higher blood glucose levels than normal, which means that glucose, which is a type of sugar, accumulates in your blood. If it is not treated, high blood sugar levels associated with diabetes can damage their organs and other body systems. Diabetes also has a hormonal component. When you eat, your stomach and the slim intestine absorb the glucose of food and usually sugar in the bloodstream. Insulin, a hormone produces its pancreas, stimulates other cells to take blood glucose and use it to obtain energy. Typically, its cells absorb that sugar and process it efficiently, reducing its sugar in the blood in the process. When you have diabetes, your body does not do or use insulin correctly. Its cells may also have problems to absorb glucose, depending on the type of diabetes you have. This causes its sugar levels in the blood to increase, what is known as hyperglycemia. There are two main types of diabetes: type 1 and type 2. Type 1 diabetes is caused mainly by genetic and is due to a functional breakdown of the cells that produce insulin. Often, type 1 diabetes results in that its pancreas produces little or no insulin. Type 2 diabetes has strong links with obesity and generally derive from a combination of diet, lifestyle and genetic factors. Type 2 diabetes is typically diagnosed at a senior age, more commonly greater than 45 years, while type 1 diabetes is generally diagnosed in childhood or adolescence. Altering your diet and lifestyle can sometimes prevent type 2 diabetes, but you can not prevent type 1. Symptoms of all types of diabetes are In addition, leave all kinds of untreated diabetes can cause serious health complications. According to the American Association of Diabetes, in 2018, 34.2 million Americans, which is around 10.5% of the population, they had Of those 34.2 million, almost 1.6 million had type 1 diabetes. In addition, about 1.5 million people in the United States get diabetes every year, and 7.3 million don't even know they have it. These numbers highlight how common this health condition is in the United States, and also highlight how serious it is. It's important to learn more about recognizing, preventing, and treating diabetes - doing so can empower you to take charge of your health, provide support to a loved one, and stay informed about vital public health issues. This guide will equip you with the fundamental knowledge you need to better understand a variety of aspects related to type 1 and type 2 diabetes. The symptoms of diabetes you may experience may vary depending on how much sugar you have in your blood. Depending on the type of diabetes you have and how advanced you are, you may not experience any symptoms at first. The first symptoms of diabetes are a direct result of having too much sugar in your blood and include:
Photo courtesy: Maskot/Getty Images
Frequent urination
Increased thirst
Other symptoms may occur as a result of your body’s growing inability to use glucose from the food you eat. These include:
Feelings of irritability
Fatigue
Weakness
Unexplored weight loss
Feelings of hunger
Nausea
Additional symptoms may occur as a result of complications from diabetes. These can also develop if you have diabetes that is not diagnosed:
Blurred vision
Skin infections, particularly fungal groin infections
(stone)
Slow healing of wounds
Numbness and/or tingling of hands or feet
Sexual difficulties such as erectile dysfunction
Signs of diabetes may be subtle. These may include:
Waking up during the night feeling very thirsty
Waking up to pass urine more than once a night
Sleeping during the night do not notice minor injuries in the hands or feet not be able to feel hot or cold temperatures with your fingers, color changes in feet
Having difficulties with sexual excitement
People with type 1 diabetes could also develop a condition called diabetic ketoacidosis (DKA). DKA happens when your body has very little insulin to allow the sugar to enter its cells. His body compensates by extracting energy from other places, such as his fat and muscle tissue. This process creates byproducts called ketones. These by-products are acidic and alter the chemical balance of your blood, which can make it very sick. The symptoms of DKA, in addition to the above, include:
extreme insufficiency fatigue
abdominal pain
Nausea and vomiting
Confusion
Loss of consciousness
Convulsions
Causes of diabetes
los Researchers believe that type 1 diabetes is mainly genetic, but there is not a genetic, but there is no Only gene that determines whether it will develop type 1 diabetes or not. However, several genes have been identified for their potential to increase the risk of a person to develop the condition. It is also likely that there is an environmental influence, but the researchers still do not understand exactly what paper can perform in whether someone develops this condition or not. Type 1 diabetes is more common in certain areas of the world and in urban areas of rural areas. There may also be an association between the development of type 1 diabetes and the types of bacteria and viruses to which someone was exposed in their early childhood.
Photo courtesy: Studio / Getty Images
As Type 1 diabetes, no exact cause of type 2. Diabetes is either, however, there are several risk factors that can increase your likelihood of developing type 2 diabetes. Genética plays a paper; It is more likely to develop this type of diabetes if you have a parent or brother with the affection. Age, obesity, lack of exercise, smoking and unhealthy diet are well-established risk factors that can increase your chances of developing type 2 diabetes and weight Particular play an important role. People whose diets are high in proteins, carbohydrates and red red meat with a higher risk of developing type 2 diabetes than those whose diets consist mainly of fruits, vegetables, white meat and whole grains. Obesity is the strongest risk factor for type 2 diabetes, and this is especially true when extra weight is distributed around your waist. The scientific community believes this is because fat cells can send chemical signals throughout your body to tell other cells not to respond to insulin. This process may result in insulin resistance, your growing inability of your cells to respond to the insulin-initiated process of using your blood glucose. Other medical conditions associated with an increased incidence of type 2 diabetes include high blood pressure (hypertension), high cholesterol, and heart disease. If you have been diagnosed with any of these conditions, it is also important to get tested for diabetes. Preventing Diabetes
Because lifestyle factors play such a prominent role in whether a person develops type 2 diabetes, it is possible to prevent the development of this condition completely by maintaining a healthy lifestyle. Staying at a healthy weight, eating a balanced diet and maintaining a regular exercise routine is the most important thing, along with not smoking. In terms of exercise, you should aim to have less than 150 minutes of moderate intensity or 75 minutes of vigorous intensity activity each week to reduce your risk of developing type 2 diabetes. Type 1 diabetes is not preventable. However, you can prevent complications by keeping your blood sugar level well controlled through the administration and use of insulin medication. This may involve planning your meals carefully, remembering to take insulin at the right time and checking your blood glucose levels regularly. Diagnostic of diabetes for diabetes, is types of diabetes with blood tests. Generally, a health care professional takes a sample of his blood while in a fast state, which means that nothing has been eaten by an established number of hours in advance. When Fasting, your blood sugar level should be under between 70mg / dL and 99mg / dL. Milligrams by deciliter, or mg / dl, measure blood glucose concentration. A high level of fasting blood sugar may indicate diabetes.
Photo courtesy: Fatcamera / Getty Images
your doctor sees indications that you could have diabetes, you can also undergo a glucose tolerance test. This measures its blood glucose levels before and after consuming a refreshment containing a known amount of glucose to determine how your body processes the sugar. To obtain a more long-term indication of your blood sugar level over time, your doctor could also perform a HEMOGLOBIN A1C test. The results of this test show their levels of blood glucose for several months, and a reading of 5.7% or less is considered normal for a person without diabetes. Because type 2 diabetes is common, the media usually offer detection tests to people who are at risk of developing diabetes, including overweight people, people with arterial hypertension or people over 45 years ± OS. It is also important that the media examine anyone who has diabetes symptoms, particularly young people who may have type diabetes 1. As part of the detection process, it is possible that their doctor asks about any Symtom of diabetes that is experiencing, about family somewhere may have diabetes and on their diet and exercise habits. Although it may be uncomfortable, it is important to be honest with your clinic when they are taking the clinical history. This helps them better evaluate their health and determine a treatment plan adapted to their needs. It is also possible that they submit to a physical examination, which includes the checking of your weight and blood pressure. If you are already experiencing diabetes symptoms, your doctor can evaluate it to detect problems with eyesight and sensitivity in the feet. You may be asked to provide a urine sample to check the presence of glucose, proteins and ketones, which may indicate a kidney condition. As part of your overall health assessment, your doctor will also want to check your cholesterol and other biomarkers. Your doctor may also start you on medicines, depending on your test results or as a preventive step. These are all the measures to reduce your overall risk of disease. Type 1 diabetes, type 2 diabetes, and prediabetes type 2 diabetes are much more common than type 1, with between 90% and 95% of people with diabetes having this form. As mentioned, type 2 diabetes develops when your body becomes unable to use insulin normally and the sugar stays in your blood. In type 1 diabetes, which affects only 5 ± 10% of people with diabetes, your body does not produce enough insulin to properly take sugar from your blood and use it for energy. Type 1 Diabetes in type 1 diabetes, your immune system destroys the cells in your pancreas that make insulin, and those pancreatic cells eventually lose their ability to produce insulin at all. Without the right insulin, your body can't use the sugar it absorbs from the food you eat. Instead, the sugar remains in your blood. The underlying reason, a person develops type 1 diabetes, it is believed to be due to genetic factors, and there is no way to prevent this condition from developing. Type 1 diabetes is a lifelong condition that is often diagnosed when a person is a child or teenager, so you may hear people refer to it as "juvenile diabetes." However, it can develop at any age. Symptoms often come quickly over a period of weeks or months, and most commonly include weight loss, weakness, thirst, and frequent urination. People with undiagnosed type 1 diabetes can get very sick from DKA, which happens as their bodies continually try to energy from sources other than sugar. There is no cure for type 1 diabetes, but it can be given with insulin therapy and careful dietary controls to prevent complications. Type 2 diabetes in Type 1 diabetes, type 2 diabetes does not normally arise due to problems with the pancreas or insulin production. Instead, it is developed due to changes in the cells of your body and your response to insulin. With type 2 diabetes, their fat, liver, muscle and other cells begin to ignore insulin signals, although the hormone is abundant and circulates in its bloodstream. Over time, its pancreas produces more and more insulin, and the cells of your body respond less and less. This process is called insulin resistance. As a result, the Azúcar accumulates in the bloodstream. Type 2 diabetes occurs mainly as a result of dietary and lifestyle factors, including poor diet, obesity and inactivity. However there are also genetic links, and people with family history of type 2 diabetes are more likely to develop them themselves. Unlike type 1 diabetes, type 2 diabetes occurs gradually and often worsens over a period of months or years. Symptoms are usually less perceptible, and it is unlikely that people with type 2 diabetes fall deeply suddenly due to the affection. Type 2 diabetes is generally administered with a combination of medications and lifestyle changes. These changes include achieving a healthy weight, changing your diet to reduce the proportion of carbohydrates and consumed azúcars, and incorporate regular exercise. Unlike type 1 diabetes, type 2 diabetes can enter remission with efficient management. People with type 2 diabetes have been able to achieve normal constant readings of sugar in blood without medicines after they have made intensive lifestyle changes. Prediabetes
prediabetes occurs when its blood sugar rises above normal levels, but it is not high enough to be considered diabetes type 2. A doctor can when there is evidence that your body's ability to process glucose is impaired, but not to the point that it is called diabetes. The management of prediabetes focuses on making lifestyle modifications and working hard to prevent prevent Diabetes
Treatmentsif you are diagnosed with diabetes, the types of treatments you will use to control the condition will depend on whether you have type 1 or type 2 diabetes. Your doctor will work with you to determine what might work best for your individual health status and what is manageable for you based on your lifestyle. With this in mind, there are several common treatments that will probably play a role in the way you manage life with diabetes.
Photo courtesy: Matt Chesin/Unsplash
Treatments for Type 1 Diabetes
There are several medicines available to treat type 1 diabetes. The treatment pillar for people with this type is insulin medication because their bodies cannot physically produce the hormone. There are several types of insulin, and they differ in their:
Start time (time it takes insulin to make effect)
Time of peak action (when insulin has its maximum effect)
Duration of action (the time insulin continues to work)
Insulin is measured in "units" and is usually given using a device similar to a pen that is inserted directly into your skin. Some people use portable insulin pumps, which can automatically manage the correct amount of insulin, depending on the blood sugar readings these devices get. Here are some important points on insulin:
Long-acting insulins do not have a particular "pic" and instead administer a constant dose of insulin for a long period of time (normally 20 "24 hours). People usually take doses of these drugs once or twice a day, so your bodies always have enough insulin available to handle the typical demands of sugar-energy. Intermediate action insulins operate within two to four hours. They have a peak of between 4 and 12 hours and they continueuntil 18 hours. Short-acting insulins work in 30 minutes. They reach their peak in two or three hours and continue to work between 12 and 18 hours. Rapid action insulins workA [A few minutes after the dosage. They reach their maximum in an hour and continue working between two and four hours. People often take them at meals and vary their doses according to the amount of azúcar in the meals they are eating. This gives your bodies an amount of insulin adapted to handle the foods that are eating without leaving too much or little insulin in their bloodstream. Insulin regimes can vary widely depending on individual needs. If you have type 1 diabetes and is using insulin, it is important that you consult with your medical care provider periodically to make sure your insulin ratio is optimized. A typical ratio consists of injections of a prolonged action insulin twice a day, along with additional injections of rapid or short action insulin during meals. Health professionals often teach people with type 1 diabetes to count or estimate the amount of azúcar in their meals and snacks. They use this information to manage the correct amount of insulin before or with the food. This helps your bodies use glucose correctly. Treatments for type 2 diabetes
If modifications in lifestyle, such as changes in diet and exercise, by sole, are not enough to maintain type 2 diabetes under control, patients usually begin pharmacological therapy. These therapies involve taking medications that help their bodies respond to insulin in a more typical way or reduce hyperglycemia. Common medications for type 2 diabetes include the following:
Biguanidas, such as metformin, help reduce the amount of glucose produced by the liver. They also help your body better respond to insulin and absorb the sugar that consumes more effectively.
Dipeptidyl peptidase-4 inhibitors (DPP-4), like the And saxagliptin, help the pancreas to produce more insulin.
Sulfonylureas, such as glizide, stimulate the pancreas to produce more insulin.
Tiazolidinds, such as pioglitazone, reduce insulin resistance in fat cells.
Ptido-1 receptor agonists similar to glucagon (GLP-1), as an exenatide and improve the insulin secretion of your pancreas.
Glucose transporter (SGLT) 2 inhibitors help the kidneys remove excess glucose.
People with type 2 diabetes also sometimes need insulin therapy. Type 2 diabetes can cause health complications that affect other systems and organs in your body. It may also increase your risk of developing other health conditions. Because of this, your doctor may need to start taking other medicines that are not specifically formulated to treat diabetes, but that reduce your risk of developing other conditions. These include:
Statins for high cholesterol
Antihypertensive medications for high blood pressure
Aspirin if you are at high risk of developing heart disease
Diabetes treatment: Adjusting your diet
What you eat plays an important role in both preventing and controlling diabetes. If you have diabetes, it is recommended that you adopt a low-fat diet and avoid partially hydrogenated fats altogether. Vegetable oils, nuts and seeds are ideal substitutes for diabetes for meat and dairy products that are high in fat. It is also advisable to eat lean meats, such as chicken and turkey, instead of red meat when possible. Your doctor may also ask you to eat a low-sugar diet and change simple, refined carbs (such as sweets, cakes, and white bread) for complex carbs, such as whole grains and legumes. Diabetes Treatment: Monitoring Your Levels
When you are diagnosed with diabetes, your doctor may ask you to come back for regular tests so they can monitor how well your lifestyle changes and medicines are working to control your blood glucose levels. They may also have to check their blood sugar throughout the day, especially before and after of meals. You will use a glucose monitor device to do this. These test kits can test glucose levels based on a blood sample taken from a small finger prick. Your doctor will probably also monitor your hemoglobin A1C A1C As this gives you a good long-term idea of whether your blood glucose is decreasing. The higher its A1C level, the greater its risk of developing complications of diabetes. A normal A1C level is less than 5.7%. A level between 5.7% and 6.5% indicated prediabetes, and one level of more than 6.5% is in the diabetic range. Depending on the management strategy that your doctor has recommended, you can also start a weight management program. It is likely that you require additional blood tests if your doctor has begun with certain medications. Treatment for diabetes: Complications without treatment
If you have been diagnosed with diabetes and do not take measures to administer your symptoms or control your blood sugar, it is at risk of developing complications. Hypoglycemia: Diabetes is characterized by high levels of sugar in the blood. Sometimes, treatments that are used to reduce blood glucose levels can lead to a low level of grazing in the blood. The low level of sugar in the blood can make you feel very sick, with symptoms of weakness, tremor, palpitations, abdominal pain, nausea and vomiting. In some cases, the low level of sugar in the blood can result in a loss of consciousness, seizures and even death. If you are taking any medication that reduces blood glucose levels, it is important to be aware of these symptoms and can verify your own blood glucose. Eye damage: Damage to the eyes (called diabetic retinopathy) is the most common complication of diabetes. Having persistently high blood sugar levels can damage the tiny blood vessels in their eyes. It is possible that it not observe any symptom in the early stages, but, if it is not treated, diabetic retinopathy can lead to the loss of vision and even full blindness. It is advised to people with diabetes who visit an ophthalmologist regularly and report any change in vision immediately. Kidney damage: Diabetic kidney disease also occurs due to damage of blood vessels within the kidneys. This leads to a progressive decline in renal function. Kidney disease often has no symptoms.progresses to later stages. Your doctor may recommend screening tests, such as a urine test, to evaluate any signs of damage. If not treated, kidney disease can cause kidney failure. High blood pressure also contributes to kidney damage, so it is important to keep blood pressure within the normal range for your age if you are diabetic. Nervous damage: Diabetic nerve damage (called neuropathy) can develop if your blood sugar levels remain unchecked. This condition is usually manifested in your hands and feet (where your peripheral nerves are) first. It can cause symptoms such as tingling or numbness of the limbs. Diabetes can also damage nerves in the genitals, leading to sexual difficulties such as erectile dysfunction. Cardiovascular disease: Blood sugar causes damage to the blood vessels in your body, especially those in your heart. This means that people with diabetes have a high risk of developing heart disease and related conditions such as angina and heart attacks. If you experience symptoms such as chest pain, seek emergency treatment immediately. Infections: Diabetes is a risk factor for developing frequent infections, including skin infections and small wounds. People whose blood sugar levels are often unchecked are likely to develop fungal infections, which can manifest as a spicy rash in sweaty areas such as the English, the breasts or the skin folds. These infections are easily treated with a topical antifungal cream, but it is important to inform your doctor as soon as you notice the symptoms. Mouth: People with diabetes are also prone to developing oral infections and gum diseases. It is essential to brush your teeth twice a day and have cleanings and checksregular. Feet: The combination of normal sensation loss due to diabetic neuropathy and poor foot circulation means that you may not be able to feel signs of pain from small injuries, blisters or ulcers. Watch your feet go to any ulcers or blisters immediately. It may be worth seeing a specialist called a diabetic podiatrist if you are experiencing problems with your feet due to diabetes. In severe cases of foot abandonment, a generalized infection may occur. If the infection has progressed far enough, the affected foot may need to be amputated. Your Next Steps for Living with DiabetesGetting diagnosed with diabetes will affect your life, but it's reassuring to know that treatments and lifestyle modifications can help you manage the condition effectively. Your doctor will probably advise you to make dietary changes, lose weight, and get more active if possible. Or you can start taking a new medicine to manage your symptoms.
Photo courtesy: adamkaz/E+/Getty Images
It is important to remember that diabetes is a highly treatable condition, and can prevent complications by following your treatment plan. Your doctor can also help you access resources to learn more about living with diabetes. They can even help you connect with support groups and communities of people with diabetes. Although it may not seem so at first, a diagnosis of diabetes can often be the ideal opportunity to make healthier life choices. When you turn these choices into habits, you may not only reduce the risk of complications from diabetes, but also reduce the risk of other conditions such as heart disease and cancer. Making these changes can improve your overall quality of life and help you manage your health successfully. Resource links: more from SYMPTOMFIND.COM

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