

The Overview, Classification and Symptoms of Diabetes

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Perspective

Diabetes is a complaint that occurs when your blood glucose, also called blood sugar, is too high. Blood glucose is your main source of energy and comes from the food you eat. Insulin, a hormone made by the pancreas, helps glucose from food get into your cells to be used for energy. Both men and women may witness the following symptoms of undiagnosed diabetes.

Diabetes mellitus is a complex metabolic disorder characterized by hyperglycemia that results from defects in insulin secretion, insulin action, or both [1]. In 2017, there were 451 million adult people with DM globally, a prevalence expected to rise dramatically in the coming decades [2]. Studies have shown that sub-Saharan African countries, including Ethiopia, are experiencing a surge in the prevalence of DM resulting from rapid demographic, sociocultural, and economic transitions [3,4]. Based on a national survey, researchers have recently reported a DM prevalence of 3.2% (3.5% males and 3.0% females) in Ethiopia [5]. Type 2 diabetes-a global epidemic of our century-accounts for more than 90-95% of DM disease.

Types of Diabetes

There are totally 2 types of Diabetes

Type1 Diabetes and Type 2 Diabetes

Type 1: The cause of Type1 Diabetes is meant to be the body make self-reaction itself.

Type 2:Type2 Diabetes is not a contact disease but if parents already effected with this type of diabetes it will affect the future generations as well.

- There is no cure for Diabetes
- The patient himself has to control his sugar levels from 70-90
- He/She should avoid the junk food and the food items which were made by candy
- he/She must be fallow the healthy diet to lead a healthy life
- every diabetic patient has to do exercise regularly
- Here healthy diet & exercise will help the patient to maintain normal sugar levels without medication
- There are totally two types of test's for diabetic
- Fasting & Posting
- The patient should not consume any kind of food for 8 hours while taking the blood sample of fasting

- And posting test should be done after having breakfast and also he has to wait 2 hours
- Diabetes is a habitual (long-continuing) complaint that affects how your body turns food into energy.

Diabetes Symptoms

- Urinate (pee) a lot, frequently at night.
- Are veritably thirsty.
- Lose weight without trying.
- Are veritably empty.
- Have vague vision.
- Have numb or chinking hands or bases.
- Feel veritably tired.
- Have veritably dry skin.

Both men and women may witness the following symptoms of undiagnosed diabetes

- Increased thirst and hunger.
- Frequent urination.
- Weight loss or gain with no egrigious cause.
- Fatigue.
- Blurred vision.
- Injuries that heal sluggishly.
- Nausea.
- Skin infections.

Type 1 Diabetes Symptoms

The following symptoms of diabetes are typical. Still, some people with diabetes have symptoms so mild that they go unnoticed.

- Urinating frequently
- Feeling Veritably thirsty
- Feeling veritably empty - indeed though you're eating
- Extreme fatigue
- Vague vision
- Cuts/ bruises that are slow to heal
- Weight loss - indeed though you're eating further (type 1)
- Tingling, pain, or impassiveness in the hands/ bases (type 2)

Three Main Signs of Diabetes?

- Polydipsia
- Polyuria and
- Polyphagia

Conclusion

Diabetes is a serious life-threatening disease and must be constantly monitored and effectively subdued with proper medication and by adapting to a healthy lifestyle. By following a healthy lifestyle, regular check-ups, and proper medication we can observe a healthy and long life.

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