Diabetes is a disease in which your body cannot properly use the food you eat for energy. Your cells need energy to live and grow. When you eat, food breaks down into a form of energy called glucose. Glucose is another word for sugar. The glucose goes into your blood, and your blood sugar rises. Insulin is a hormone made by your pancreas. It helps glucose move from your blood into your cells, so your body can use it for energy. People cannot live without insulin.

Types of Diabetes

• With type 1 diabetes, the pancreas makes no insulin.

• With type 2 diabetes, the more common type, the pancreas does not make enough insulin, or your body is not able to use the insulin the pancreas makes. Without enough insulin, the glucose stays in your blood.

• With diabetes during pregnancy, called gestational diabetes, the mother is not able to make enough insulin to cover the needs of both mother and baby.

• With prediabetes, your glucose is higher than normal, but not high enough to be called diabetes. Prediabetes raises your risk for type 2 diabetes, heart disease, and stroke. The good news is that type 2 diabetes can be prevented or delayed with lifestyle changes, such as losing weight, eating healthy food, and being active.
Over time, having too much glucose in your blood can cause serious problems. It can damage your eyes, kidneys, heart, and nerves. Diabetes can also cause heart disease, stroke, poor circulation, and wounds that do not heal. When untreated and uncontrolled, these wounds could progress to limb loss.

**Signs of Diabetes**

Everyone responds differently to diabetes. Some of the common warning signs are:

- Having to go to the bathroom often to pass urine
- Feeling thirsty, even though you are drinking fluids
- Losing weight
- Blurry vision
- Healing is slow for cuts or scrapes on your skin
- Feeling tired
- Feeling hungry
- Being irritable or grumpy

Often people may not notice any signs of diabetes. One in four people with diabetes doesn’t know they have it.

If you have any of these signs of diabetes, ask your doctor for a blood test to check your glucose level.

The most important blood tests are a fasting blood sugar and an A1C.

- A fasting plasma glucose (FPG) test, also called fasting blood glucose, measures blood sugar. You will need to fast, so you are not able to eat or drink anything except for water for at least 8 hours before the test.
- An A1C test, also called the hemoglobin A1C, HbA1c, or glycohemoglobin test, measures blood sugar over the last 2 to 3 months.

मधुमेहका संकेतहरू

मधुमेहको प्रतिक्रिया व्यक्तिभन्दा फरक हुन्छ। प्रायः आफ्नो चेतावनीको संकेतहरूः

- पिसाब फेर्न बास्थार शीचालय जानुपर्नु
- तरल पदार्थ खाँदै भने पनि तिखाल पानु
- दुयालाउनु
- धमिलो दृष्टि
- तपाईँको छालामा काटेको वा कोतरिएको निको हुन ढिलो हुने
- थेकेट महसुस हुनु
- भोक लाग्नु।
- चिन्डचिन्डाहट वा रिसाहा हुनु

प्राय: मानिसहरूले मधुमेहका कुनै पनि संकेतहरू गरेका नदेख्न सक्छ। मधुमेह भएका चारसध्दो एक जनालाई आफूलाई बन भएका देखिन।

यदि तपाईँ मधुमेहका वी लक्षणहरू छन् भने, आफ्नो चिकित्सकलाई ग्लुकोजको स्तर जाँच गर्न राख परीक्षणको लागि भन्नुहोस्।

सबैभन्दा महत्वपूर्ण र सरक परीक्षणहरू फास्टिड ब्लड सुगर र A1C हुन्।

- खाली पेटमा गरिने प्लामा ग्लुकोज (FPG) परीक्षण, जसलाई फास्टिड ब्लड ग्लुकोज पनि भनिन्, र ग्लुकोज चिनीको मात्रा नाप्न। तपाईले खाली पेट बस्नुपर्नौ, त्यस्रोले परीक्षण गर्नु हुन्छ र स्तर जाँच गर्नु पाइन्छ।
- A1C परीक्षण, जसलाई हेमोलोजिन A1C, HbA1C, वा ग्लाइकोह्यूमोलोजिन परीक्षण पनि भनिन्, जसले पिछलो 2 देखि 3 महिनामा गरातमा चिनीको मात्रा मापन गर्दै।
Your Care

The goal is to keep your glucose level as near to normal as possible. Your care may include:

- Planning meals
- Testing glucose levels
- Learning signs to know when your glucose level is too low or too high
- Exercising
- Maintaining a healthy weight
- Taking medicine – insulin or pills
- Keeping all appointments with your health care team
- Attending diabetes education classes

Talk to your doctor, nurse, dietitian, and pharmacist to learn how to manage your diabetes.

तपाईंको हेरचाह

तपाईंको ग्लुकोजस्तरलाई सकेसम्म सामान्यको नुजिक राख्ने लक्ष्य हो। तपाईंको हेरचाहमा निम्न समावेश हुन सक्नेछ:

- भोजन योजना
- ग्लुकोजस्तर परीक्षण
- आपनो ग्लुकोजस्तर धेरै कम वा धेरै बढी हुँदा देखिने संकेतहरूका बारेमा जानेमा
- व्यायाम गर्ने
- स्वस्थ तीनल चालाउ राख्ने
- औषधिखाने – इन्सुलिन वा चक्की
- आपनो स्वस्थ्य हेरचाह टॉलीमेजका सबै भेटघाटहरूमा जानेका
- मधुमेहसम्बन्धी चेतनामूलक कक्षाहरूमा भाग लिने

आपनो मधुमेह कसरी व्यवस्थापन गर्ने भनेको जानको लागि आपनो डाक्टर, नर्स, आहार विशेषज्ञ र फार्मासिस्टसँग कुरा गर्नुहोस्।