



DIABETES THE MAJOR HEALTH PROBLEM IN MORDEN TIME

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ABSTRACT

Diabetes is a shortage in our body's competence to change glucose (sugar) to energy. Glucose is the metabolite formed in our body which is the main source of energy for our body. When food is consumed it is transformed into fats, protein, or carbohydrates or glucose. Foods that interrupt our blood sugars are named carbohydrates. India The occurrence of diabetes is growing globally and the causes endorsed are the ageing population. Diabetes is a chronic illness that happens when the pancreas does not harvest enough insulin (a hormone that regulates blood sugar) or otherwise, when the body cannot efficiently use the insulin it yields. High blood sugar is a very natural effect of frenzied diabetes, and over period can harm the heart, blood vessels, eyes, kidneys, and nerves and other body part. In this health article we have focus on the diabatis cause symtom and helling of the chronic disease diabeatics.

KEYWORDS: Diabetes, Glucose, blood sugars, chronic illness, insulin, pancreas.

INTRODUCTION

Diabetes is a difficult problem with our body that sources blood glucose (sugar) altitudes to rise higher than normal. This is also named as hyperglycemia. Our body breaks food down to glucose and directs it into the blood. Insulin then reliefs and change the glucose from the blood into our cells. After glucose enters our cells, it is either cast-off as source for energy right away or deposited for later use. In a person with diabeteshe or she has a delinquent with insulin.. There are dissimilar types of diabetes as type -1, type- 2, and al so a condition called gestational diabetes. If any one have diabetes, that means his body either doesn't make enough insulin or can't use insulin or both. Carbohydrates, as soon as processed in our body it alteration to glucose Diabetes is a long-term sickness that causes high blood sugar levels Carbohydrates, as soon as administered in our body it change to glucose Diabetes is a long-term disease that causes high blood sugar levels. Diabetes Sickness measured by a practical lack of hormone insulin.

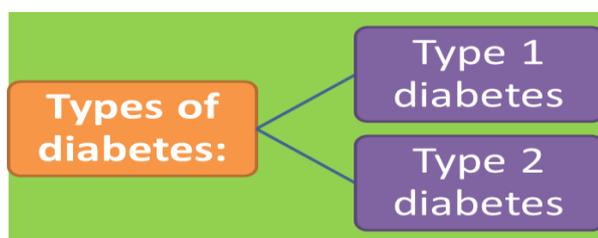


Fig 1: Types of Diabeatics.

How significant is the Diabeatics problem?

More than 220 million people around worldwide suffer from diabetes as per WHO diabetes demises will be dual between 2005 and 2030. Shocking fact is that Almost half of diabetes deaths generally occur in people below the age of 70 years. And the catastrophic effect of diabeatics will be continue in up coming year.^[1-2]

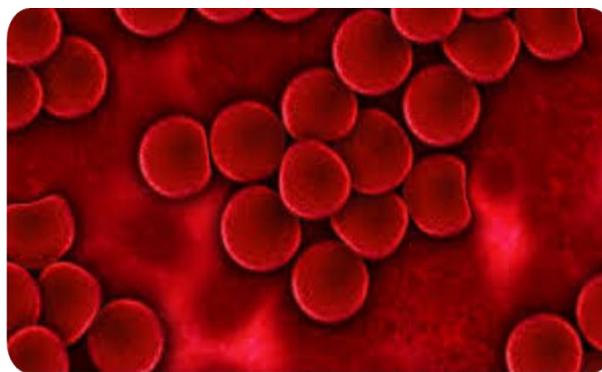


Fig2: RBC cells in diabeatic.



Figure 3: Pancreas source of Insulin Production.

Diabetic’s common characteristics

Diabetics validation high blood sugar stages and incidence of sugar in the urine it Advances when insulin production or insulin use is insufficient. Most indication’s are classified as type -1(I) or type -2 (II) diabeatics. Two extra kinds: gestational and secondary (due to genetic faults, pollutions, illnesses of exocrine pancreas, etc. happen in diabeatics. Incidence rises with mature; interrupts 25% of adults over 85 years of age. some common problem with diabeatics are Diabetic retinopathy which is a important cause of blindness, and happens as a consequence of long- term collected injury to the small blood vessels in the retina.^[3-4] Diabetic neuropathy is injury to the nerves as a outcome of diabetes, and disturbs up to 50% of individuals with diabetes. Common indications are itchy, pain, numbness, or faintness in the feet and hands. •Collective with reduced blood flow, neuro- pathy in the feet rises the chance of foot sores and ultimate limb amputation. It is among the foremost causes of kidney failure Diabetes developments when the pancreas fails to yield sufficient amounts, Diabetes grows when the pancreas fails to yield appropriate quantities^[5]

Types of diabetes

Type.1 Diabetes	Type.2 Diabetes
recognized in childhood	Usually well-known in over 30 year olds
Not associated with excess body weight	Often connected with excess body weight
Often connected with progressive than normal ketone levels at diagnosis	Often related with high blood pressure or cholesterol and fatty acid levels at judgment
Cannot be cure without charming insulin	Occasionally presumable to come off diabetes medication

Fig.5: Difference of type.1 and Type. 2 diabeatics.

Common symptoms of diabetes

- Foggy vision eye itching
- Unusual thirst
- Unvarying urination
- Slow-healing of wound and injury
- Enigmatic tiredness for little physical work
- Without any cause weight loss (Type 1 diabetes)
- Male Erectile dysfunction and condition of aphrodisiac drug

- Type 1 diabetes ensues most often in children and young adults, however it can happen at any age. Type 1 diabetes count for 5-10% of all diabetes. Type 1 diabetes is considered by a lack of insulin construction. Without daily management of insulin, type 1 diabetes is quickly fatal^[6-7]
- Type 2 diabetes is usually a common case and kinds for 90-95% of all diabetes. Type 2 diabetes mainly affects adults, children. There is a healthy connotation between Type 2 diabetes, physical dormancy and obesity. Type 2 diabetes consequences from the body’s unsuccessful use of insulin. About 90% of people that means most of the diabeatics with diabetes everywhere the world have type 2. It is mainly the effect of additional body weight and physical dormancy^[8]

A blood sugar called as blood glucose chart classifies flawless blood sugar points through the day, counting before and after meals. Doctors use blood sugar charts to habitual mark areas and monitor diabetic’s conduct.

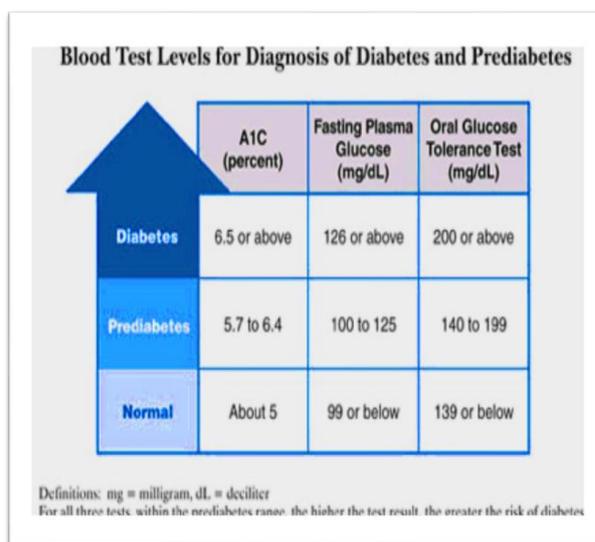


Fig.4: Blood Sugar Chart.

- Unfeelingness or itchy in hands or feet

Diabetes is the leading reasons of our kidney failure in modern time.10-20% of individuals with diabetes die due kidney failure. Diabetes rises the risk of heart illness and stroke; 50% of persons with diabetes die of circulatory disease (mainly heart disease and stroke.^[9-14]

Diabetes: Signs and Symptoms



Fig.6: Symptoms of Diabetics.

BLOOD GLUCOSE CHART			
Mg/DL	Fasting	After Eating	2-3 hours After Eating
Normal	80-100	170-200	120-140
Impaired Glucose	101-125	190-230	140-160
Diabetic	126+	220-300	200 plus

Fig.7: Blood Sugar chart.

Diabetic's treatment

HOW OBESITY AFFECTS YOUR BODY

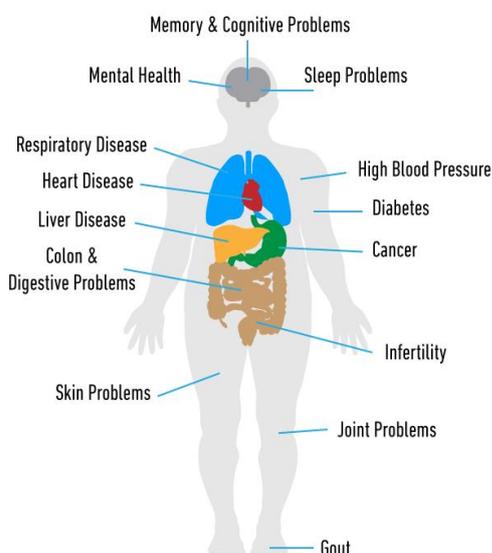


Figure 8: How obesity and diabetics affect our Health.

There is may be no “sure shot dealing” for both type of diabetes. there are many ailment by which diabetes can be regulate. Diabetes treatments are projected to help the body to control the sugar levels in the blood.^[15-19] Reserch have open that righteous control of blood sugar is the important to escaping diabetic difficulties.^[20]

Type 1 diabetes treatment

- Type 1 diabetes requires insulin. Inoculated insulin alternates the insulin missing the body to regulate the body sugar It is significant that you should work with a diabetes physcian.
- Type 2 diabetes performance will vary reliant on on your blood sugar points. patients are advised to change life style and lose weight. It is vital to toil with a diabetes physcian and dietitian. Management of type-2 initiates with altering convinced food choices and opening an exercise program.^[21-23]

Common precuation to diabetis patient

- You are strongly advised to refer an expert diabetes instructor and/or a dietitian.
- Get a treatment for a glucometer and testing provisions.
- Initiate an exercise platform
- Shrinkage body fat
- Make healthy food varieties
- Cut off your intake of intense sugar
- Rise your fiber consumption and green fresh vegetable
- Calculation your blood sugar at variable times of the day
- Yoga or rumination will help remove stress and healthy body and mind.
- Smoking and liquor consummation should dodged, Smoking and alcohol rise jeopardy for insulin confrontation

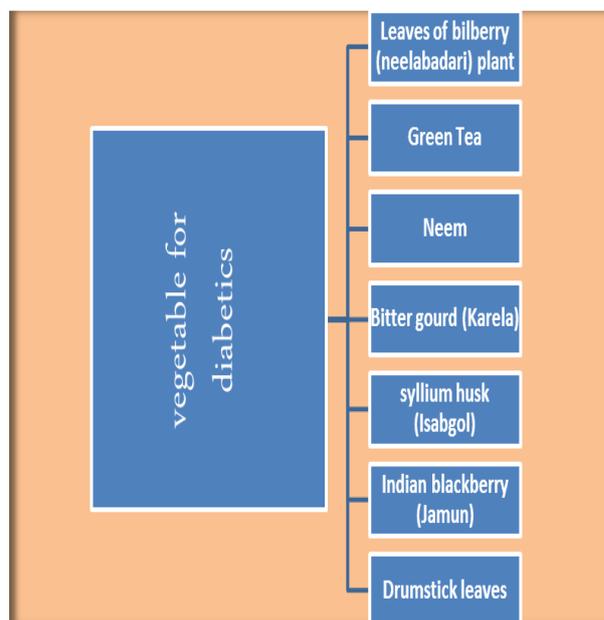


Fig.9: Common vegetables for Diabetics.

CONCLUSION

From the above discussion we may conclude that diabetes is a major health problem in the modern time and this chronic disease affects our body blood sugar levels and as a result it gives many health problems like kidney failure, nerve disease, liver and heart disease, foggy vision, male erectile dysfunction etc. Regular exercise, regular check up by a diabetic instructor and consumption of green and healthy vegetables can help us for the recovery of diabetics.

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