



Unlocking the Puzzle of Diabetes: Symptoms and Effective Management Strategies

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INTRODUCTION

The symptoms of diabetes can vary depending on the type and severity. Common symptoms are frequent urination: Excess glucose in the blood leads to increased urine production. Dehydration due to frequent urination can cause extreme thirst. In Type 1 diabetes, the body cannot use glucose for energy, so it starts breaking down fat and muscle for fuel. The body's cells are starved of energy, leading to constant hunger. Despite eating more, people with diabetes often feel tired and weak. High blood sugar levels can affect the lenses in the eyes, causing vision problems. Wounds and sores take longer to heal in individuals with diabetes. High blood sugar can weaken the immune system, making infections more common. Measures blood sugar levels after an overnight fast. Oral Glucose Tolerance Test (OGTT): Involves fasting overnight and then drinking a sugary solution to test blood sugar levels at intervals. Hemoglobin A1c Test: Reflects average blood sugar levels over the past two to three months. Regular monitoring of blood sugar levels is vital for those with diabetes to ensure they stay within a healthy range. Self-monitoring can be done using a glucometer, and healthcare professionals may perform periodic tests to assess long-term control.

DESCRIPTION

Untreated or poorly managed diabetes can lead to various complications, affecting nearly every organ system in the body. Diabetes significantly increases the risk of heart disease, stroke, and high blood pressure leads to cardiovascular diseases. Nerve Damage (Neuropathy) is caused due to high blood sugar levels, leading to numbness, pain, and digestive issues. Diabetes is a leading cause of kidney failure. Diabetes can cause vision problems and even blindness. Poor blood flow and nerve damage can lead to foot ulcers and, in severe cases, amputation. Diabetes can lead to various skin problems, including bacterial

and fungal infections. People with diabetes are at a higher risk of developing depression and anxiety. Effective management of diabetes is essential to prevent complications and maintain a high quality of life. A healthy diet rich in fruits, vegetables, whole grains, lean proteins, and healthy fats can help control blood sugar levels. Regular physical activity also plays a crucial role in improving insulin sensitivity. Depending on the type and severity of diabetes, medication may be necessary. This can include oral medications, injectable insulin, or other drugs that help regulate blood sugar. People with Type 1 diabetes and some with Type 2 diabetes may need insulin therapy to manage their condition. Regularly checking blood sugar levels is crucial for making adjustments to diet, medication, or insulin doses. Diabetes education helps individuals better understand their condition and learn how to manage it effectively. Stress can affect blood sugar levels, so stress reduction techniques like meditation and yoga can be helpful.

CONCLUSION

Maintain a balanced diet that includes whole grains, lean proteins, fruits, and vegetables. Limit sugar and processed foods. Aim for at least 150 minutes of moderate-intensity exercise per week. Losing excess weight and maintaining a healthy weight can significantly reduce the risk of Type 2 diabetes. If you drink alcohol, do so in moderation. Smoking increases the risk of diabetes complications. Additionally, raising awareness about diabetes and its prevention is crucial in addressing this global health challenge.

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CONFLICT OF INTEREST

The author's declared that they have no conflict of interest.

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