

Diabetics in Younger Generation and Their Management

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COMMENTARY

Diabetes is a group of metabolic disorder that occurs when your blood glucose level is too high. Blood glucose is that the main source of energy and comes from the food you intake. Insulin, a hormone produced by pancreas, it helps glucose from food enter into your cells to be used for energy. Frequent urination, increased thirst and increased appetite are the symptoms that often include in diabetes. If diabetes left untreated it may lead to many serious health complications. Some of the acute complications in diabetes can include diabetic ketoacidosis, hyperosmolar hyperglycaemic state, or death. Some of the chronic complications in diabetes may include cardiovascular disorder, stroke, chronic renal disorder, foot ulcers, damage to the nerves, damage to the eyes and cognitive impairment. Diabetes is mainly caused due to either the pancreas not producing enough insulin, or the cells of the body do not respond properly to the insulin that is produced.

TYPES OF DIABETES

Diabetes mellitus are mainly of three types

Type 1 diabetes: This results when pancreas fail to produce enough insulin due to loss of beta cells. This form was previously termed as "Insulin Dependent Diabetes Mellitus" or "Juvenile Diabetes". The loss of beta cells is caused by an autoimmune response and the cause of this response is unknown. People with Type 1 diabetes, should be treated with lifelong insulin usage and blood sugar level should be monitored time to time and should follow a good diet and exercise to keep the blood sugar level range in the normal range or target range.

Type 2 diabetes: This begins with insulin resistance, a condition were cells fail to respond to insulin properly. As the disease progresses, there is a chance for Lack of insulin development. This form was previously termed as "Non-Insulin Dependent Diabetes Mellitus" or "Adult Onset Diabetes". The most common cause of this type of diabetes can be a combination of excessive weight and insufficient exercise. In this type of diabetes people will need proper medication and they can manage their blood sugar levels by changing the diet and by maintaining a moderate weight doing more exercise in their daily life

Gestational diabetes: This is the third main form, and occurs when pregnant women without any previous history of diabetes develop

high blood sugar levels.

CAUSE FOR TYPE 1 DIABETES

The exact explanation for this cause is unknown. In most of the people with this type of diabetes, the body's immune system which normally fights harmful bacteria and viruses may unknowingly destroys the insulin producing cells (islet) in the pancreas. Genetics and environmental factors appear to play a task during this process. Once the islet cells of the pancreas are destroyed, child may produce with little or no insulin. Insulin performs the critical job of moving glucose from the bloodstream to the body's cells and this glucose enters the bloodstream when food is digested. Without enough insulin production, glucose level enhanced in child's bloodstream and it can lead to life threatening complications if left untreated.

CAUSE FOR TYPE 2 DIABETES

The exact explanation for this cause is unknown. Family history and genetics appear to play a crucial role. Inactivity (no proper exercise) and excess fat, especially the fat around the belly may also seem to be important factors. Glucose can't be process properly in people with type 2 diabetes. So that, glucose starts to builds up in the bloodstream. Most of the sugar produced in people's bodies comes from the food they intake. Sugar enters the bloodstream once the food is digested. Hormone insulin is required for the movement of moving sugar from the bloodstream to the body's cells. This Insulin comes from a gland located behind the stomach which is called pancreas. Once the person eats the pancreas releases insulin into the blood.

As insulin circulates, it allows sugar to enter the cells by lowering the amount of sugar in the bloodstream. As the blood glucose level drops, so does the secretion of insulin from the pancreas. This kind of diabetes develops once the body becomes resistant to insulin or when the pancreas stops making enough insulin. The resulting enhancement of sugar in the bloodstream can cause symptoms of high blood sugar.

MANAGEMENT

Children are now taking birth with the diabetes, irrespective of their young age they are suffering with the disease. In case of the infants, the IV route of administration is given for treating under doctor supervision. Whereas in case of the growing children, with the irregular or over eating patterns, unhealthy lifestyle and growing

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environment, diabetes is attacking. For the decrease in cases in terms of diabetes, it can be controlled by managing the several factors such as the eating patterns, by controlling the over eating. Now a days, children are not having the physical activity and one who is active physically, the metabolism rate would be more and body functioning would be normal without any dysfunction. There are many medicines available over the counter for treating all types of diabetes but, rather using the medicine and getting affected by

its side effects, all the youngsters can follow healthy habits and be healthy.

CONCLUSION

Diabetes maybe at lower risk or at higher risk, regular screening in case of less active children, more obsessed and depressed too. There must be an eye on children and let them be safe and away from this diabetes occurrence at little age and make their life happy.