

Symptoms, Diagnosis and Management of Diabetes

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DESCRIPTION

Diabetes is a long-term disease that impacts your body converts food into energy. Once your blood sugar rises, the pancreas sends a signal to release insulin. Insulin acts as a key, allowing blood sugar to enter cells and be converted into energy. Diabetes is classified into four types: type 1 and type 2, Latent Autoimmune Diabetes in Adults (LADA), and gestational.

Diabetes symptoms

- Urinate (pee) frequently, especially at night
- They are extremely thirstyLose weight naturally
- They are ravenous
- Have hazy vision
- Have numbness or tingling in your hands or feet
- I'm exhausted
- Have extremely dry skin
- Yeast infections
- Skin discoloration

Diabetes tests

Random blood sugar test: A random blood sample will be drawn. A blood sugar level of 200 milligrams per decilitre (mg/dL)-11.1 millimoles per litre (mmol/L) or higher, regardless of when you last ate, indicates diabetes.

Fasting blood sugar test: After users haven't eaten anything the night before, a blood sample will be taken (fast). Fasting blood sugar levels of less than 100 mg/dL (5.6 mmol/L) are considered

normal. Fasting blood sugar levels of 100 to 125 mg/dL (5.6 to 6.9 mmol/L) are considered prediabetic. Diabetes is diagnosed while your blood sugar level is 126 mg/dL (7 mmol/L) or higher on two separate tests.

Glycated hemoglobin (A1C) test: This blood test, that doesn't require fasting, shows thier average blood sugar level over the previous 2 to 3 months. It calculates the amount of blood sugar that is attached to haemoglobin, the oxygen-carrying protein in red blood cells.

The more sugar attached haemoglobin users have, the higher your blood sugar levels. Diabetes is diagnosed while thier A1C level is 6.5% or higher on two separate tests. Individuals have prediabetes if thier A1C is between 5.7% and 6.4%. Lower than 5.7% is considered normal. Glycated haemoglobin outperforms fasting glucose in predicting the risk of cardiovascular disease and death from any cause.

Diabetes management

- Take their diabetes and other health-related medications even if they are feeling well.
- Examine their feet daily for cuts, blisters, red spots, and swelling.
- Brush and floss your teeth twice a day to keep your mouth, teeth, and gums healthy.
- Quit smoking.
- Monitor your blood sugar levels.

Medical management of diabetes

Type 1 diabetes treatment includes insulin injections or the use of an insulin pump, frequent blood sugar checks, and carbohydrate counting. Some people with type 1 diabetes may be candidates for pancreas or islet cell transplantation.

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