

Diabetes and its Complications in Future

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Diabetes is one of the diseases becoming increasingly more throughout the world, because increased obesity is high risk which can lead to metabolic syndrome or pre-diabetes leading to higher incidences of type 1 and type 2 diabetes. Diabetes mellitus is one of the metabolic disease that causes high sugar level in blood. The insulin hormone plays an important role in moves sugar from the blood into inside your cells to be stored or used for energy [1]. In diabetes condition, patient body either doesn't make enough insulin or can't effectively use the insulin it does make. If treatment is done in such cases high blood sugar from diabetes can damage your nerves, eyes, kidneys, and other organs.

The diabetes are divided into different types based on the symptoms and conditions. These are Type 1 diabetes and it is an autoimmune disease. In this type of diabetes, the cells in the pancreas immune system attacks and destroys, where insulin is made. But the process is unclear. About 10 percent of people are suffering with this type of diabetes. Other type is Type 2 diabetes and it is occur when your body becomes resistant to insulin, sugar builds up in your blood and increases the sugar level in blood [2,3]. Gestational diabetes is commonly seen in pregnancy with high blood sugar patients.

The Complications are generally seen in diabetes. These are heart related disease like heart attack, and stroke, nerves related like neuropathy, nephropathy, retinopathy and vision loss. Other complications are hearing loss, foot infections and sores that don't heal such as bacterial and fungal infections, anxiety and depression, dementia. The diabetes can prevent by regular exercise and taking healthy diet. Should do at least 150 min per week of aerobic exercise, such as walking or cycling. Diet should include Cut saturated and trans fats, along with refined carbohydrates, out of your diet. Add more fruits, vegetables, and whole grains. Advise eat smaller portions and many times. Try to reduce the obesity. Because obesity is the big factor for the diabetes [4,5].

Patients should maintain a healthy nutrition diet with high percentage of fibre, low-index carbohydrate and controlling the

intake of high-fat foods. Dietary plans to reduce the body weight can help with weight loss, targeted plans should follow accordingly. Regular physical Exercise can lower the blood glucose levels as it increases glucose use by muscles. Type 1 diabetes symptoms are High percentage of sugar level in the blood and urine, Frequent urination, feeling more hungry, Thirst, Weight loss seen, feeling Weakness, Nausea and vomiting.

Diabetic retinopathy is one of the significant major eye-related problem that can happen in patients with diabetes. Over 95% of patients will have perceptible changes following 20 years. Different issues incorporate waterfalls and visual paralyses. Autonomic intricacies of diabetes can have very significant impacts on patients and may require multi-disciplinary contribution to their consideration. A portion of the major autonomic neuropathies incorporate postural hypotension, gastroparesis (postponed gastric purging prompting spewing), and looseness of the bowels, bladder brokenness and erectile brokenness.

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