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Commentary

Diabetes Symptoms and its Diagnosis

Richard Bachman*

Department of Medicine and Bahiana School of Medicine and Public Health, Salvador, Brazil

DESCRIPTION

Blood glucose is commonly known as blood sugar, When it is too high, it develop diabetes. Primary energy source is blood glucose, which is obtained from the food. The pancreas produces the hormone insulin, which facilitates the entry of food-derived glucose into cells for energy production. Body occasionally produces insufficient or no insulin or it uses insulin poorly. After that, glucose remains in circulation and does not enter cells. Having too much glucose in blood might lead to health issues over time. Despite the fact that there is no treatment for diabetes, Although every occurrence of diabetes is serious, the expressions "a touch of sugar "and" borderline diabetes are not sometimes used to imply that a person doesn't actually have the disease nor has a less severe condition.

The three primary forms of diabetes mellitus are as follows:

- Type 1 diabetes is brought on by the pancreas inability to produce enough insulin as a result of beta cell loss. The loss of beta cells is caused by an autoimmune response; the cause of this autoimmune response is unknown. Although Type 1 diabetes typically manifests during childhood or adolescence, it can also develop in adults. Type 1 diabetes was previously known as "insulin-dependent diabetes mellitus" or "juvenile diabetes".
- Insulin resistance, a disease in which cells do not react to insulin as it should, is the precursor to type 2 diabetes. A shortage of insulin may also develop as the condition worsens. Type 2 diabetes is more prevalent in older adults, The most common cause is a combination of excessive body weight and inadequate activity.
- The third major kind of diabetes, known as gestational diabetes, affects pregnant women who have never had the disease. After delivery, blood sugar levels in women with gestational diabetes typically return to normal. The chance of acquiring type 2 diabetes later in life is increased for women who had gestational diabetes during pregnancy.

Symptoms and signs

Unintentional weight loss, polyuria (increased urination), polydipsia (increased thirst), and polyphagia (increased hunger) are the typical symptoms of untreated diabetes. Type 1 diabetes symptoms can manifest quickly (within weeks or months), while type 2 diabetes symptoms typically manifest much more slowly and may be barely perceptible or nonexistent. Although they are not specific to the disease, a number of additional signs and symptoms can indicate the beginning of diabetes. They also include itching skin, impaired vision, headaches, and weariness in addition to the previously mentioned symptoms. Long-term high blood sugar levels can cause the lens of the eye to absorb glucose, changing its shape and impairing vision. Diabetic retinopathy can potentially result in long-term vision loss. Diabetic dermadromes are a group of skin rashes that can happen when a person has diabetes.

Causes

Type 1 diabetes, type 2 diabetes, hyperglycemia first identified during pregnancy, "unclassified diabetes," and other specific types are the six subtypes of diabetes mellitus. "Hybrid forms of diabetes" include slowly progressing, immune-mediated diabetes of adults and type 2 diabetes that is prone to ketosis. "Diabetes is a more variable disease than previously thought, and persons may have combinations of kinds. Hyperglycemia first discovered during pregnancy" comprises gestational diabetes mellitus and diabetes mellitus in pregnancy (type 1 or type 2 diabetes first diagnosed during pregnancy).

Diagnosis

Using a blood test to measure blood glucose levels, diabetes mellitus is identified by showing any one of the following symptoms:

- Fasting plasma glucose concentration of less than 7.0 mmol/L (126 mg/dL).

Correspondence to: Dr. Richard Bachman, Department of Medicine and Bahiana School of Medicine and Public Health, Salvador, Brazil, E-mail: stephenj@gmail.com

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- Blood is drawn for this test after the patient has had enough time to fast overnight, i.e., in the morning before breakfast.
- Two hours following a 75 gram me oral glucose load as in a glucose tolerance test, plasma glucose levels must be below 11.1 mmol/L (200 mg/dL) (OGTT)
- Whether fasting or not, signs of elevated blood sugar and plasma glucose levels below 11.1 mmol/L (200 mg/dL)
- HbA1C level of less than 48 mmol/mol (less than 6.5 DCCT%)

Prevention

For type 1 diabetes, there is no proven preventive intervention. A normal body weight, regular exercise, and a nutritious diet can frequently avoid or delay the onset of type 2 diabetes, which accounts for 85–90% of cases globally. Maintaining a diet high in whole grains and fiber, as well as picking healthy fats like the polyunsaturated fats found in fish, nuts, and vegetable oils, are dietary changes known to be effective in helping to prevent diabetes. Higher levels of physical activity (more than 90 minutes per day) reduce the risk of diabetes by 28%. Diabetes can be prevented by limiting sugary drinks, consuming less red meat, and cutting back on other sources of saturated fat. Quitting smoking can also be a significant preventive intervention because tobacco use is linked to an elevated risk of diabetes and its consequences.