



Uncontrolled Diabetes with Vaginal Discharge in Pregnant Women

Ning Mingxu*

Department of Endocrinology, Sakarya University, Sakarya, Turkey

DESCRIPTION

Diabetes is a chronic condition that affects how the body uses glucose, a type of sugar that is the main source of energy for the cells. There are different types of diabetes, but the most common ones are type 1 and type 2 which occurs when the immune system destroys the cells that produce insulin, a hormone that helps glucose enter the cells. Type 2 diabetes occurs when the body becomes resistant to insulin. Gestational diabetes is a temporary form of diabetes that can develop during pregnancy. Uncontrolled diabetes means that the blood glucose levels are too high or too low, and this can cause serious health problems over time. Women and men with diabetes may experience many of the same symptoms, such as increased thirst, frequent urination, weight loss, fatigue, blurred vision, slow-healing wounds, and frequent infections.

Symptoms in women and men with uncontrolled diabetes

Vaginal yeast infections: High blood glucose levels can create a favorable environment for yeast to grow in the vagina. This can cause itching, burning, discharge, and pain during Intercourse. Vaginal yeast infections are more common in women with diabetes than in women without diabetes.

Urinary tract infections (UTIs): UTIs occur when bacteria enter the urinary tract and cause inflammation and infection. Women with diabetes are more likely to get UTIs than women without diabetes because high blood glucose levels impair the immune system and make it harder to clear the bacteria. UTIs can cause painful or burning urination, cloudy or bloody urine, fever, and lower back pain. If left untreated, UTIs can spread to the kidneys and cause serious damage.

Vaginal dryness: Diabetic neuropathy can affect the nerves that supply blood and sensation to the vaginal area. This can reduce lubrication and cause vaginal dryness. Vaginal dryness can make Intercourse uncomfortable or painful and increase the risk of injury or infection.

Menstrual irregularities: Diabetes can affect the hormones that regulate ovulation and menstruation. This can cause irregular periods, heavy bleeding, missed periods, or early menopause. Menstrual irregularities can affect fertility and increase the risk of pregnancy complications.

Erectile dysfunction

Diabetes can also affect sexual function in women by causing low libido (sexual desire), difficulty reaching orgasm (sexual arousal), or pain during Intercourse (sexual satisfaction). These problems can be caused by a combination of physical factors (such as nerve damage, vascular damage, hormonal imbalance) and psychological factors (such as stress, depression, anxiety). Uncontrolled diabetes is a serious condition that can have life-threatening consequences for women if left untreated. However, with proper diagnosis, treatment, and management, women with diabetes can live long and healthy lives. The key is to keep blood glucose levels within a normal range and prevent or delay the onset or progression of complications. This requires regular monitoring, medication adherence, lifestyle modification, and education. It also requires support from health care providers, family members, friends, or support groups. Women with uncontrolled diabetes can improve their quality of life and reduce their risk of death from cardiovascular disease or other causes.

Treatment of uncontrolled diabetes in women

It depends upon the type and severity of diabetes and its complications. The main goals of treatment are to lower blood glucose levels to a normal range and prevent or delay further damage to the organs and systems. Lifestyle changes include eating a healthy diet that is low in sugar, fat, and salt; exercising regularly; quitting smoking; managing stress; and maintaining a healthy weight. Lifestyle changes can help improve insulin sensitivity and lower blood pressure and cholesterol levels. Medications include oral drugs (such as metformin or sulfonylureas) or injectable drugs (such as insulin or GLP-1 agonists) that help lower blood glucose levels by

Correspondence to: Ning Mingxu, Department of Endocrinology, Sakarya University, Sakarya, Turkey, E-mail: ming@xu.tr

Received: 02-May-2023, Manuscript No. DCRS-23-21657; **Editor assigned:** 05-May-2023, PreQC No. DCRS-23-21657 (PQ); **Reviewed:** 19-May-2023, QC No DCRS-23-21657; **Revised:** 26-May-2023, Manuscript No. DCRS-23-21657 (R); **Published:** 02-Jun-2023, DOI: 10.35841/2572-5629.23.8.166.

Citation: Mingxu N (2023) Uncontrolled Diabetes with Vaginal Discharge in Pregnant Women. Diabetes Case Rep. 8:166.

Copyright: © 2023 Mingxu N. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

stimulating insulin production or increasing insulin action. Medications may also be prescribed to treat specific complications of diabetes such as high blood pressure, high cholesterol, kidney disease, or nerve pain.

CONCLUSION

Monitoring involves in checking blood glucose levels regularly using a glucometer or a continuous glucose monitor; measuring blood pressure, cholesterol, and kidney function periodically using laboratory tests; and examining the eyes, feet, and skin for signs of damage or infection regularly using self-care or professional care. Monitoring can help detect any changes in

health status and adjust treatment accordingly. it causes, symptoms, complications, and treatment options; understanding how to use medications, devices, and equipment safely and effectively; knowing how to prevent, recognize, and treat low or high blood glucose levels; and seeking support from health care providers, family members, friends, or support groups. Education can help empower women with diabetes to take charge of their health and well-being.