



Advances and Risk Factors in Diabetes Mellitus

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DESCRIPTION

Diabetes is a disease that occurs when your blood sugar (also known as your blood glucose) is too high. Blood sugar is the main source of energy and comes from the food you eat. Insulin, a hormone produced by the pancreas, helps glucose from food enter cells and be used for energy. Sometimes your body does not produce enough or no insulin, or does not produce as well. After that, glucose stays in the blood and does not enter the cells. Over hours, too much glucose in the blood can cause health problems. There is no cure for diabetes, but there are steps you can take to manage and stay healthy. There are three main types of this disease i.e. Type 1, type 2, gestational diabetes. With all three, your body cannot make or use insulin.

Risk factors

Type 2 diabetes is the most common form of diabetes. In Type 2, the body can still produce some insulin, but the hormones cannot be used as effectively as they should. Insulin normally allows cells to ingest glucose. However, cells are less sensitive to insulin and can have higher blood sugar levels. If your blood sugar is consistently high, you may have type 2 diabetes. Elevated blood sugar levels can damage the body. Type 2 diabetes often goes through a stage called prediabetes.

At this stage, the progression of the disease can be reversed through a healthy lifestyle. Unlike type 1 diabetes, type 2 diabetes is often treated with oral non-insulin medications. However, if type 2 diabetes does not respond to these options, insulin injections may still be needed. There are two risk factors for type 2 diabetes. In other words, what one can and cannot avoid.

Several factors that increase the risk of diabetes are inherited from our parents or close relatives. If you have a relative with diabetes, your risk of developing diabetes is significantly increased. Share your family's medical history with your doctor to find out what this means for you. The older you are, the higher your risk of prediabetes and type 2 diabetes. Type 2 diabetes generally occurs in middle-aged adults, most commonly after age 40. However, medical professionals have diagnosed an increasing number of children and adolescents with type 2 diabetes. If you develop diabetes during pregnancy, you are at increased risk of developing diabetes again in later years.

If you are overweight, you can take steps to prevent or delay type 2 diabetes by losing weight, reducing calories, and energizing your body. Talk to your doctor about any of the above health issues that may require medical attention. Addressing these health problems can help reduce your chances of developing type 2 diabetes. Also, talk to your doctor about any medications you are taking that may increase your risk.

Diabetes can cause serious health problems such as heart disease, stroke, and eye and foot problems. Prediabetes can also cause health problems. Fortunately, type 2 diabetes can be delayed or prevented. The longer you have diabetes, the more likely you are to have health problems. Therefore, delaying diabetes for several years can help your health. You can prevent or delay type 2 diabetes by losing a small amount of weight, following a low-calorie diet, and being physically active on most days of the week. The sooner diabetes is detected, the sooner treatment can be started and complications can be reduced or prevented. If a blood test reveals that you have prediabetes, you and your medical professional may work together to make lifestyle changes (weight loss, exercise, a healthy diet, etc.) to prevent or prevent the development of type 2 diabetes.

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