

Diabetes

1. Definition

Diabetes is a chronic disease that occurs either because insulin production is inadequate, or because the body cells do not respond properly to insulin, or both. Uncontrolled diabetes can lead to a number of short and long-term health complications, including hypoglycemia, heart disease, nerve damage and amputation and vision problems. However, keeping your blood glucose under control prevents most of these complications.

2. Types of Diabetes

2.1. Type 1 diabetes

Used to be called insulin-dependent diabetes, or juvenile diabetes. The body does not produce insulin. It occurs most often in children, adolescent, or young adults.

Type 1 diabetes' symptoms usually develop quickly over few days to weeks and are caused by high blood sugar. It may include, extreme hunger frequent urination, increased thirst, weight loss, weakness, and blurred vision.

2.2. Type 2 diabetes

The body does not produce enough insulin for proper function, or the cells in the body do not react to insulin. An estimated 7 million people in Algeria have undiagnosed type 2 diabetes, which is frightening considering that diabetes requires constant care. This is one reason why diabetes awareness is so important.

Diabetes type 2 symptoms may not show up for many years-meaning the disease can ravage a person's body without realizing it. Early symptoms include frequent infections, fatigue, frequent urination, thirst, hunger, and blurred vision, erectile dysfunction in men, and pain or numbness in hands or feet. Actually, symptoms of type 2 diabetes do not start as suddenly as symptoms of type 1 diabetes; they can develop gradually.

2.3. Gestational Diabetes

This type affects females during pregnancy. Some women have very high levels of glucose in their blood, and their bodies are unable to produce enough insulin to transport all of the glucose into their cells, resulting in progressively rising levels of glucose.

Sometimes a pregnant woman has been living with diabetes without knowing it. Gestational diabetes symptoms may include increased thirst, urination, hunger, blurred vision. However, having these symptoms does not always mean that a woman has diabetes. It is preferable to talk with your doctor; he is likely to order some tests to diagnose the disease.

3. Diabetes Management

Diabetes management requires awareness. Keeping your blood glucose levels within the range recommended by your doctor can be challenging. That's because many things make your blood sugar levels change, sometimes unexpectedly. The following are some factors that can affect your blood glucose levels:

3.1. Blood Glucose Testing

Blood glucose testing is an important part of diabetes care. It manages your treatment plan and prevents several complications; that provides useful information for diabetes management. Now, you can test your blood glucose with a portable electronic device at any moment.

3.2. Physical Activities

Physical activity is another important part of your diabetes management plan. Exercising stimulates the muscles to use sugar for energy. Regular physical activities also help the body to use insulin more efficiently. These factors work together to lower blood sugar level.

3.3. Healthy Food

Create a healthy eating plan will help you manage your blood sugar. Key elements are fruits, non-starchy vegetables, whole grains and protein foods. In fact, a diabetes diet is the best eating plan for most everyone.

3.4. Diabetes Treatment

3.4.1. Type 1 Diabetes

Type 1 diabetes requires treatment to keep blood glucose level within a target range

- Taking several insulin injections everyday
- Monitoring blood sugar levels several times a day
- Creating a healthy eating plan
- Exercising
- Regular medical check ups
- Avoid smoking

3.4.2. Type 2 Diabetes

Treatment of type 2 diabetes includes:

- Healthy eating
- Regular exercise
- Possibly, diabetes medications or sometimes insulin therapy
- Blood sugar monitoring