

DIABETES MELLITUS

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Abstract

Diabetes mellitus is a disease caused by insulin deficiency and metabolic disorders in the body. Diabetes has been known for a very long time in the history of eastern folk medicine. Abu Ali ibn Sina pays special attention to this pain. "Water comes out the way it was drunk," he wrote. If the patient drinks a lot of water, it will cause other diseases and the patient will lose a lot of weight. Stopping the treatment, the doctor says: "Give the patient cold fluids, put them in a cooler, drink sour yogurt, give them fruits, drink mint, that is, wet the patient and cool him." This means that the disease occurs due to excess heat in the human body

Keywords: This damages the capillaries of all organs (skin, muscles, nerves, etc.). Diabetic microangiopathies are observed earlier and more frequently in the kidneys, eyes, legs, and other organs. Diabetes is the development of atherosclerosis, in turn, ischemic heart disease (angina, myocardial infarction), circulatory disorders in the brain (dizziness, stroke), etc. leads to.

Introduction

Diabetes (commonly called "sugar disease") is a disease that occurs as a result of a violation of carbohydrate and water metabolism in the body. It is a consequence of pancreatic dysfunction. The pancreas produces the hormone insulin. Insulin is involved in the processing of sugar. Without this hormone, the body cannot maintain a normal amount of glucose in the blood, and its amount increases. As a result, it is observed that the body excretes excess glucose through urine. It is important to classify the disease, because the types of this disease are fundamentally different from each other in the initial period, and the treatment is determined accordingly. The longer the disease lasts, the more similar its treatment methods are.

TYPE 1 DIABETES

It is also called insulin-dependent diabetes. Often, young people, under 40 years old, thin people suffer. The disease is severe, insulin is given for treatment. The reason: the body produces antibodies that destroy the cells of the pancreas. Type 1 diabetes cannot be completely cured, but in some cases, the disease does not bother the patient too much if the gland activity is kept under control and the diet is followed. It is necessary to take artificial insulin regularly. Since insulin is broken down in the gastrointestinal tract, it is administered only by injection during meals. Following a strict diet, it is recommended to completely exclude easily digestible carbohydrates (sugar, sweets, fruit juices) from the diet.



TYPE 2 DIABETES

This is called non-insulin dependent diabetes. Most of the time, older people, full, over 40 years of age suffer. The reason: loss of sensitivity of cells to insulin due to food abundance. Insulin is not always needed to treat the disease. Only a qualified doctor can determine the course of treatment. First of all, such patients are prescribed a diet. It is important to follow the doctor's advice. It is recommended to gradually reduce body weight by 2-3 kg per month until it reaches the norm. If the diet is not followed, blood sugar-lowering drugs are prescribed, and in the most severe cases, insulin.

SIGNS AND SYMPTOMS OF DIABETES

Symptoms of the disease develop gradually and begin to appear slowly. Mainly there is a high level of glucose in the blood. When the disease begins to appear in patients, the following symptoms are noted: Permanent dryness of the mouth; An insatiable thirst; Increased daily urine output; Decreased or sudden increase in body weight; Severe skin itching and dryness; The appearance of purulent ulcers on the skin and soft tissues; Muscle weakness and excessive sweating; Difficult healing of any wounds. If these symptoms occur, it is recommended to see a doctor. The disease can cause serious complications and lead to coma. Examples of complications of the disease include: Visual impairment; Headache and decreased mental activity; Heart pain, liver enlargement; Pain in the legs and impaired walking; Decreased sensitivity of the skin, especially in the legs; The appearance of wounds; Increased blood pressure; Swelling of the face and legs; The patient smells of acetone; Dizziness.

CAUSES

The main reasons for the development of the disease are: Heredity. Of course, the disease does not develop in the absence of influencing factors, but the tendency is high. Obesity. Excess weight leads to the formation of type 2 diabetes. Diseases. Diseases that cause damage to the beta cells responsible for insulin production. They include pancreatitis, pancreatic cancer, and other endocrine gland diseases. Viral infections (measles, chicken pox, infectious hepatitis and other diseases). These infections contribute to the development of diabetes. Especially for people who are at risk. Irritation, stress. It is recommended to stay away from stress and nervousness. Young. With increasing age, the risk of developing diabetes doubles every ten years. Factors that can cause secondary diabetes are not included in this list, because the disease is cured when the main factor is eliminated. Depending on the records, it is possible to know how the disease is progressing, whether the complications are severe or mild.

DIABETIC NEUROPATHY

This is manifested by pain, swelling or a decrease in sensitivity of the hands and feet. The reason is the disorder of nutrition of nervous tissues. Preparations containing thioctic acid help to restore nerve activity. It restores carbohydrate and lipid metabolism in the body and normalizes the physiological processes of nervous tissue.



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