

Diabetes mellitus: What all should you know?

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What is diabetes?

Diabetes occurs when a person's body doesn't make enough insulin or doesn't use insulin the right way. Insulin helps your cells use blood sugar (also called glucose) for energy. Diabetes causes the sugar to build up in your blood.

Diabetes can generally be classified as **type 1 or type 2**.

- If you have **type 1 diabetes**, your body makes little or no insulin. It

occurs when the body's immune system attacks the insulin-producing beta cells in the pancreas and destroys them. Type 1 diabetes develops most often in young people but can appear in older people as well.

- If you have **type 2 diabetes**, your body makes some insulin but can't use it properly. Type 2 diabetes develops most often in middle-aged and older adults but can appear in young people as well.



- Some women develop diabetes in pregnancy, which is called **gestational diabetes**. Although this form of diabetes usually goes away after the baby is born, a woman who has had diabetes during pregnancy is more likely to develop type 2 diabetes later in life.
- **Prediabetes** is a condition in which blood glucose levels are higher than normal but are not high enough for a diagnosis of diabetes. People with pre-diabetes are at increased risk for developing type 2 diabetes and for heart disease and stroke. Other names for pre-diabetes are **impaired glucose tolerance** and **impaired fasting glucose**.
- Frequent or severe skin or vaginal infections with non-virulent bugs - thrush, boils, ringworm.

If type I diabetes is left untreated diabetes are:

- Coma
- Breath that smells like nail-polish remover
- Deep 'sighing' breathing

2. If blood sugar is not very high, diabetes may even remain entirely asymptomatic. Testing blood glucose is the only way to diagnose such condition.

What health problems can diabetes cause?

Taking good care of diabetes will help you feel better and avoid the health problems diabetes can cause such as:

Symptoms of diabetes:

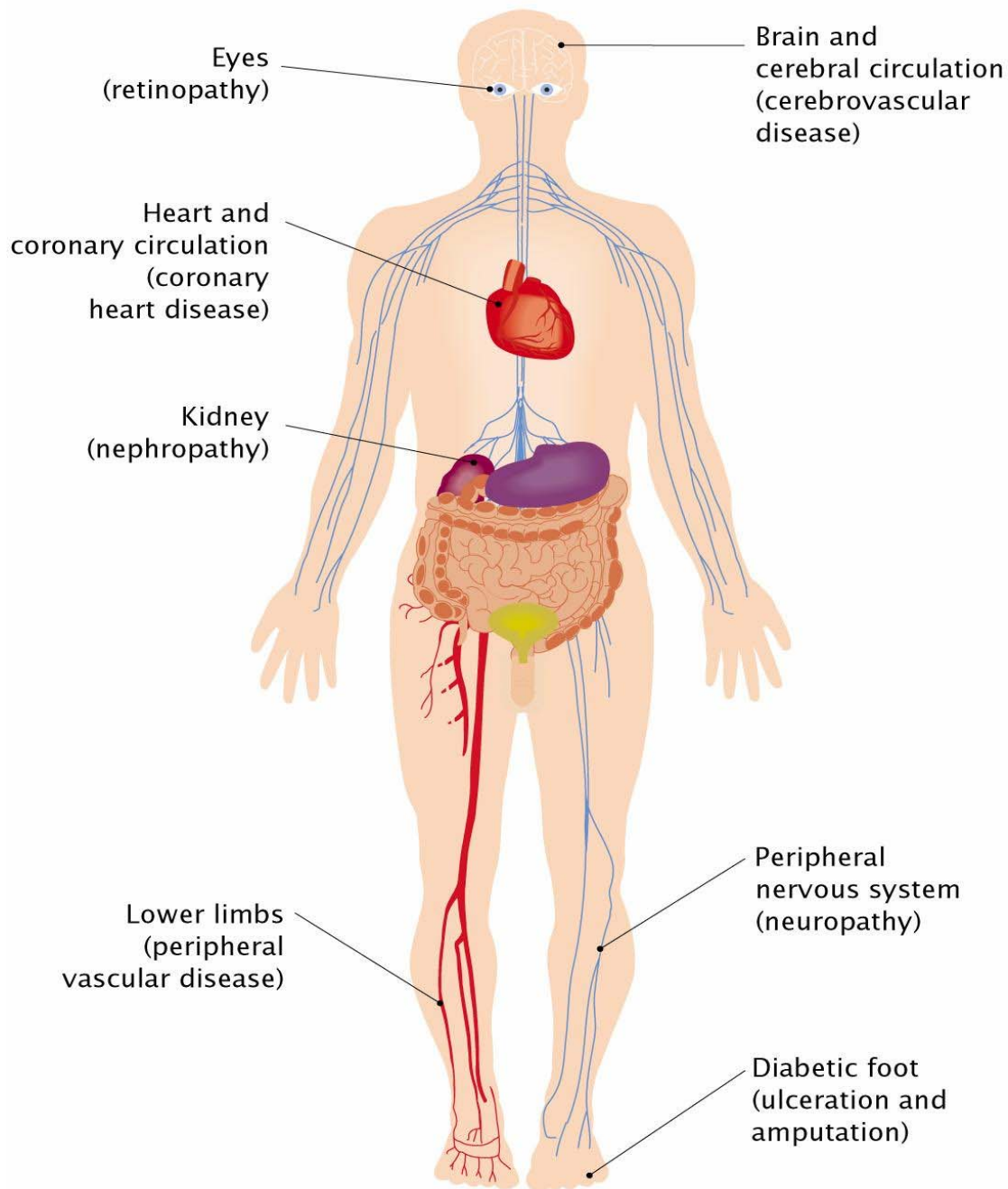
1. If blood sugar is very high one has following symptoms

- Passing large amounts of urine frequently. Repeated urination at night is very suggestive.
- Excessive thirst is common.
- Sudden weight loss with the above.
- Heart disease and stroke
- Eye disease that can lead to vision problems or even going blind
- Nerve damage that can cause your hands and feet to feel numb. This can lead to loss of a foot or

a leg due to non-healing ulcer
and infection.

- Kidney problems
- Gum disease and loss of teeth

The major diabetic complications



Shanti Patient Related Education And Directions (SPREAD)

How to know whether your sugar is controlled or not?

When your diabetes is in good control, you are more likely to feel better and

- Be less tired and thirsty and urinate less often
- Healing of wound is faster and you would have fewer gum, skin, or bladder infections
- Be less likely to have blurry vision or numb hands or feet

Who are more likely to get diabetes?

Some people may have a higher chance of getting diabetes. They should ask their doctor if they need to be tested for diabetes.

These include people who are

- Older than 45-y
- Overweight
- African American, Hispanic/Latino American, Asian American or Pacific Islander, or American Indian

- With diabetic parent, brother, or sister
- Hypertensive (high BP, above 140/90)
- have low HDL (good cholesterol) and high levels of blood fats
- have had diabetes when pregnant or gave birth to a large baby (over 9 pounds)
- less active obese people

Is Diabetes Preventable? Yes, it is. The following measures are important.

Keeping an Ideal Weight

For those who are overweight, reduction in body weight will help. Prevention of diabetic has to be approached as a lifelong goal and so gradual weight loss, which can be sustained, is the most effective and appropriate strategy.

Ideal weight	For height of 150 cm	For each Cm extra height over 150 Cm
Male	50 kg	1 kg
Female	45 kg	1 kg

Frequent exercises

Research shows that increasing physical activity levels will shrink any existing insulin resistance and will reduce deposition of fat around abdomen. Exercises use up blood glucose and burn fat in the body. An ideal target of physical activity levels is at least 30 minutes of moderate activity daily.

Diet

Take nutritious and balance diet throughout life. Avoid food that are high-fat, eat more fruits and vegetables.

How is diabetes treated?

The goal in treating diabetes is to keep the level of sugar in your blood as close to normal as possible-not too high (called hyperglycemia) or too low (called hypoglycemia).

Follow your diabetes food plan

If you do not have one, ask your dietician about it.

- **Eat the right portions of healthy foods** such as fruits and vegetables (5 to 9 servings a day), fish, lean meats, dry beans, whole grains, and low-fat or skim milk.
- **Eat foods that have less salt and fat.**
- **Get 30 to 60 minutes of activity** on most days of the week.
- **Stay at a healthy weight** - by being active and eating the right amounts of healthy foods.
- **Stop smoking** - seek help to quit.
- **Take medicines** the way your doctor tells you. Ask if you need aspirin to prevent heart attack or stroke.



- **Check your feet every day** for cuts, blisters, red spots, and swelling. Call your health care team right away about any sores that won't heal.
- **Brush your teeth and floss every day** to avoid problems with your mouth, teeth, or gums.
- **Check your blood glucose** the way your doctor tells you to.