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HOW TO AVOID DIABETES

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Annotation:
In this article you will learn more about the avoidance and prevention of diabetes, one of the most dangerous diseases in the world.

Kalit so'zlar: Diabetes, insulin, 1-toifa diabetes, 2-toifa diabetes, semizlik, stress, glyukoza, shakar.

Diabetes is one of the most dangerous diseases. This can not only ruin the quality of life, but also disable a person. Diabetes has a devastating effect on the tissues and all veins. Severe forms of this disease can cause gangrene and amputation of the limbs. However, diseases do not occur on their own. For them to appear, a set of prone factors is required. Understanding the processes of developing diabetes will help to identify the disease in a timely manner and in some cases prevent it.

Types of diabetes

There are two main types of diabetes: **Category 1 - depending on insulin** and **Category 2 - is increased or not insulin-dependent**. Category 1 diabetes develops due to the lack of insulin hormone production by the underlying gland. Type 1 of diabetes develops **due to genetic predisposition**: if only the father has the disease, then the child is at lower risk of development (3-7%); if the mother - the child - has no more than a 10% risk of inheritance; and the parent - then the risk of delivering the disease to children increases by up to 70%.

Type 2 of diabetes is inherited with a probability of almost 80%, even if the disease is detected in only one parent. Advanced diabetes is more likely to develop in adults. Today, cases of the disease being diagnosed in children are increasingly increasing.

Factors affecting the development of diabetes:

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- excess weight and obesity
- diseases of the endocrine glands
- viral infections
- frequent stress, frequent drug taking
- low mobility lifestyle.

Symptoms of diabetes

Category 1 diabetes is usually manifested in childhood or adolescence. In this case, signs of the disease appear in a few days. With insulin-dependent diabetes, a person may end up in a diabetic coma, so the condition requires an urgent hospitalization. Category II diabetes does not manifest itself for a long time.

What symptoms are observed:

- constant thirst; frequent urination
- weakness; fatigue
- vision and memory deterioration
- constant feelings of hunger
- weight problems
- slow treatment of wounds and cuts
- skin infections, dry skin
- sling on the legs
- itching in females.

Who should you contact if you are suspicious of diabetes?

An endocrinologist helps diagnose diabetes. At the same time, the sooner the correct diagnosis is made, the easier it will be to overcome the disease. As a rule, it will be necessary to pass a number of tests: take a urine test for the amount of sugar, conduct a special blood test for the concentration of glucose, etc.

In insulin-dependent diabetes, it will be necessary to constantly monitor blood glucose levels. Special tests and glucometers allow you to do this at home without any problems.

If you have Category 1 diabetes, you will need to inject insulin regularly. In addition, this type of diabetes is corrected by diet, blood sugar-reducing drugs and exercise.

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How should we protect ourselves from diabetes?

In order not to provoke the appearance of this disease on its own, it is very important to prophylaxis regularly even before making a diagnosis:

- Lead an active lifestyle and control your weight. It can be walking, gymnastics, swimming, cycling, flying in the concoction. Also, any active activity that brings pleasure. Diabetes is directly related to obesity. Any physical activity reduces blood sugar and dampens the need for insulin.
- Eat properly. Eat fiber-rich foods that normalize intestinal activity and reduce cholesterol. These foods include all fruits and vegetables, grain, dairy products, nuts, etc. Reduce the consumption of flour products, sweets, pasta. Eat only full-grained bread.
- Sleep enough. The resting body does not need much glucose, so it is necessary to sleep enough to prevent diabetes.
- Do not suffer and avoid stress. Stress, smoking, reduces the body's resistance to diabetes and is one of the causes of diabetes.
- If you are over 40 years old, monitor the level of glucose in the blood. Especially for those who are prone to overweight and have an inactive lifestyle, it is necessary to take a diabetes test.

Diabetes Treatment

Traditional methods of treating IBQD are dietotherapy, insulinotherapy, and specific treatments. Strict dietary requirements are set for the treatment of diabetes: eating 4-5 times a month, removing lightly digestible carbohydrates, not eating sugar, beer, alcohol, fruit juices, sweets, peacocks, bananas, grapes, and so on altogether. But the main treatment method remains insulin therapy. Insulin is injected into the body taking into account the number of meals, its content and the patient's sensitivity to the biological effects of insulin. As a rule, injections are required once or twice a day. Sending three or more times will protect against the development of severe complications. But medical control of glycemia does not have high precision, as is controlled by the pancreatic islands. Ketoatsidosis and other complications are at risk. Treatment lasts for the whole life. Those who have undergone similar treatment are known to be 100 years old.

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Perspective methods of treatment. As mentioned above, medical control of glycemia is not as accurate as pancreatic islands. Hyperglycemia can lead to the development of glyceria of proteins and evening complications of diabetes. Hyperglycemia calls for changes in capillaries within days. Primary changes can be returned, but recurrent manifestations of hyperglycemia lead to irreversible changes. Therefore, finding new ways to treat diabetes becomes relevant.

Stimulating pancreatic island regeneration. The underlying gland contains between 10'4 and 10'6 pancreatic islands, accounting for 1.5% of the size of the gland. 75% of the cells of the islands correspond to O-cells that synthesize insulin. The remaining 20% are a-cells, which synthesize glucan.

In embryogenesis, the islands are formed from endodermal cells located in the epithelial layer of the underlying gland. The amount of p-cells in the first period is determined by the balance between the replication of these cells on the one hand and the formation of new cells, and on the other, the loss of the population of cells due to apoptosis.

In IBQD, regeneration of p-cells-holding islands was detected in young patients using histological methods (along with persistent autoimmune damage to p-cells). The total amount of p-cells and the clinical manifestation of diabetes are associated with the slowness of destructive autoimmune processes on the one hand, and the balance between the ability of the underlying gland to increase the mass of p-cells.

In adults, the proliferative activity of the islands is limited, but the same amount of them can be increased by the proliferation and differentiation of p-cells. The study of molecular mechanisms of P-cell proliferation and differentiation and their regulation is important in the development of ibQD treatments.

It is better to predict and prevent IBQD than to diagnose and treat it. IBQD is a multi-factor disease. In western states, about one in every 300 people experiences the disease. It has been found that the disease occurs by 80% genotyp and 20% by external factors.

A person has a single gene of insulin. IBQD is a polygenic disease with dozens of gene locuses that mark its widespread spread and numerous allel variants of this locuslam have been found.

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