

Diabetes Halifax

Diabetes Halifax - Diabetes mellitus is normally referred to simply as diabetes. It is a group of metabolic disease in which a person suffers from high blood sugar. This could happen either because a body does not make an adequate amount of insulin or because the cells in the body do not respond properly to the insulin which is made. High blood sugar produces typical symptoms of increased thirst, called polydipsia, increased hunger, known as polyphagia and frequent urination, called polyuria.

3 Main Kinds of Diabetes:

Type 1 Diabetes: This kind results from the body's failure to produce insulin. Type 1 Diabetics should inject insulin into their body. This type is also referred to as insulin-dependent diabetes mellitus or IDDM. It is likewise known as Juvenile Diabetes.

Type 2 Diabetes: Type 2 diabetes comes from a resistance to insulin as the cells fail to use insulin correctly. Sometimes, insulin resistance is combined with an absolute insulin deficiency. This type of diabetes is likewise referred to as non-insulin dependent diabetes or NIDDM and adult-onset diabetes.

Gestational Diabetes: This particular form of diabetes happens in pregnant women, who had previously had diabetes, and have a high blood glucose level during pregnancy. This kind of diabetes can precede development for Type 2 Diabetes.

There are some other less common types of diabetes, including congenital diabetes, which is caused by genetic defects of insulin secretion, steroid diabetes induced by large doses of glucocorticoids, cystic fibrosis-related diabetes and several types of monogenic diabetes.

During the year 1921, insulin became obtainable as a form of treatment. There are likewise medications available to treat type 2 diabetes. Both type 1 and type 2 are chronic conditions that are commonly not cured. In type 1, pancreas transplants have been tried with limited success. In numerous people with type 2 and morbid obesity, gastric bypass surgical procedure has been successful. Typically, gestational diabetes resolves itself once the baby is born.

There could be complex issues if diabetics are not given the right treatments. Like for example, diabetic ketoacidosis, nonketotic hyperosmolar comas or hypoglycaemia are among the acute health issues that could take place. Serious long-term health issues include: chronic renal failure, cardiovascular disease, and retinal damage. It is essential to implement lifestyle factors such as blood pressure control, maintaining a healthy body weight and smoking cessation, along with adequate treatment of diabetes so as to maintain an acceptable quality of life.

Statistics of 2000 reported approximately 171 million people across the globe have diabetes, or 2.8% of the population. By far, type 2 diabetes is the most common. This form affects up to 95 percent of the population in the US.

Signs and Symptoms

Frequent urination or polyuria, increased hunger or polyphagia and increased thirst or polydipsia are the most common and easily recognized signs of diabetes. Normally, indications develop quickly in weeks or months with type 1 diabetes, whereas in type 2, they usually develop much slower and can be absent or extremely subtle.

Vision changes can occur due to lenses in the eyes changing shape from prolonged high blood glucose levels leading to glucose absorption. Usually, sustained and sensible glucose control can return the lens to its original shape. Normally, fuzzy vision is among the complaints resulting in diagnosis of type 1 diabetes and need to be suspected in cases of rapid vision change. Type 2 diabetics normally have slower changes in their vision.

Type 1 diabetes could manifest abdominal pain, Kussmaul breathing, vomiting, altered states of consciousness and diabetic ketoacidosis. With a type 2 diabetic, there is a higher possibility of a dehydration which produces a hyperosmolar nonketotic state. This is where a patient has been drinking large amounts of sugar containing drinks like pop. This can lead to a vicious circle in regard to the water loss.