

What is diabetes?

Diabetes is a disease in which the body is unable to properly use and store glucose (a form of sugar). Glucose backs up in the bloodstream — causing one's blood glucose (sometimes referred to as blood sugar) to rise too high.

There are two major types of diabetes.

In type 1 (formerly called juvenile-onset or insulin-dependent) diabetes, the body completely stops producing any insulin, a hormone that enables the body to use glucose found in foods for energy. People with type 1 diabetes must take daily insulin injections to survive. This form of diabetes usually develops in children or young adults, but can occur at any age.

Type 2 (formerly called adult-onset or non insulin-dependent) diabetes results when the body doesn't produce enough insulin and/or is unable to use insulin properly (insulin resistance). This form of diabetes usually occurs in people who are over 40, overweight, and have a family history of diabetes, although today it is increasingly occurring in younger people, particularly adolescents.

How do people know if they have diabetes?

People with diabetes frequently experience certain symptoms. These include:

- being very thirsty
- frequent urination
- weight loss
- increased hunger
- blurry vision
- irritability
- tingling or numbness in the hands or feet
- frequent skin, bladder or gum infections
- wounds that don't heal
- extreme unexplained fatigue

In some cases, there are no symptoms — this happens at times with type 2 diabetes. In this case, people can live for months, even years without knowing they have the disease. This form of diabetes comes on so gradually that symptoms may not even be recognized.

Diabetes can affect any organs from brain, heart, kidneys, eyes, nerves, blood vessels.. Etc...

Healthy life style is a must and proper medications and regular check up and control is a must.

By

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