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glucose levels. The pancreas reacts by making extra insulin to try to enter glucose into the cells. At first it works, but over time the body's resistance to insulin deteriorates. In response, the pancreas makes more and more insulin. Finally, the pancreas gets exhausted. It can't keep up with the demand for more and more insulin. As a result, blood glucose levels rise and remain high. Type 2 diabetes is also called adult onset diabetes. This is because it is almost always used to start in the middle or late adulthood. However, more and more children and adolescents are now developing this condition. Type 2 diabetes is much more common than type 1 diabetes. It tends to work in families. Obesity also increases the risk of developing type 2 diabetes. This is a different disease than type 1 diabetes, although both types are associated with high blood glucose levels and the risk of complications associated with it. Another type of diabetes, called gestational diabetes, occurs in women, women, blood sugar during pregnancy. Once it occurs, it lasts throughout the remainder of the pregnancy. Like other types of diabetes, gestational diabetes occurs when the hormone insulin cannot effectively move sugar (glucose) into the body's cells, so it can be used as fuel. In gestational diabetes, the body does not respond well to insulin, unless insulin can be produced or produced in large quantities. In most women, the disorder goes away when the pregnancy ends, but women who have had gestational diabetes are at increased risk of developing type 2 diabetes later. Symptoms of diabetes initially may not cause any symptoms. Sometimes it can be caught early with a conventional blood test before a person develops symptoms. When diabetes causes symptoms, they can include: excessive urination of excessive thirst, leading to drinking a lot of weight loss fluids. People with diabetes also have an increased susceptibility to infections, especially yeast (Candida) infections. When the amount of insulin in the blood is too low, extremely high blood sugar can lead to dangerous complications. The body may become too acidic, a condition called diabetic ketoacidosis. Or the blood sugar becomes so high a person becomes severely dehydrated. It's called hyperosmolar syndrome. Symptoms of these complications include confused thinking, weakness, nausea, vomiting, and even cramps and coma. In some cases, diabetic ketoacidosis or hyperosmolar syndrome is the first sign that a person has diabetes. Diabetes treatment can also cause symptoms. Too much glucose-lowering medicine, in relation to dietary intake, can lead to blood sugar levels that have fallen too low (called hypoglycemia). Symptoms of hypoglycemia include: sweating tremors of vertigo hunger confusion convulsions and loss of consciousness (if hypoglycemia is not recognized and corrected). You can correct hypoglycemia, eat or drink what carbohydrates are. This increases blood sugar. Long-term diabetes can have other complications, including: atherosclerosis - atherosclerosis is the accumulation of fat in the walls of the arteries. This can worsen blood flow to all parts of the body. The heart, brain and legs are most affected. Retinopathy - Tiny blood vessels in the retina (the part of the eye that sees light) can be damaged by high blood sugar levels. Damage can block blood flow to the retina, or can lead to bleeding in the retina. Both reduce the retina's ability to see light. Once early, retinopathy damage can be minimized by tightly controlling blood sugar levels and using laser therapy. Untreated retinopathy can lead to blindness. Neuropathy - This is another to damage the nerve. The most common type is peripheral neuropathy, which affects nerves in the legs and arms. The nerves of the legs are damaged in the first place, causing pain and numbness in the legs. It's This. to cause symptoms in the legs and arms. Damage to the nerves that control digestion, sexual function, and urination can also occur. Foot problems - Any sores, injuries or blisters on the legs can lead to the following complications: If peripheral neuropathy causes numbness, a person may not feel irritation or injury that occurs on the leg. The skin can break and form an ulcer, and the ulcer can become infected. Blood circulation can be poor, leading to the slow healing of any leg injuries. Left untreated, simple pain can become very large and become infected. If treatment cannot heal the pain, amputation may be required. Nephropathy - This refers to kidney damage. This complication is more likely if blood sugar levels remain elevated and high blood pressure is not treated aggressively. The diagnosis of Diabetes is diagnosed with blood tests that detect blood glucose levels. Fasting plasma glucose test (FPG). A blood sample is taken in the morning after you fast overnight. Normal blood sugar levels of starvation are between 70 and 100 milligrams per deciliter (mg/dL). Diabetes is diagnosed if the blood sugar level of fasting is 126 mg/dL or higher. Oral glucose tolerance test (OGTT). Blood sugar is measured two hours after you drink a liquid containing 75 grams of glucose. Diabetes is diagnosed if the blood sugar level is 200 mg/dL or higher. Accidental blood glucose test. Blood sugar levels of 200 mg/dL or more at any time of the day, combined with the symptoms of diabetes, are enough to make a diagnosis. Hemoglobin A1c (glycoemoglobin). This test measures the average blood glucose level during the previous two to three months. Diabetes is diagnosed if the level of hemoglobin A1c is 6.5% or higher. The expected duration of type 1 diabetes is a lifelong illness. Typically, type 2 diabetes is also lifelong. However, people with type 2 diabetes can sometimes restore their blood sugar levels to normal just by eating a healthy diet by exercising regularly, and losing weight. Gestational diabetes usually goes away after childbirth. However, women with gestational diabetes are at high risk of developing type 2 diabetes later in life. In people with diabetes, aging and episodic diseases can lead to an increase in the body's insulin resistance. As a result, additional treatment is usually required over time. Prevention of type 1 diabetes cannot be prevented. You can reduce your risk of developing type 2 diabetes. If a close relative, particularly a parent or brother, has type 2 diabetes, or if your blood glucose test shows pre-diabetes (defined as blood glucose levels between 100 and 125 mg/dL), you are at increased risk type 2 diabetes. You can help prevent type 2 diabetes by maintaining your ideal body weight. carries regularly, for example, a quick walk of 1-2 miles in 30 minutes at least five times a week, even if it is will not achieve the perfect weight. This is because regular exercise reduces insulin resistance even if you don't lose weight. healthy eating. take your medicine. The drug metformin (Glucophag) offers additional protection for people with pre-diabetes. If you already have type 2 diabetes, you can still postpone or prevent complications by doing the following. Keep your blood sugar under control. This helps to reduce the risk of most complications. Reduce the risk of heart-related complications. Aggressively manage other risk factors for atherosclerosis, such as: high blood pressure high cholesterol and triglycerides smoking obese cigarettes visit the eye doctor and foot specialist every year. This can help you reduce the risk of eye and leg complications. Treatment of type 1 diabetes is always treated with insulin injections. In most cases, treatment for type 2 diabetes begins with weight loss through diet and exercise. A healthy diet for a person with diabetes is low in calories, without trans fats and nutritionally balanced, with copious amounts of whole grains, fruits and vegetables, and monounsaturated fats. Most people with type 2 diabetes need medication to control their blood sugar levels. However, it is possible to achieve normal blood sugar levels with weight loss, healthy eating and regular exercise. Even if medication is needed, diet and exercise remain important for diabetes control. Medications used for type 2 diabetes include pills and injections. They work differently. These include medications that: reduce insulin resistance in the muscles and liver to increase the amount of insulin made and released by the pancreas to provide additional insulin to cause a spike in insulin release with each meal delaying the absorption of sugar from the gut to slow down digestion to reduce appetite for large meals to reduce fat conversion to glucose. Weight loss surgery may be an option for some obese people with type 2 diabetes. When to call a professional If you have diabetes, regularly see a doctor. People with high blood sugar have a higher risk of dehydration. Seek immediate medical attention if you develop vomiting or diarrhea and you cannot drink enough fluids. Keep an eye on your blood sugar as recommended by your medical team. Report any significant abnormalities in blood sugar levels. Prognosis In people with diabetes varies. It depends on how well a person changes their risk of complications. If blood sugar levels are not controlled well, it may increase the risk of heart attack, stroke and kidney disease, which can lead to premature death. Disability due to blindness, amputation, heart disease, and nerve damage can occur. Some people with diabetes become addicted to dialysis treatment due to kidney failure. Additional information from the American Diabetes Association The Academy of Nutrition and Dietetics www.eatright.org Diabetes Health Information national Institute for Diabetes and Digestive and Kidney Diseases More informationAll consult with your doctor to make sure that the information displayed on this page relates to your personal circumstances. 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