**DIABETES**

**Introduction**

Diabetes, the most often heard word in medical field, is a chronic disease. Lets get some information about what is diabetes, its symptoms, its effect on the body, diagnosis, and treatment.

**The disease**

The body converts everything that we eat into glucose. To regulate glucose level, insulin, which is produced by the pancreas, converts excess glucose into insoluble glycogen. When the pancreas doesn't work/works with reduced capacity, the imbalance occurs and raises glucose level in the blood. This condition is called diabetes, a high sugar level in the blood.

**Types**

Type 1, occurs at an early age and a hereditary condition, is rare. Type 2, occurs at adult age and often called adult-onset diabetes, can be either hereditary or due to lifestyle; this is the common type that we normally see.

**Symptoms**

Chronic fatigue, sudden unintentional weight loss, frequent urination, and feeling thirsty. These are the common symptoms of diabetes.

**Diagnosis**

When you go to a doctor for annual or complaining of wound healing problems, they will ask for the symptoms. If you say yes to any/all of the above, doctors take two sugar levels, one before food (fasting blood sugar or FBS) and one after food (postprandial blood sugar or PPBS). A higher than normal indicates diabetes. They will order another blood test, which is hemoglobin A1c (takes average of 3-4 months of your glucose level), and a high normal indicates prediabetes and beyond normal indicates diabetes.

**What after diagnosis**

Don’t panic. Your doctor will take care of it. You just need to follow their instructions.

**Affected organs**

Mainly affects nerves, eyes, and kidneys; normally called triopathy, i.e., neuropathy, retinopathy, and nephropathy.

**Precautions**

If you have diabetes, take your care well. Even a small wound can take weeks and months to heal if diabetes is uncontrolled. Neurologist will tell if you have neuropathy. Visit your eye doctor to get eyes checked. Get your kidney function checked with a nephrologist. Uncontrolled diabetes leads to kidney failure and permanent eye damage.

**Treatment**

Type 1 is controlled by insulin, with no other alternative, as pancreas not working/minimally working.

In type 2, if you are prediabetic, doctors advise you to control calorie intake by avoiding sugary foods, and can give metformin, a drug. If you have diabetes, they will do blood test to know the sugar level and give either insulin - if your sugar level is high - or medications - if your level is manageable - metformin, glipizide, and glyburide the commonly used.

**Prevention**

You just can't prevent diabetes. You can live a normal life even after being a diabetic. Control diabetes through lifestyle modification, as it minimizes dependency on drugs. Firstly, a healthy eating habit, and secondly, regular exercise. Your diet should include more high-fibre foods and less carbohydrates. Exercising 30 minutes to an hour daily is beneficial as it keeps the weight under check and so the diabetes.

**Conclusion**

Just don’t ignore diabetes. Diabetes can be controlled well with a combination of healthy lifestyle, food, and medication. Visit your doctor regularly and follow their instructions. Live a happy life with diabetes by your side.