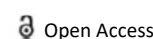




PERSPECTIVE



Note on Significant Symptoms of Diabetes

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ARTICLE HISTORY

Received: 02-May-2022, Manuscript No. JCMEDU-22-63008;
Editor assigned: 04-May-2022, PreQC No. JCMEDU-22-63008 (PQ);
Reviewed: 18-May-2022, QC No. JCMEDU-22-63008;
Revised: 23-May-2022, Manuscript No. JCMEDU-22-63008 (R);
Published: 03-Jun-2022

Description

Diabetes mellitus, sometimes known as diabetes, is a collection of metabolic illnesses characterised by persistently high blood sugar levels (hyperglycemia). Frequent urination, increased thirst, and increased appetite are common symptoms. Diabetes, if left untreated, can lead to a variety of health problems. Diabetic ketoacidosis, hyperosmolar hyperglycemia, and mortality are examples of acute complications. Cardiovascular disease, stroke, chronic renal disease, foot ulcers, nerve damage, eye damage, and cognitive impairment are all serious long-term consequences.

Diabetes is caused by either insufficient insulin production by the pancreas or insufficient insulin response by the body's cells. Insulin is a hormone that assists glucose from food in entering cells and being used for energy. Diabetes mellitus is divided into three types:

Type 1

Diabetes is caused by the loss of beta cells in the pancreas, which prevents the pancreas from producing adequate insulin. Previously, this condition was known as "insulin-dependent diabetes mellitus" or "juvenile diabetes." An autoimmune reaction causes the death of beta cells. This autoimmune response's cause is unknown. Type 1 diabetes is most common in children and adolescents, but it can also strike adults.

Type 2

Insulin resistance, a condition in which cells do not respond appropriately to insulin, is the starting point for type 2 diabetes. A shortage of insulin may occur as the condition advances. Previously, this condition was known as "non-insulin-dependent diabetes mellitus" or "adult-onset diabetes." Although type 2 diabetes is more common in older persons, an increase in the frequency of obesity among youngsters has resulted in an increase in type 2 diabetes diagnoses among children. A

combination of excessive body weight and insufficient exercise is the most typical cause. Gestational diabetes is the third most common kind of diabetes, and it develops when pregnant women who have never had diabetes develop high blood sugar levels. Blood sugar levels in women with gestational diabetes normally return to normal shortly after birth. If you've experienced gestational diabetes, you're more likely to develop type 2 diabetes.

Insulin injections are required to manage type 1 diabetes. Type 2 diabetes can be prevented and treated by eating a good diet, exercising regularly, maintaining a healthy weight, and not smoking. Type 2 diabetes can be managed with or without insulin and oral antidiabetic medicines. For persons with the illness, blood pressure control and good foot and eye care are critical. Low blood sugar can be caused by insulin and some oral medicines (hypoglycemia). In those with type 2 diabetes, weight loss surgery is occasionally a successful treatment option. Gestational diabetes normally goes away after the baby is born. Diabetes affected an estimated 463 million individuals globally (8.8% of the adult population) in 2019, with type 2 diabetes accounting for about 90% of cases. Women and males have similar rates. The current trend indicates that rates will continue to rise. Diabetes more than doubles a person's risk of dying young. Diabetes claimed the lives of nearly 4.2 million people in 2019. It is the world's seventh leading cause of death. In 2017, the global economic cost of diabetes-related health expenditure was predicted to be \$ 727 billion dollars. Diabetes cost over \$ 327 billion in the United States in 2017. Diabetes patients spend 2.3 times more on medical care than non-diabetics.

Signs and symptoms of diabetes

Unintended weight loss, polyuria (increased urine), polydipsia (increased thirst), and polyphagia are all common indications of untreated diabetes (increased

hunger). Type 1 diabetes symptoms can develop quickly (weeks or months), however type 2 diabetes symptoms normally develop much more slowly and can be faint or absent. Although not specific to diabetes, a number of other signs and symptoms can indicate the disease's beginning. They include blurred vision, headaches, lethargy, poor wound healing, and itchy skin, in addition to the usual symptoms listed above. Long-term high blood glucose levels can cause glucose absorption in the lens of the eye, causing it to change shape and cause visual problems. Diabetic retinopathy can potentially cause long-term vision loss. Diabetic dermadromes are a group of skin rashes that can emerge as a result of diabetes.

Causes of diabetes

Adults with slowly growing immune-mediated diabetes and ketosis-prone type 2 diabetes are both included in the "hybrid types of diabetes." Diabetes mellitus in pregnancy and gestational diabetes mellitus are included in the category "hyperglycemia initially recognised during pregnancy" (type 1 or type 2 diabetes first diagnosed during pregnancy). The "other specific categories" are a group of several dozen distinct causes. Diabetes is a more complex condition than previously assumed, with people experiencing a variety of symptoms. Diabetes mellitus is referred to as "diabetes" without qualification.