



Short Communication

## OVERVIEW OF DIABETES, ITS SYMPTOMS AND WAYS TO PREVENT HYPO-GLYCAEMIA

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### DESCRIPTION

Diabetes develops when our body's cells are unable to absorb glucose and utilize it as fuel our bloodstream starts to store more sugar as a result. Diabetes-related irresponsibility can have devastating consequences, harming our cardiovascular, renal, vision, neurons and many other [1] internal organs and tissues. Either insulin deficiency production by the pancreatic or incorrect insulin uptake by the body's cells cause diabetes. A hormone called insulin helps cells absorb glucose from food so they can use it as fuel. During the digestion process, our body converts the food we ingest into several nutrient sources. Our body converts carbohydrates we consume into sugar. When sugar is in circulation, it need assistance to reach our body's cells, where it will be utilized [2]. The hormone insulin is produced by the pancreas, an organ behind the stomach our pancreas releases insulin into our bloodstream. Insulin unlocks the "gate" in the cell wall, enabling glucose to enter our body's cells. Glucose serves as the "fuel" or source of energy that organs and tissues need to function properly. Our pancreas produces insufficient or insufficient insulin. our pancreas produces insulin, but the cells in our body do not respond and cannot utilize it as they should. If glucose cannot reach our immune tissues and instead stays in the bloodstream, our blood sugar level will rise.

Developing Type 1 refers to an attack by our body on itself. The insulin-producing cells in our pancreas are killed in this scenario. Up to 10% of people with the condition have type 1 diabetes. Typically, the diagnosis is given to youngsters and young adults. Diabetes was formerly more commonly referred to as "juvenile" diabetes. Diabetes type 1 patients are required to take insulin every day [3]. For this reason, it is often referred

to as insulin-dependent diabetes. If we have type II diabetes, either our cells don't respond to insulin effectively or our body doesn't create enough of it. This type of diabetes is the most prevalent. The majority of people with diabetes-up to 95%-have type 2 diseases. It typically appears in middle-aged and elderly individuals. Type 2 diabetes also goes by the titles of adult-onset diabetes and insulin-resistant diabetes. Our grandparents and parents might have said it was like having a little sugar [4]. Gestational diabetes, the most common kind of hyperglycaemia, impacts pregnant women who've never had the illness. Blood sugar levels in pregnant women with gestational diabetes usually return to normal after birth. Women who have gestational diabetes mellitus had a higher risk of developing type 2 diabetes in later life. Prediabetes, This condition is a precursor to Type 2 diabetes. Although our blood sugar levels are greater than normal, they are not yet high enough for a Type 2 diabetes diagnosis [5]. Monogenic diabetes syndromes: Up to 4percent of total of cases of diabetes are caused by these uncommon hereditary types of the disease. Include young-onset diabetes with maturity and neonatal diabetes. Diabetes brought on by drugs or chemicals: Symptoms of this type include organ transplantation, HIV/AIDS therapy and usage of glucocorticoids. Weight loss that isn't planned, as well as polyuria, polydipsia, and polyphagia, are common signs of untreated diabetes.

### CONCLUSION

Type 1 diabetes symptoms can appear suddenly, however type 2 diabetes symptoms typically appear much more gradually and may even be non-existent several other markers and indications can point to the onset of diabetes, however they are not specific to the condition. In addition to the previously described symptoms, they also include itchiness of the skin, blurred eyesight, headaches and fatigue. Blood glucose testing is a relatively inexpensive way to make an early diagnosis. Diabetes is treated with a healthy

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diet; regular exercise, reducing blood sugar levels and other recognized risk factors for blood vessel damage. It's crucial to stop smoking if you want to prevent difficulties. Blood sugar level management, specifically in type 1 diabetes, is an intervention that is both affordable and practical in low- to middle-income nations. People having prediabetes can be treated using oral medications, but they may also need insulin. Patients with type 1 diabetes need insulin. Screening for early indicators of kidney disease caused by diabetes and medication for retinopathy blood lipid regulation

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