

Diabetes and healthy diet.

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Short Communication

Diabetes is a medical condition that happens when the blood glucose level (sugar) is too high. Blood glucose is the primary energy source and comes from the food that you consume. Insulin, a pancreas-made hormone, helps glucose get into your cells from food to be used for energy. Your body often does not produce enough insulin or does not use insulin well. After that, glucose remains in your blood and does not enter your cells. For two causes, this may occur; either the body is unable to produce insulin, the hormone that controls the levels of blood sugar, or the insulin produced is not functioning properly.

Two major forms of the disease exist; type 1 diabetes and type 2 diabetes. They are distinct situations, induced by different things. Type 2 diabetes is more prevalent, with type 2 in 90% of people with diabetes. There are an estimated 4.5 million people living with diabetes in the UK, according to Diabetes UK, but a further one million are suspected of being undiagnosed [1].

- **Type 1 diabetes:** Type 1 diabetes is also known as insulin-dependent diabetes and is an autoimmune disorder. The immune system attacks the healthy cells, in this case the pancreas, preventing the insulin required to stabilize blood sugar levels from being produced. Type 1 normally occurs in people under the age of 40 and daily insulin injections are generally necessary to control sugar levels and treat the disease. Symptoms of type 1 diabetes: Typically, in young people, symptoms grow rapidly (over days or weeks). The signs of diabetes can take longer to develop in adults, sometimes over a period of several months. Although symptoms vary from person to person, common symptoms of type 1 diabetes include: constant thirst, more than normal going to the toilet, especially at night, increased fatigue, weight loss. The body's lack of insulin means that the glucose (sugar) in the blood is not used for energy, so symptoms arise. The body will work to attempt to extract it in whatever way it can, such as through the urine, because there is excess glucose in the blood.

- **Type 2 diabetes:** If you have type 2 diabetes, the body is not effective at making or using insulin. At any age, even during childhood, you can develop type 2 diabetes. However, in middle-aged and older persons, this form of diabetes occurs more frequently. The most prevalent type of diabetes is type 2.

- **Gestational diabetes:** In some women, gestational diabetes develops while they are pregnant. This form of diabetes, most of the time, goes away after the baby is born. However, you have a higher risk of having type 2 diabetes later in life if you've had gestational diabetes. Diabetes diagnosed during pregnancy may also actually be type 2 diabetes.

What health issues will people with diabetes develop? Over time, elevated blood glucose leads to complications such as heart failure, stroke, kidney disease, eye problems, dental illness, nerve damage, foot problems, etc.

By changing the diet you take, you can take steps to lower the risk of developing these diabetes-related health problems. Eating regularly and including plenty of starchy carbohydrates, fruit and vegetables is the main thing in managing diabetes through diet. A well-balanced diet will help you reach a healthy weight and general well-being and sustain it.

References

1. www.cdc.gov/diabetes/pdfs/data/statistics/national-diabetes-statistics-report.pdf.

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