

Editorial

A Note on Diabetes and its Types

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Received: 01-Mar-2022, Manuscript No. IJDD-22-47195; Editor assigned: 03-Mar-2022, Pre QC No. IJDD-22-47195; (PQ); Reviewed: 17-Mar-2022, QC No. IJDD-22-47195; Revised: 29-Apr-2022, Manuscript No. IJDD-22-47195 (R); Published: 9-May-2022

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Diabetes mellitus is also known as diabetes is a group of metabolic illnesses defined by an actively high blood sugar level. Diabetes if left untreated, can lead to the many health issues. Diabetic ketoacidosis, hyperosmolar diabetes, and survival rates are all examples of acute complications. Cardiovascular disease, migraine, chronic renal disease, foot ulcers, nerve damage, eye damage, and cognitive impairment all are serious long-term issues. Diabetes is caused by either a lack of insulin production by the pancreas or a lack of insulin response by the body's cells. Diabetes mellitus is divided into two categories. There are Type 1 diabetes and Type 2 diabetes.

Type 1 diabetes

Type 1 diabetes, also known as juvenile diabetes, is an autoimmune illness that occurs when the islets of Langerhans in the pancreas produce very little or no insulin. Insulin is a hormone that allows cells to utilize blood sugar for energy and helps to maintain appropriate blood glucose levels. The notable symptoms of Type 1 diabetes are urination will be frequent, thirst will increase, desire will increase, and weight loss is usual. Other signs and symptoms include hazy vision, exhaustion, and poor wound healing. Symptoms typically occur over a short period of time, usually a few weeks. Type 1 diabetes has no known aetiology; however it is thought to be caused by a mix of genetic and environmental factors. The autoimmune destruction of insulin-producing beta cells in the pancreas is the underlying process. The presence of sugar or glycated haemoglobin in the blood can be used to diagnose diabetes and the presence of autoantibodies can be used to distinguish Type 1 diabetes from type 2.

Type 2 diabetes

Type 2 diabetes is a type of diabetes marked by high blood sugar levels, insulin resistance, and a shortage of insulin. It is also known as adult-onset diabetes. Increased thirst, frequent urination, and unexplained weight loss are all common symptoms. Increased hunger, exhaustion, and unhealed wounds are also possible symptoms.

Symptoms often appear gradually. Heart disease, strokes, diabetic retinopathy, which can lead to blindness, renal failure, and poor blood flow in the limbs, which can lead to amputations, are all long-term effects of high blood sugar. Ketoacidosis is uncommon, however quick start of hyperosmolar hyperglycemic condition is possible. Type 2 diabetes provides for around 90% of diabetes cases, with type 1 diabetes and gestational diabetes accounting for the remaining 10%. Because of an autoimmune-induced loss of insulin-producing beta cells in the pancreas, type 1 diabetes requires a lower overall dose of insulin to manage blood glucose.

Prevention

There is currently no known method for preventing type 1 diabetes. Maintaining a healthy body weight, engaging in physical activity, and eating a balanced diet can usually avoid or delay type 2 diabetes, which accounts for 85–90 percent of all cases globally. Diabetes risk is reduced by 28% when users interact in more physical exercise. Maintaining a diet rich in whole grains and fiber, as well as choosing good fats like the polyunsaturated fats found in nuts, vegetable oils, and fish, are known to be useful in preventing diabetes. Sugary beverages must be avoided, and eating less red meat and other saturated fat sources can help prevent diabetes.

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